

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 npsk12.com/nutrition , or by email to SchoolNutrition@npsk12.com . Attach additional sheets to this recipe card as needed. Submit your pictures by attaching to this sheet or emailing to SchoolNutrition@npsk12.com . 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



TASTE OF NORFOLK PUBLIC SCHOOLS

Irish
 Dutch
 Iraqi
 Thais

Israeli
 Qatari
 Congan
 Afghani
 Syrian
 Spaniard
 Pakistani
 Burmese
 Scottish
 Latvian
 Kenyan
 German
 Albanian
 Belizean
 Nepalese
 Georgian
 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, or by email to SchoolNutrition@npsk12.com 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@npsk12.com.

Recipes will be adapted to meet Federal School Nutrition standards.

