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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Product Description

A savory taco meal, that's served eloquently in a bowl. The warm meat is placed over a mixture of fresh lettuce and crunchy blue corn tortilla chips. Cheese is then sprinkled over, and progressively melts deliciously over the dish to top it off. Served alongside the taco bowl is fresh homemade salsa that is refreshing yet savory and also a bowl of fresh fruit. A bowl of yellow corn and tasty green peppers are always an option with the Marauder Bowl. All served with your choice of either White milk or Chocolate Milk.

Slogan for the Marauder Bowl:

Taco bout a salad!

Taco Seasoning

Recipe

- 1 tablespoon chili powder
- 1½ teaspoon cumin
- 1 teaspoon black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon oregand
- 1 tablespoon paprika

Directions

Acquire a small jar and take the lid off. Then add the measurements of chili powder, cumin, black pepper, onion powder, oregano and paprika into the jar. After close the jar with the lid and shake until all the seasonings are combined. Store in an airtight container and keep the seasoning at room temperature.

Taco Salad Directions and Ingredients

Directions

Cook ground beef: Heat large skillet over medium. Add the ground beef. Break the beef up with wooden spoon or any cooking spatula available while cooking. Cook the ground beef fully, until browned and no longer pink.

Drain: Drain any excess grease from the skillet. Then return beef to the skillet and reduce to low heat.

Seasoning: Add your homemade taco seasoning to the beef. Also add ²/₃ cup of water to your mixture. Stir together until the meat is coated or fully mixed.

Simmer: Allow to simmer for 5 minutes and then remove from heat.

Assemble: Take a bowl or plate and put around one cup of chips on the surface, crush the chips until they are in tiny pieces. After, add one cup of shredded lettuce on top of the chips. Then, take 3 oz of the cooked beef and put it over the lettuce and chips. Sprinkle a ½ cup of the shredded cheese over the salad. If wanted, add any of the optional ingredients.

<u>Ingredients</u>

- 1lb ground beef, 70-80% lean*
- Taco seasoning
- Taco Blend
 Shredded Cheese
- Romaine Lettuce
- Whole Grain Chips

Optional

- Corn
- Green pepper

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, than take the half and cut the skin off. After all the skin has been removed, you than 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 you strawberries and precisely wash them, cut the tops off an cut into cube size pieces.
- 4.for your kiwis you should peel them an cut into 5 equal cubes.nt
- 5. After all your fruit has been cut, washed, and peeled through them all into a bowl for serving!!

Salsa

<u>Ingredients</u>:

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

<u>Directions:</u>

- 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.



Green Pepper & Corn

Directions:

- 1. After washing green pepper, slice off top and bottom to remove the core and seeds. Slice the pepper into bite size pieces.
- 2. Place corn into a saucepan. Turn the stove on a medium heat, add ¼ cup of water then mix through thoroughly so all the corn is warmed up and ready to be served.

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
7.0	% Daily V	alue*
Total Fat 2.9g	E-	4%
Saturated Fat 0).4g	2%
Trans Fat 0g	0,70	103
Cholesterol 0mg		0%
Sodium 244mg	72 20 - August	10%
Total Carbohydra	ates 15g	5%
Dietary Fiber 7	9	26%
Sugars 4g	-	
Protein 4g		7%
Vitamin A 126%	Vitamin C	183%
Calcium 9%	Iron	31%
* Percent Daily Value	s are based on	2000

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

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Homemade Salsa & Gluten Free Blue Corn Chips Nutrition Facts

Salsa

Amount per	
1 serving (6.4 oz)	182 g
Calories 40 From	m Fat 3
% [aily Value*
Total Fat 0.3g	0%
Saturated Fat 0g	0%
Trans Fat 0g	(A)
Cholesterol Omg	0%
Sodium 13mg	1%
Total Carbohydrates 9	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	3%
Vitamin A 30% • Vitar	nin C 38%
Calcium 3% • Iron	3%
* Percent Daily Values are ba calorie diet. Your Daily Value higher or lower depending o calorie needs.	s may be

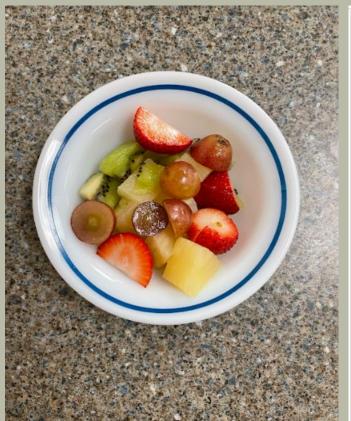
Blue Corn Gluten Free Tortilla Chips

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 ²/₃ cup
- Total fat 0.5g
- Saturated fat 0g
- Trans fat 0g
- Cholesterol 0mg
- Sodium 0mg
- Total Carbohydrate18g
- Dietary Fiber 2g
- Total sugars 2g
- Includes 0g Added sugars
- Protein 3g



Green Bell Pepper Nutrition Facts

- Amount per 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 F	acts
About 8 servings per cont	ainer
Serving size 1 c	up (240mL
Amount per serving	
Calories	120
	% Daily Value
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 12g	49
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg	159
Calcium 290mg	209
Iron 0mg	09
Potassium 340mg	89
Vitamin A 220mcg	259

Upstate Farms 2% Milk



Upstate Farms Lowfat Chocolate Milk

Nutrition	racts
About 8 servings per	
Serving size	1 cup (240ml
Amount per serving	
Calories	140
	% Daily Value
Total Fat 2.5g	39
Saturated Fat 1.5g	89
Trans Fat 0g	
Cholesterol 10mg	39
Sodium 220mg	109
Total Carbohydrate 2	3g 8 9
Dietary Fiber 0g	09
Total Sugars 22g	
Includes 11g Added S	ugars 22°
Protein 8g	169
Vitamin D 2.5mcg	15'
Calcium 290mg	20
Iron 0.4mg	2'
Potassium 350mg	8
Vitamin A 180mcg	20

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!



Target Audience:

The target audience is students in grades 6-12. The cafeteria is shared by the middle and high school and serves all seven grades the same menu. Students will enjoy the taste of tacos in a fresh salad, homemade salsa with blue corn chips and a delicious fruit cup. Optional add on vegetables include corn and green bell peppers.

Marauder Bowl Marketing

- Social Media Posts
- Flyers hung around the school
- Announcement that is read on the School Morning Announcement

Announcement: "Let's talk about a delicious lunch....Marauder Bowls will be available in the cafeteria. Healthy never tasted as good as this taco salad served with homemade salsa and a fruit cup. You will all have good things to say about this Taco Bout a Salad!"

See Social Media Posts & Flyers on next slides

Marauder Bowl!

Taco 'bout a salad!

Sherburne - Earlville



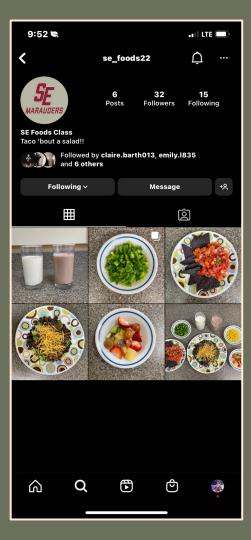






Social Media

Instagram - @se_foods22



Cost Analysis

Ingredients List	Ingredient Cost	Measurement of each ingredient per item (oz/tsp/tbsp/cups)	Cost per ingredient for each meal
Chili Powder 2.5 oz	\$2.10	1/4 tbsp	\$0.05
Cumin 1.5 oz	\$2.50	1/16 tsp.	\$0.01
Black Pepper 3 oz.	\$3.12	½ tsp	\$0.09
Paprika 2.5 oz.	\$1.00	½ tbsp	\$0.03
Onion Powder 3.25 oz.	\$1.00	1/16 tsp	\$0.01

Cost Analysis

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

Cost Analysis

Ingredients List	Ingredient Cost	Measurement of each ingredient per item (oz/tsp/tbsp/cups)	Cost per ingredient for each meal
Ground Beef (1 pound)	\$5.56	¼ pound	\$1.39
Taco Blend Shredded Cheese 8 oz.	\$2.22	⅓ cup	\$0.13
Romaine Lettuce 10 oz.	\$2.68	1 cup	\$0.67
Green Pepper (1 whole)	\$0.72	½ cup	\$0.24
Frozen Corn 12 oz.	\$0.84	²∕₃ cup	\$0.04

Cost Analysis - Fruit Bowl

Ingredients List	Ingredient Cost	Measurement of each ingredient per item (oz/tsp/tbsp/cups)	Cost per ingredient for each meal
Strawberries 1 pound	\$3.98	½ cup	\$0.36
Red grapes (1 pound)	\$1.55	½ cup	\$0.16
Pineapple (22 oz.)	\$2.22	½ cup	\$0.20
Kiwi (1 whole)	\$0.50	½ cup	\$0.25

Cost Analysis - Salsa

Ingredients List	Ingredient Cost	Measurement of each ingredient per item (oz/tsp/tbsp/cups)	Cost per ingredient for each meal
Tomatoes (4 whole)	\$3.64	¹⁄₄ cup	\$0.30
Red Onion (1 whole)	\$1.34	½ cup	\$0.08
Garlic Cloves (1 head)	\$0.66	½ tsp	\$0.01
Lime (1 whole) to get 2 tbsp juice	\$0.28	½ tbsp	\$0.07
Cilantro Leaves (Bunch- 1 oz.)	\$0.48	.25 oz.	\$0.12

Profit Margin

Total cost to make one meal: \$5.24

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

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

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