

For Immediate Release
February 5, 2012



San José Unified School District
"Inspiring and Preparing for Success"

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Middle school students show their creative talents in a healthy breakfast cook off!

Future Chefs 2012 Contest

San Jose, CA. What does it take to make a San Jose Unified middle school student a finalist in the Future Chefs 2012 Contest? It takes a recipe with originality, simple preparation, healthy attributes, kid appeal and the best use of one or more of the featured ingredients: whole grain cereal, eggs, low fat cheese, potatoes, refried beans, sweet potatoes, tortillas, turkey sausage, and yogurt.

After deliberating over 67 recipes from seven SJUSD schools, seventeen middle school finalists have been chosen to participate in the Sodexo sponsored culinary cook off!

What: Future Chefs Cook Off – students prepare healthy breakfast meals and compete for title of Top Chef

Who: Seventeen middle school finalists

When: February 7th

Where: Gunderson High School

622 Gaundabert Lane, 95136

Timeline: 4:30 pm Students Arrive
5:00 Kitchen Prep Begins!
6:30 Judging Starts
7:00 Awards Ceremony
Photo opportunity available

Each contestant will prepare their recipe and develop one show plate and samples for guests and judges to taste. Judges will base their decision on the above criteria as well as plate presentation and taste.

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All competitors will receive a chef coat, hat, and apron, and goodie bag. 1st, 2nd and 3rd place winners will choose from the following 4 prizes:

- two season passes to CA Great America,
- \$100 gift card to Target,
- \$100 gift card to the San Francisco Giants,
- \$100 Gift Card to the California Academy of Sciences.

SJUSD's first place winner will then be submitted to the Sodexo National competition to determine regional finalists who will be announced on April 1st. Voting on the regional finalists will occur on YouTube again this year. The national winner will be announced at the end of April.

This competition is a great opportunity for students to be aware of and share healthy eating choices with their peers, families, and communities.

The following is a list of the finalist and the healthy breakfast meals they have created:

Sarah Kimrey	Willow Glen Middle	6th	Berry Yogurt
Sam Chamberlain	Willow Glen Middle	6th	Sweet Potato Sunrise Burrito (Defending Champion of 2011 Future Chefs)
Jessyca Balderas	Hoover Middle	8th	Jessyca's Hotcakes
Julie Felix	Hoover Middle		Breakfast Zucchini Casserole
Taylor Webb	Castillero Middle	6th	Breakfast Crustless Spinach Quiche
Alona Hazen	Castillero Middle	6th	Jo-Ann's Power Bars with apple slices
Isaiah Lemus	Castillero Middle	7th	Peachy Peanut Butter Pita Pockets
Jewel Smedley	Bret Harte Middle	8th	Hash Brown Bake
Faraz Ansari	Bret Harte Middle	6th	Dill Scrambled Eggs with pan Tossed potatoes
Sahana Bhargava	Bret Harte Middle	8th	Breakfast Pinwheels
Naila J. Vargas	John Muir Middle	7th	Golden Sunrise French Toast
Kassie Inocencio	John Muir Middle	7th	Apple Buttermilk Muffins
Matthew Morazan	John Muir Middle	7th	English Breakfast Sandwich
Desiree Garcia	Allen at Steinbeck	7th	Sunrise
Cassandra Rodriguez	Burnett Middle	7th	Bagel Sandwich
J Carlos Castaneda	Burnett Middle	8th	Banana Wrap
Keirah Harp	Burnett Middle	7th	Fruit Oatmeal Salad

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