

# Menu Planning

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Entry Forms due: June 18, 2010 , postmark accepted.  
Entry Fee: None  
Exhibits Received: Saturday, July 17; 9 am – 6 pm  
Exhibits Released: Monday, August 9<sup>th</sup>, 2010 9am – 6pm

## Guidelines:

- Entries will consist of a planned menu with an emphasis on food compatibility and contrast in color, texture and variety.
- **Entries from exhibitors ages 5-11**
  - Plan a menu for 1 day
  - Display on a poster board no larger than 11 x 14
- **Entries from exhibitors ages 12-14**
  - Plan a menu for 1 week
  - Display either on a 22" x 28" poster board or in a booklet form (written on one side only)
- **Entries from exhibitors ages 15-19**
  - Plan a menu for 1 week
  - Display either on a 22" x 28" poster board or in a booklet form (written on only side only).
  - Include a per serving: cost and nutritional breakdown for each item
- Posters and booklets may be decorated.

## How to Enter:

1. On the entry form, enter the Section number for your age group.

<b>Exhibitor Age</b>	<b>Section</b>
5-8	Section 305
9-11	Section 306
12-14	Section 307
15-19	Section 308

2. Choose the Class for your item.

**All entries are considered  
Class 1..please refer to  
Section numbers above**

3. Write a short description of the entry.