

# Top Cut Beef Contest

Sherburne-Earlville High School 2022-23

# Information

School: Sherburne-Earlville High School Foods, 3rd & 4th mods

Product Name: Marauder Bowl

Students: Landon Andrade (10th), Alyse Brown (10th), SheaLynn Briggs (9th) Daina Donovan (11th), Collin Jones (10th), Jalyn McCarthy (11th), Adam Paliana (11th), Leonora Serrano (10th), Luke Sulton (12th), Bryann Symonds (11th), Cali Woodcock (10th)

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Slogan for the Marauder Bowl:

*Taco 'bout a salad!*





# Fruit bowl

Makes three servings...

-3/4 pineapple slices/chunks

-3/4 cup grapes

-3/4 cup strawberries

-3/4 cup kiwis cubes

All in a bowl mixed together

## Directions

1. Take one pineapple cut in half, then take the half and cut the skin off. After all the skin has been removed, you then want to cut the pineapple into five equal pieces.
2. After you want to get five grapes, and cut them in half.
3. After you should take your strawberries and precisely wash them, cut the tops off and cut into cube size pieces.
4. For your kiwis you should peel them and cut into 5 equal cubes.
5. After all your fruit has been cut, washed, and peeled through them all into a bowl for serving!!

# Salsa

## Ingredients:

- 4 medium tomatoes
- ½ red onion, finely chopped
- 1 small garlic clove; finely chopped
- ½ lime juiced
- 1 ounce cilantro leaves

## Directions:

- Chop tomatoes, onion and garlic clove.
- Combine the chopped tomatoes, red onion, garlic, lime juice and cilantro in a bowl.
- Stir, then refrigerate until ready to serve.



**MARAUDERS**





# Food Storage & Handling

Fruits, Vegetables & Cheese: Store pineapple, grapes, strawberries, kiwi, tomatoes, lime and green peppers in sealed containers in the refrigerator, set at a temperature of 40 F or below. Cheese should be stored in the refrigerator until ready to use. Frozen corn can be stored in the freezer until ready to cook.

Wash your hands for at least 20 seconds with hot, soapy water.

Ground Beef: Beef should be stored in a freezer, set at a temperature of 32 F. In order to safely thaw the ground beef, it should be put in the refrigerator about one day prior to cooking/preparation. The ground beef should be stored in sealed containers and away from other food to prevent cross contamination. If possible, store meat on the bottom shelves to prevent any potential juice leaks/drips.

When preparing the ground beef, it should be cooked to a minimum internal temperature of 160 F. Per USDA guidelines, this will ensure it is safe to consume.

Use separate knives and cutting boards for ground beef and produce, or be sure to wash in hot, soapy water and sanitize in between uses. This will prevent any cross-contamination between the ground beef and produce. All countertops and work surfaces should also be cleaned and sanitized.

Food can not be out for more than 2 hours and should be stored in the refrigerator after 2 hours.

# Taco Seasoning Nutrition Facts

## Nutrition Facts

### Amount per

1 serving (2.3 oz) 65 g

**Calories** 77      **From Fat** 24

### % Daily Value\*

**Total Fat** 2.9g 4%

Saturated Fat 0.4g 2%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 244mg 10%

**Total Carbohydrates** 15g 5%

Dietary Fiber 7g 26%

Sugars 4g

**Protein** 4g 7%

**Vitamin A** 126% • **Vitamin C** 183%

**Calcium** 9% • **Iron** 31%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

*HappyForks.com*



# Homemade Salsa & Gluten Free Blue Corn Chips Nutrition Facts

## Salsa

### Nutrition Facts

**Amount per**

1 serving (6.4 oz) 182 g

**Calories** 40 **From Fat** 3

**% Daily Value\***

**Total Fat** 0.3g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 13mg 1%

**Total Carbohydrates** 9g 3%

Dietary Fiber 2g 8%

Sugars 5g

**Protein** 2g 3%

**Vitamin A** 30% • **Vitamin C** 38%

**Calcium** 3% • **Iron** 3%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

*HappyForks.com*

## Blue Corn Gluten Free Tortilla Chips

*Note: 1 ½ servings includes the chips used in the salad and on the side with salsa*

- 210 Calories
- Total fat 10.5 g
- Saturated fat 0.75 g
- Trans fat 0 g
- Cholesterol 0 mg
- Sodium 112.5 mg
- Total carbohydrate 27 g
- Dietary fiber 3 g
- Protein 3 g

# Nutrition

## Fruit Bowl Nutrition:



## Nutrition Facts

Servings: 3

Amount per serving

**Calories** **188**

% Daily Value\*

**Total Fat** 0.7g **1%**

Saturated Fat 0g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 21mg **1%**

**Total Carbohydrate** 47.8g **17%**

Dietary Fiber 5.9g **21%**

Total Sugars 34.9g

**Protein** 3.3g

Vitamin D 0mcg **0%**

Calcium 81mg **6%**

Iron 1mg **6%**

Potassium 442mg **9%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

# Corn & Green Pepper Nutrition Facts

## Corn Nutrition Facts

- Serving size  $\frac{2}{3}$  cup
- Total fat 0.5g
- Saturated fat 0g
- Trans fat 0g
- Cholesterol 0mg
- Sodium 0mg
- Total Carbohydrate 18g
- Dietary Fiber 2g
- Total sugars 2g
- Includes 0g Added sugars
- Protein 3g



## Green Bell Pepper Nutrition Facts

- Amount per  $\frac{1}{4}$  medium pepper
- Total fat 0
- Potassium 40 mg
- Total carbohydrate 1.1g
- Dietary fiber 0.4g
- Sugar 0.6g
- Protein 0.2g



# Milk Nutrition Facts

Milk, considered a “superfood” offers a complete nutrient package. It is an excellent source of calcium, which is essential for youth’s growing bones. It also contains Vitamin D, which helps calcium absorption. Low-fat milk contains less saturated fat than whole milk.

## Nutrition Facts

About 8 servings per container	
<b>Serving size</b>	<b>1 cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 2.5mcg	15%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 340mg	8%
Vitamin A 220mcg	25%

Upstate  
Farms 2%  
Milk



Upstate  
Farms Lowfat  
Chocolate  
Milk

## Nutrition Facts

About 8 servings per container	
<b>Serving size</b>	<b>1 cup (240mL)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 2.5mcg	15%
Calcium 290mg	20%
Iron 0.4mg	2%
Potassium 350mg	8%
Vitamin A 180mcg	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Finished Product

- Meets Sodium Guidelines- 505.5 mg with white milk or 610.5 mg with chocolate milk
- Low-fat!
- Gluten-free chips!
- Healthy!
- Tasty!
- Variety of choices!





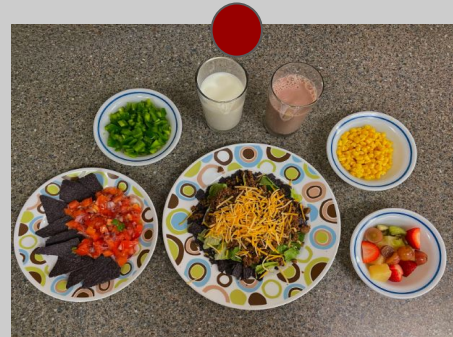




# *Marauder Bowl!*

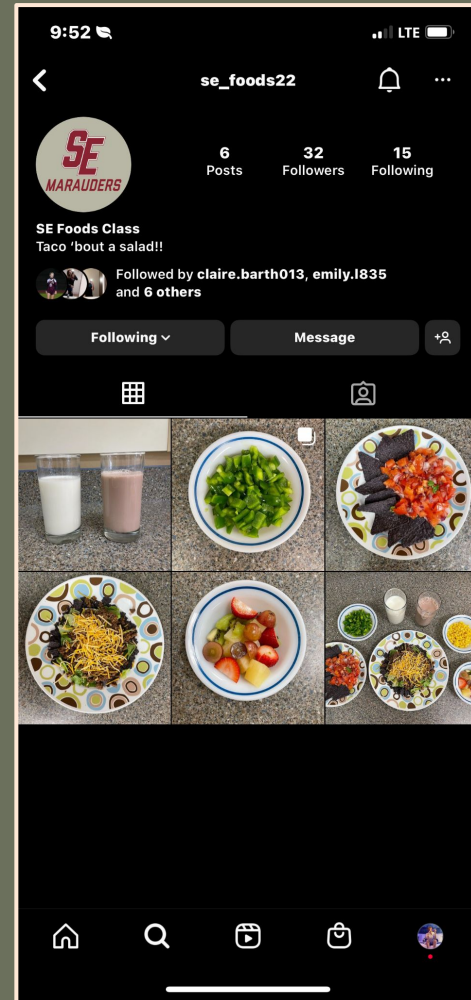
Taco 'bout a salad!

*Sherburne - Earlville*



# Social Media

Instagram - @se\_foods22





# Cost Analysis

<b>Ingredients List</b>	<b>Ingredient Cost</b>	<b>Measurement of each ingredient per item (oz/tsp/tbsp/cups)</b>	<b>Cost per ingredient for each meal</b>
<b>Garlic Powder</b> 3.4 oz.	<b>\$1.00</b>	<b>1/16 tsp</b>	<b>\$0.01</b>
<b>Oregano</b> .87 oz.	<b>\$1.00</b>	<b>1/16 tsp</b>	<b>\$0.01</b>
<b>Blue Corn Tortilla Chips</b> 5.5 oz.	<b>\$3.69</b>	<b>1.5 oz.</b>	<b>\$1.01</b>

# Cost Analysis

<b>Ingredients List</b>	<b>Ingredient Cost</b>	<b>Measurement of each ingredient per item (oz/tsp/tbsp/cups)</b>	<b>Cost per ingredient for each meal</b>
<b>Ground Beef (1 pound)</b>	<b>\$5.56</b>	<b>¼ pound</b>	<b>\$1.39</b>
<b>Taco Blend Shredded Cheese 8 oz.</b>	<b>\$2.22</b>	<b>⅓ cup</b>	<b>\$0.13</b>
<b>Romaine Lettuce 10 oz.</b>	<b>\$2.68</b>	<b>1 cup</b>	<b>\$0.67</b>
<b>Green Pepper (1 whole)</b>	<b>\$0.72</b>	<b>¼ cup</b>	<b>\$0.24</b>
<b>Frozen Corn 12 oz.</b>	<b>\$0.84</b>	<b>⅔ cup</b>	<b>\$0.04</b>







# Profit Margin

Total cost to make one meal: **\$5.24**

All student lunches are free, but the adult cost is **\$5.35**

Gross profit:  $\$5.35 - \$5.24 =$  **\$0.11**

Gross Profit Margin =  $\$0.11 / \$5.35 = 0.020561 \times 100 =$  **2.561%**