



This year's **SELECTED PROTEIN IS ALLIGATOR**. Each team will submit a recipe of a nutritionally balanced meal using alligator as the protein. There will also be a mystery ingredient provided that must be incorporated into your dish on the night of the competition. All supplies and materials will be provided.

Prizes will be awarded to the top team by the judges!

Prizes will also be awarded for:

“People’s Choice” Plate voted by the audience

Interactive games, prizes, and samples for the audience at the event!

Open to all current students, faculty and staff.

Register at the SMC Fitness Center by Wednesday, March 28th at 12:00pm.

Teams are required to submit a \$10 deposit, which will be refunded after the competition.

Co-Sponsored by SMC Fitness Center, Campus Recreation Department & Millersville Dining Services