

# Taste of Norfolk Public Schools Recipe Card

Parent/Guardian(s) Name:		Contact Information(in case we have recipe questions):
Student Name:		School Name:
Recipe Name & Cultural Region:		How many will this serve?
What does this recipe mean to your family? _____ _____		
Ingredients (include amount): _____ _____ _____ _____		
Preparation Instructions: _____ _____ _____ _____		
Cooking Instructions: _____ _____ _____ _____ _____ _____		
Additional Information: _____ _____ _____		
Submit your recipe by March 29 to your school's School Nutrition Manager, online at <a href="http://npsk12.com/nutrition">npsk12.com/nutrition</a> , or by email to <a href="mailto:SchoolNutrition@npsk12.com">SchoolNutrition@npsk12.com</a> . Attach additional sheets to this recipe card as needed. Submit your pictures by attaching to this sheet or emailing to <a href="mailto:SchoolNutrition@npsk12.com">SchoolNutrition@npsk12.com</a> . Multiple submissions are encouraged!		

French Native American Mongolian Jamaican Vietemese Croatian Peruvian  
 Czech Zimbabwean Guatamalen Puerto Rican Bulgarian Indian  
 Ghanaian South African Georgian Ukrainian  
 Cuban Ugandan Japanese Libyan Greek  
 Polish Chinese Ethiopian  
 Fijian Jewish Malaysian  
 Italian Christian Hindu  
 Turkish Botswanian  
 Finn Muslim  
 Rwandan

Irish  
 Dutch  
 Iraqi  
 Thais



# TASTE OF NORFOLK PUBLIC SCHOOLS

Israeli  
 Qatari  
 Congan  
 Afghani  
 Syrian  
 Spaniard  
 Pakistani  
 Burmese  
 Scottish  
 Latvian  
 Kenyan  
 German  
 Albanian  
 Belizean  
 Nepalese  
 Croatian  
 Korean

Tongan  
 Jordanian  
 Tunisian  
 Buddhist  
 Swedish  
 Haitian  
 Bolivian  
 Zambian  
 Samoan  
 Algerian  
 Chilean  
 Nigerian  
 Omani  
 Iranian  
 Egyptian  
 Peruvian

**From East to West our Norfolk Public Schools family is the cornerstone of a proudly diverse community.**

**School Nutrition wants to explore our community through tasting the flavors of your culture.**

**Submit your family recipes to give our community a taste of YOUR kitchen next year!**

Submit your recipe to either your school's School Nutrition Manager, online at [www.npsk12.com/nutrition](http://www.npsk12.com/nutrition), or by email to [SchoolNutrition@nps.k12.va.us](mailto:SchoolNutrition@nps.k12.va.us) by March 29.

One recipe card is included on the back of this flyer. Recipe cards are also available online. Multiple submissions are encouraged!

Send pictures of your family preparing & enjoying your dish to [SchoolNutrition@nps.k12.va.us](mailto:SchoolNutrition@nps.k12.va.us).

Recipes will be adapted to meet Federal School Nutrition standards.

