**17th Annual ProStart Culinary Team Competitions**

March 3 – 4, 2017

DISH OPTIONS

**Please indicate the size of the dishes you will need for the competition below.** Keep in mind, as outlined in the rules, starch, protein and vegetable should be on one plate, starter on a second plate, and dessert on a third plate. You need to **indicate a total of 6 plates (2 entrée plates, 2 starter plates and 2 dessert plates)**. You may NOT bring your own dishes. Only the dishes you indicate on this form will be provided for your team. These are basic dinnerware dimensions that may be used for any of the courses.

**SCHOOL NAME:**

**THIS IS A TYPABLE FORM—DO NOT HAND-WRITE**

|  |  |  |
| --- | --- | --- |
| **Number Needed** | **Dish Name** | **Dish Size** |
|  | White China Round | 11” |
|  | White China Round | 10” |
|  | White China Round | 9” |
|  | White China Round | 8” |
|  | White China Round | 7” |
|  | White China Round | 6” |
|  | White Soup Cup | 10 oz cup |
|  | White Soup Bowl | 9” diameter |

CLICK ON ANY ZERO BELOW TO CHOOSE YOUR REQUESTED QUANTITY

Complete this form and return to FRLAEF no later than January 27, 2017.

Scan & Email to [aparker@frla.org](mailto:aparker@frla.org); Mail: FRLAEF, PO Box 1779, Tallahassee, FL 32302; Fax: 850-224-2871