Chicken Italiano with Sweet Potato Skillet and Heart Healthy Salad

“All Fired Up”
Grenada Career & Technical Center
Grenada Career and Technical Center
“All Fired Up”

**Chicken Stuffed with Mozzarella, and tomatoes and Italian Seasonings**

**Yield:** 6
**Prep Time:** 12 mins
**Cook Time:** 15 mins

**Ingredients**
- 6 boneless skinless chicken breasts
- 1 cup shredded mozzarella cheese
- 3 roma tomatoes; sliced thinly
- 3 teaspoons Italian Spice Blend-MS
- 1 1/2 tsp salt
- 3/4 tsp pepper
- 6 grams Pan release vegetable oil spray
- 2 tbsp oil, olive, or salad cooking oil

**Directions**
1. Gather all ingredients, and tools/equipment
2. Place the chicken breasts on a cutting board. Using a sharp knife, butterfly the chicken breast.
3. Place butterflied chicken breast in between 2 sheets of plastic wrap. Using a mallet pound the chicken to flatten each chicken breast.
4. Wash and slice the roma tomatoes.
5. Combine the cheese and italian spice blend in a small bowl.
6. Season the chicken with salt/pepper and stuff the chicken with the cheese mixture and sliced tomatoes. Once finished, place the 6 chicken breast in a hotel pan.
7. Clean up table and area.
8. In a skillet, heat on medium high and spray with the pan release spray.
9. Once skillet is warm, put chicken breast in skillet and cook for 5 minutes per side.
10. Check the internal temperature of the chicken. Once it reads 165°F take chicken out and let it rest. Serve.

**Tool list**
1. Cutting board(2)
2. Knife (2)
3. Tongs
4. Large skillet (2)
5. Flat metal spatula
6. Hotel pan (2)
7. Thermometer
8. Dry measuring cup and dry measuring spoons
9. Bowl for cheese and blend
Sweet Potato Skillet
Yield: 6
Serving: ½ cup

Ingredients
3 medium sweet potatoes, peeled, diced
1 medium yellow onion, diced
1 TBSP Pan release vegetable oil spray
1 tsp salt
1 tsp Italian Spice Blend - MS

Instruction
1. Preheat a large cast iron skillet to medium heat, spray your skillet with pan spray. Add diced sweet potatoes and sliced onion to the skillet and begin sauteing them.
2. Stir and cook them for 10 minutes on medium low. Once the potatoes and onions become tender season them with salt and the Italian spice blend-MS.
3. Once potatoes begin to get a little color on them, place them on a serving dish.

Tool list:
1. Bowl
2. Colander
3. Peeler
4. Cutting board
5. Chef knife
6. Cast iron skillet
7. Serving bowl
8. Serving spoon
Heart Healthy Salad with Lite Raspberry Vinaigrette

Yield: 6
Serving Size: 3/4 cup
Prep Time: 10 minutes

Ingredients
4 cups spinach
1/2 apple, thinly sliced or diced
1/2 cup fresh blueberries
2 TBSP lite raspberry vinaigrette

Directions
1. Place all salad ingredients in a large bowl and toss with
2. Divide and serve.

Tool Lists
1. Dry measuring cups
2. Large Bowl
3. Knife
4. Cutting Board
5. Tongs
Recipe: Italian Stuffed Chicken  
HACCP Process: #2 Same Day Service  
Recipe Group: ENTREES  
Number of Portions: 6

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Breast, Boneless</td>
<td>6 Each (5 oz)</td>
<td>1. Gather all ingredients and tools/equipment. 1/3 OZ</td>
</tr>
<tr>
<td>Lite Mozzarella Cheese, Shredded</td>
<td>1 cup</td>
<td>2. Place the chicken breasts on the cutting board. Using a sharp knife,</td>
</tr>
<tr>
<td>Whole Red Tomatoes</td>
<td>6</td>
<td>butterfly the chicken breast.</td>
</tr>
<tr>
<td>Italian Spice Blend, MS</td>
<td>1 TBSP</td>
<td>3. Place butterflyed chicken breast in between 2 sheets of plastic wrap.</td>
</tr>
<tr>
<td>Salt</td>
<td>1 1/2 tsp</td>
<td>Using a mallet, pound the 1 TSP chicken to flatten each chicken breast.</td>
</tr>
<tr>
<td>Ground Black Pepper</td>
<td>3/4 tsp</td>
<td>1/2 TSP</td>
</tr>
<tr>
<td>Pan Release Vegetable Oil Spray</td>
<td>6 grams</td>
<td>4. Wash and slice the tomatoes 1/4 TSP</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>2 TBSP</td>
<td>5. Combine the cheese and italian spice blend in a small bowl. 2 GRAM</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6. Season the chicken with salt/pepper and stuff the chicken with the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>cheese mixture and sliced 2 TSP Tomatoes.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7. In a skillet, heat on medium high and pour in 2 teaspoons of olive oil.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8. Once skillet is warm, put the chicken breast in skillet and cook for 5 minutes per side.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9. Check the internal temperature of the chicken. Once it reads 165 degrees F, take chicken out and let it rest. Serve.</td>
</tr>
</tbody>
</table>

*Nutrients are based upon 1 Portion Size (Chicken Breast)

<table>
<thead>
<tr>
<th>Calories</th>
<th>330 kcal</th>
<th>Cholesterol</th>
<th>73.50 mg</th>
<th>Sugars <em>1.20</em> g</th>
<th>Calcium <em>26.13</em> mg</th>
<th>21.81% Calories from Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>8.01 g</td>
<td>Sodium</td>
<td>922.98 mg</td>
<td>Protein 33.60 g</td>
<td>Iron <em>1.31</em> mg</td>
<td>8.66% Calories from Saturated Fat</td>
</tr>
</tbody>
</table>
## Grenada School District

"All Fired Up" Grenada Career & Technical Center

<table>
<thead>
<tr>
<th>Saturated Fat 3.18 g</th>
<th>Carbohydrates 20.40 g</th>
<th>Vitamin A <em>409.81</em> IU</th>
<th>Water1 <em>43.04</em> g</th>
<th><em>0.00%</em> Calories from Trans Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trans Fat2 <em>0.00</em> g</td>
<td>Dietary Fiber 7.61 g</td>
<td>Vitamin C <em>13.03</em> mg</td>
<td>Ash1 <em>2.90</em> g</td>
<td>24.70% Calories from Carbohydrates</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>54.19% Calories from Protein</td>
</tr>
</tbody>
</table>

*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

### Miscellaneous

<table>
<thead>
<tr>
<th>Attributes</th>
<th>Allergens Present</th>
<th>Allergens Absent</th>
<th>Allergens Unidentified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Alt...... 3 oz</td>
<td></td>
<td></td>
<td>? - Milk</td>
</tr>
<tr>
<td>Grain........... Oz</td>
<td></td>
<td></td>
<td>? - Egg</td>
</tr>
<tr>
<td>Fruit............. cup</td>
<td></td>
<td></td>
<td>? - Peanut</td>
</tr>
<tr>
<td>Vegetable......... 0.25 cup</td>
<td></td>
<td></td>
<td>? - Tree Nut</td>
</tr>
<tr>
<td>Milk............. cup</td>
<td></td>
<td></td>
<td>? - Fish</td>
</tr>
<tr>
<td><strong>Moisture &amp; Fat Change</strong></td>
<td>Moisture Change. 0%</td>
<td>Fat Change......... 0%</td>
<td>? - Shellfish</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>? - Soy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>? - Wheat</td>
</tr>
</tbody>
</table>

**Type of Fat**

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does
Grenada School District
“Our Fired Up” Grenada Career & Technical Center

not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
Grenada School District
“All Fired Up” Grenada Career & Technical Center

Recipe: Sweet Potato Skillet
HACCP Process:
Recipe Group: VEGETABLES
Number of Portions: 6
Size of Portion: servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Potato</td>
<td>3</td>
<td>1. Preheat a large cast iron skillet to medium heat, spray your skillet with pan spray. Add diced sweet potatoes and sliced onion to the skillet and begin sauteing them.</td>
</tr>
<tr>
<td>Yellow Onion</td>
<td>½</td>
<td>2. Stir and cook them for 10 minutes on medium low heat. Once the potatoes and onions become tender, season them with salt and the Italian spice blend.</td>
</tr>
<tr>
<td>Pan Release Spray, Vegetable oil</td>
<td>1 TBSP</td>
<td>3. Once potatoes begin to get a little color on them, place them on a serving dish.</td>
</tr>
<tr>
<td>Salt</td>
<td>1 TSP</td>
<td></td>
</tr>
<tr>
<td>Italian Spice Blend, MS</td>
<td>1 TSP</td>
<td></td>
</tr>
</tbody>
</table>

Nutrients are based upon 1 Portion Size (servings)

<table>
<thead>
<tr>
<th>Calories 61 kcal</th>
<th>Cholesterol 0.00 mg</th>
<th>Sugars <em>0.53</em> g</th>
<th>Calcium 22.62 mg</th>
<th>0.67% Calories from Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0.05 g</td>
<td>Sodium 429.21 mg</td>
<td>Protein 1.16 g</td>
<td>Iron 0.43 mg</td>
<td>0.25% Calories from Saturated Fat</td>
</tr>
<tr>
<td>Saturated Fat 0.02 g</td>
<td>Carbohydrates 14.25 g</td>
<td>Vitamin A 92221 80 IU</td>
<td>Water1 <em>50.23</em> g</td>
<td><em>0.00%</em> Calories from Trans Fat</td>
</tr>
<tr>
<td>Trans Fat2 <em>0.00</em> g</td>
<td>Dietary Fiber 2.16 g</td>
<td>Vitamin C 2.49 mg</td>
<td>Ash1 <em>1.66</em> g</td>
<td>93.57% Calories from Carbohydrates</td>
</tr>
</tbody>
</table>

*Nutrients are based upon 1 Portion Size (servings)
<table>
<thead>
<tr>
<th>Miscellaneous</th>
<th>Attributes</th>
<th>Allergens Present</th>
<th>Allergens Absent</th>
<th>Allergens Unidentified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Alt.</td>
<td>oz</td>
<td></td>
<td></td>
<td>? - Milk</td>
</tr>
<tr>
<td>Grain</td>
<td>Oz</td>
<td></td>
<td></td>
<td>? - Egg</td>
</tr>
<tr>
<td>Fruit</td>
<td>cup</td>
<td></td>
<td></td>
<td>? - Peanut</td>
</tr>
<tr>
<td>Vegetable</td>
<td>0.5 cup</td>
<td></td>
<td></td>
<td>? - Tree Nut</td>
</tr>
<tr>
<td>Milk</td>
<td>cup</td>
<td></td>
<td></td>
<td>? - Fish</td>
</tr>
<tr>
<td><strong>Moisture &amp; Fat Change</strong></td>
<td></td>
<td></td>
<td></td>
<td>? - Shellfish</td>
</tr>
<tr>
<td>Moisture Change</td>
<td>0%</td>
<td></td>
<td></td>
<td>? - Soy</td>
</tr>
<tr>
<td>Fat Change</td>
<td>0%</td>
<td></td>
<td></td>
<td>? - Wheat</td>
</tr>
</tbody>
</table>

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does
Grenada School District

"All Fired Up" Grenada Career & Technical Center

not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
Recipe: Blueberry Spinach Salad
Recipe HACCP Process: No Cook
Recipe Group: VEGETABLES
Number of Portions: 6
Size of Portion: 3/4 cup

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurement</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach, Washed, Trimmed, Fresh, #4016</td>
<td>4 Cup</td>
<td>1. Place all salad ingredients in a large bowl and toss.</td>
</tr>
<tr>
<td>Apples, Red Delicious, Whole, Fresh, #4202</td>
<td>½ Medium</td>
<td></td>
</tr>
<tr>
<td>Blueberries, Fresh, DOD, USDA</td>
<td>½ Cup</td>
<td>2. Divide and serve.</td>
</tr>
<tr>
<td>DRESSING, BALSAMIC VINAIGRETTE, LOW FAT</td>
<td>2 TBSP</td>
<td></td>
</tr>
</tbody>
</table>

*Nutrients are based upon 1 Portion Size (salads)*

<table>
<thead>
<tr>
<th>Calories 27 kcal</th>
<th>Cholesterol 0.00 mg</th>
<th>Sugars 3.24 g</th>
<th>Calcium 21.45 mg</th>
<th>27.02% Calories from Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0.81 g</td>
<td>Sodium 74.41 mg</td>
<td>Protein 0.70 g</td>
<td>Iron 0.59 mg</td>
<td>3.47% Calories from Saturated Fat</td>
</tr>
<tr>
<td>Saturated Fat 0.10 g</td>
<td>Carbohydrates 4.94 g</td>
<td>Vitamin A 1891.92 IU</td>
<td>Water 1 <em>41.64</em> g</td>
<td>0.00% Calories from Trans Fat</td>
</tr>
<tr>
<td>Trans Fat 0.00 g</td>
<td>Dietary Fiber 1.10 g</td>
<td>Vitamin C 7.51 mg</td>
<td>Ash 1 <em>0.40</em> g</td>
<td>73.15% Calories from Carbohydrates</td>
</tr>
</tbody>
</table>

* N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
1 - denotes optional nutrient values
Grenada School District
“All Fired Up”-Grenada Career & Technical Center

2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
Grenada Career and Technical Center
"All Fired Up"

**TimeLine**

<table>
<thead>
<tr>
<th>Time (Min.)</th>
<th>Activity</th>
<th>Member Responsible</th>
<th>Food Item/Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 min</td>
<td>Wash hands</td>
<td>All members</td>
<td>Hot water, soap, paper towels</td>
</tr>
<tr>
<td>3 min</td>
<td>Clean workstation</td>
<td>Aaliyah</td>
<td>sanitize the table and set up workstation</td>
</tr>
<tr>
<td>2 min</td>
<td>Wash all vegetables</td>
<td>Jaylen</td>
<td>Colander, bowls, food prep sink</td>
</tr>
<tr>
<td>4 min</td>
<td>Chop &amp; trim apple and spinach</td>
<td>Jaylen</td>
<td>Cutting board and chef knife</td>
</tr>
<tr>
<td>1 min</td>
<td>Pour dressing &amp; toss</td>
<td>Jaylen</td>
<td>Bowl &amp; tongs</td>
</tr>
<tr>
<td>3 min</td>
<td>Wash sweet potatoes</td>
<td>Aaliyah</td>
<td>Prep sink</td>
</tr>
<tr>
<td>5 min</td>
<td>Peel &amp; dice</td>
<td>Aaliyah &amp; Jaylen</td>
<td>Peeler, cutting board, chef knife</td>
</tr>
<tr>
<td>1 min</td>
<td>Preheat skillet</td>
<td>Jaylen</td>
<td>Skillet, range</td>
</tr>
<tr>
<td>15 min</td>
<td>Saute sweet potatoes &amp; onions</td>
<td>Aaliyah</td>
<td>Skillet, range</td>
</tr>
<tr>
<td>2 min</td>
<td>Wash tomatoes</td>
<td>Ashton</td>
<td>Colander &amp; prep sink</td>
</tr>
<tr>
<td>3 min</td>
<td>Mix together cheese &amp; Italian Spice Blend-MS</td>
<td>Shakaiya &amp; Ashton</td>
<td>Bowl &amp; measuring cups</td>
</tr>
<tr>
<td>12 min</td>
<td>Butterfly chicken &amp; flatten chicken</td>
<td>Shakaiya &amp; Ashton</td>
<td>Cutting board, plastic wrap, chef knife, &amp; mallet</td>
</tr>
<tr>
<td>Time</td>
<td>Task</td>
<td>People</td>
<td>Tools/Utensils</td>
</tr>
<tr>
<td>------</td>
<td>-------------------------------</td>
<td>-----------------</td>
<td>----------------------------------------------------</td>
</tr>
<tr>
<td>5 min</td>
<td>Stuff chicken Shakaiya &amp; Ashton</td>
<td>Bowl</td>
<td></td>
</tr>
<tr>
<td>3 min</td>
<td>Clean up station Shakaiya &amp; Ashton</td>
<td>Sanitize bucket &amp; rag</td>
<td></td>
</tr>
<tr>
<td>12 min</td>
<td>Cook chicken Shakaiya &amp; Ashton</td>
<td>Skillet, tongs, hotel pans, thermometer, &amp; range</td>
<td></td>
</tr>
<tr>
<td>2 min</td>
<td>Let chicken rest Shakaiya &amp; Ashton</td>
<td>Hotel pan</td>
<td></td>
</tr>
<tr>
<td>5 min</td>
<td>Prepare serving platters All students</td>
<td>Serving plates, tongs &amp; serving spoons</td>
<td></td>
</tr>
<tr>
<td>8 min</td>
<td>Wash dishes Ashton &amp; Aaliyah</td>
<td>3 compartment sink</td>
<td></td>
</tr>
<tr>
<td>8 min</td>
<td>Rinse &amp; dry dishes Ashton &amp; Aaliyah</td>
<td>3 compartment sink</td>
<td></td>
</tr>
<tr>
<td>4 min</td>
<td>Clean tables &amp; ranges Shakaiya</td>
<td>Cook top cleaner, sanitize bucket &amp; rag</td>
<td></td>
</tr>
<tr>
<td>4 min</td>
<td>Clean floors Jaylen</td>
<td>Broom</td>
<td></td>
</tr>
</tbody>
</table>

- **5 min**: Stuff chicken Shakaiya & Ashton
- **3 min**: Clean up station Shakaiya & Ashton
- **12 min**: Cook chicken Shakaiya & Ashton
- **2 min**: Let chicken rest Shakaiya & Ashton
- **5 min**: Prepare serving platters All students
- **8 min**: Wash dishes Ashton & Aaliyah
- **8 min**: Rinse & dry dishes Ashton & Aaliyah
- **4 min**: Clean tables & ranges Shakaiya
- **4 min**: Clean floors Jaylen
Where Did it Come From?

Our Mississippi Goods came from the following locations,

Farm: JD Farms Us  
Product: Flash frozen blueberries  
Address: 574 Slade Woodward Rd, Poplarville, MS 39470  
Phone number: (601) 795-0281  
GAP & GHP certified

Farm: C & W Farms  
Product: sweet potatoes  
Address: 725 East Vardaman Street  
Phone number: (662) 682-9587  
GAP & GHP certified

Farm: Bountiful Harvest Farms  
Products: tomatoes and onions  
Address: 949-1021 Pat Station Rd, Starkville, MS 39759  
Phone number: 662-418-0670  
Not GAP & GHP certified
Student Application/Parent’s Permission Slip
State Junior Chef Competition
“Savor the Flavor of MISSISSIPPI”
School Year 2018-2019

Student Name: Javien Smoot

School District Name: Grenada High School

School Name & Address: Grenada Career + Technical Center

Grade: 11th Male Female

T-Shirt Size: Medium Chef Coat Size: Large

Parent’s Medical Release and Waiver of Liability

I understand and agree that participation in the Mississippi Junior Chef is completely voluntary and that the MS Department of Education/Office of Child Nutrition (OCN), sponsors and affiliated parties will not be liable for any possible accidents or injuries that may result from participation in this competition. I hereby waive and release any and all claims against the MDE/OCN relating to participation. I understand that the State is not responsible for transportation or meals. I also understand and accept that volunteers, including other parents, as well as other members of the community will be assisting with the MS Junior Chef Competition.

In case of illness or accident, I request the organizers of the event to contact me. If I cannot be reached or the emergency contact person cannot be reached at the phone numbers provided, I authorize the organizers of the MS Junior Chef to seek emergency medical care or take other action they believe is necessary to protect the best interest of my child/ward. If my child/ward is taken for emergency medical treatment, I hereby authorize the attending physician to administer the emergency treatment he/she believes is appropriate, and I agree to pay any resulting expenses.

I have read the above form and my signature below demonstrates I have provided my consent for my child/ward to participate in the MS Junior Chef Competition.

List medical facts that we should be aware of (i.e. asthma, Heart problems, food allergies etc.):

Asthma

Parent/Guardian’s Name (Print):

Parent Signature:

Phone Number: 630-340-8852

Student
Student Application/Parent's Permission Slip
State Junior Chef Competition
“Savor the Flavor of MISSISSIPPI”
School Year 2018-2019

Student Name: Aaliyah S. Martin
School District Name: Grenada High School (Grenada)
School Name & Address: Grenada
Grade: 11th Male Female
T-Shirt Size: Youth Chef Coat Size: "standard"

Parent’s Medical Release and Waiver of Liability

I understand and agree that participation in the Mississippi Junior Chef is completely voluntary and that the MS Department of Education/Office of Child Nutrition (OCN), sponsors and affiliated parties will not be liable for any possible accidents or injuries that may result from participation in this competition. I hereby waive and release any and all claims against the MDE/OCN relating to participation. I understand that the State is not responsible for transportation or meals. I also understand and accept that volunteers, including other parents, as well as other members of the community will be assisting with the MS Junior Chef Competition.

In case of illness or accident, I request the organizers of the event to contact me. If I cannot be reached or the emergency contact person cannot be reached at the phone numbers provided, I authorize the organizers of the MS Junior Chef to seek emergency medical care or take other action they believe is necessary to protect the best interest of my child/ward. If my child/ward is taken for emergency medical treatment, I hereby authorize the attending physician to administer the emergency treatment he/she believes is appropriate, and I agree to pay any resulting expenses.

I have read the above form and my signature below demonstrates I have provided my consent for my child/ward to participate in the MS Junior Chef Competition.

List medical facts that we should be aware of (i.e. asthma, heart problems, food allergies etc.):

Parent/Guardian’s Name (Print): Latica S. Watson / Harris
Parent Signature: Latica S. Watson / Harris
Phone Number: 662-217-7868

*Office of Child Nutrition
Scott Clements
Director

MISSISSIPPI DEPARTMENT OF EDUCATION
Ensuring a bright future for every child

500 Greymont Avenue, Suite F
P.O. Box 771
Jackson, MS 39205-0771
Phone (601) 576-5000
Fax (601) 354-7595
www.mde.k12.ms.us
Student Application/Parent’s Permission Slip
State Junior Chef Competition
“Savor the Flavor of MISSISSIPPI”
School Year 2018-2019

Student Name: Ashton Whitfield

School District Name: Coahoma School District

School Name & Address: Coahoma Career and Technical 2035 Jackson Ave.

Grade: 11th Male Female X

T-Shirt Size: M Chef Coat Size: M

Parent’s Medical Release and Waiver of Liability

I understand and agree that participation in the Mississippi Junior Chef is completely voluntary and that the MS Department of Education/Office of Child Nutrition (OCN), sponsors and affiliated parties will not be liable for any possible accidents or injuries that may result from participation in this competition. I hereby waive and release any and all claims against the MDE/OCN relating to participation. I understand that the State is not responsible for transportation or meals. I also understand and accept that volunteers, including other parents, as well as other members of the community will be assisting with the MS Junior Chef Competition.

In case of illness or accident, I request the organizers of the event to contact me. If I cannot be reached or the emergency contact person cannot be reached at the phone numbers provided, I authorize the organizers of the MS Junior Chef to seek emergency medical care or take other action they believe is necessary to protect the best interest of my child/ward. If my child/ward is taken for emergency medical treatment, I hereby authorize the attending physician to administer the emergency treatment he/she believes is appropriate, and I agree to pay any resulting expenses.

I have read the above form and my signature below demonstrates I have provided my consent for my child/ward to participate in the MS Junior Chef Competition.

List medical facts that we should be aware of (i.e. asthma, Heart problems, food allergies etc.): ________________________________

Parent/Guardian’s Name (Print): Kristy Whitfield

Parent Signature: ________________________________

Phone Number: 1(662)-809-9494

500 Greymont Avenue, Suite F  Phone (601) 576-5000
P.O. Box 771  Fax (601) 354-7595
Jackson, MS 39205-0771  www.mde.k12.ms.us
Student Application/Parent's Permission Slip
State Junior Chef Competition
“Savor the Flavor of MISSISSIPPI”
School Year 2018-2019

Student Name: Shakaiya Robinson
School District Name: Grenada School District
School Name & Address: Grenada Career & Technical Center
Grade: 11th
T-Shirt Size: 2X
Chef Coat Size: 2X

Parent’s Medical Release and Waiver of Liability

I understand and agree that participation in the Mississippi Junior Chef is completely voluntary and that the MS Department of Education/Office of Child Nutrition (OCN), sponsors and affiliated parties will not be liable for any possible accidents or injuries that may result from participation in this competition. I hereby waive and release any and all claims against the MDE/OCN relating to participation. I understand that the State is not responsible for transportation or meals. I also understand and accept that volunteers, including other parents, as well as other members of the community will be assisting with the MS Junior Chef Competition.

In case of illness or accident, I request the organizers of the event to contact me. If I cannot be reached or the emergency contact person cannot be reached at the phone numbers provided, I authorize the organizers of the MS Junior Chef to seek emergency medical care or take other action they believe is necessary to protect the best interest of my child/ward. If my child/ward is taken for emergency medical treatment, I hereby authorize the attending physician to administer the emergency treatment he/she believes is appropriate, and I agree to pay any resulting expenses.

I have read the above form and my signature below demonstrates I have provided my consent for my child/ward to participate in the MS Junior Chef Competition.

List medical facts that we should be aware of (i.e. asthma, Heart problems, food allergies etc.):

Parent/ Guardian’s Name (Print): Sherry Robinson
Parent Signature: ___________________________
Phone Number: ___________ 500 Greymont Avenue, Suite F
P.O. Box 771 Phone (601) 576-5000
Jackson, MS 39205-0771 Fax (601) 354-7595
www.mde.k12.ms.us