2019 ORLAEF's ProStart Invitational
Forms Due: March 4, 2019

Recipe

State Name	
Educator Name	

Menu Item			
Number of Portions		**Portion Size**	
Cooking Method(s)			
Recipe Source			

Ingredients	
Item	**Amount**

Procedure

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Food Cost

State Name			
Educator Name			
Menu Item			
Number of Portions		**Portion Size**	

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost

Subtotal	
1 % for small amounts of spices (Q Factor)	
Total Recipe Cost	
Portion Cost	

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Menu Price

State Name	
Educator Name	

Menu Category	☐ Starter	☐ Entree	☐ Dessert

Recipe	Portion Cost

Total Plate Portion Cost	
Menu Price at 33% Food Cost	
Actual Price on Menu	