

INSTRUCTIONS FOR NATIONAL SCHOOL LUNCH WEEK "VOTE FOR SCHOOL LUNCH 2007" COSTUMES
From the School Food and Nutrition of New Orleans

All Costumes

Materials Needed:

- 10 yards of penlon (purchased from your local Wal-Mart)
- Felt: red, black, white, orange (small squares), tan (½ yard)
- Air dry clay: (for the green peas on Yumi Rice Bowl and broccoli on Patty Mac 'n' Cheese.
- Tissue paper: dark green
- Curly Ribbon: black, orange, light green, purple and dark green.
- Red and Blue ribbon (to attach the sides)
- Straw: light green (green onions for Pippa Potato)
- 10 wiggly eyes
- 2 -9" bowls, white
- One plastic top from gallon ice cream container
- Chopsticks
- Elbow macaroni
- Beans
- Rice
- Chicken Dog Treats
- Sharpie Markers: red, blue, black, light blue, rose, brown, green, yellow.
- Poly-Fill
- Poly-Fill battening
- Paint: orange, brown, yellow, tan, pink, white.
- Hot glue gun with glue sticks

All of the required materials can be purchased at your local dollar store or Wal-mart. The buttons you see in the pictures on the front of the costumes were purchased at the Emporium.

You want to begin by cutting out the front and backs first. You will need to cut the penlon in 10 pieces each 2 ½ feet. Each one of these pieces you will cut in the shape of a heart (Since our kids love school lunch). Save the pieces you cut off, these will be used for the straps. Each strap is 2" by 10". You can outline each heart-shaped piece in red and blue hash marks. On the backs of the costume stencil vote for and them put the name. These directions are the same for each costume.

Once you have completed the costumes and they are dry you need to sew the straps on at the top of the hearts. Be sure you have the right front paired with the back; you don't want to have to unto any sewing. Then attach the red and blue ribbon at waist level, this enables you to tie front and back together so they stay on the person wearing them.

Back Design



"YUMI RICE BOWL"

Cut one of the bowls in half (save the other half, it will be used for Biff Burger). Paint the bowl by mixing orange and yellow to get the color you want then let dry.

Make your green peas out of the clay (follow package directions pertaining to drying before you can paint them).

Cut out eyes and mouth and glue on bowl once bowl is dry. Outline mouth pieces with your black sharpie (this helps the mouth stand out more). Use pink paint to make the cheeks (a cotton ball works great for this) and draw on the nose with black sharpie marker. Black curly ribbon is used to make the eye lashes (3 pieces in the corner of each eye).

Then attach the bowl to the front piece using the hot glue gun.

Fill the bowl with poly-fill; be sure to put some glue on the inside of the bowl so the poly-fill will stay in place. Place hot glue on top of the poly-fill and cover with rice.

Then add the finishing touches, green peas, chop sticks, orange ribbon (to look like carrots) and the chicken dog treats (they really look like grilled chicken).



"JESSE WRAP"

Take a piece of penlon 14 ½ by 12, mix brown and white paint together until you get the color you are looking for. You don't want it too light due to the costume back being white. It does take quite a bit of paint to cover the penlon because it soaks in, so make sure you mix enough because it will be hard to match the color if you have to mix some more.

Once it is dry, you want to fold it over like a wrap. You will have a V at the top and bottom, glue with the glue gun.

Cut out the eyes, mouth, nose and eye brows. Attach wiggly eyes to the center of the white cut out piece (out line the mouth and eye pieces in black sharpie). The dimples on the side of the mouth and the line above the eyes are drawn in black sharpie marker.

Fill the inside of the wrap with poly-fill (drop some glue on the inside of the wrap before you fill so the poly-fill will stay in place). The bottom you will cover with dark green tissue paper, to look like lettuce. Cover the top of the wrap with two shades of green curly ribbon (light and dark). Cut two circles out of red felt and outline with a black sharpie to look like tomato slices, glue in the top of the wrap. Glue in 3 pieces of the grilled chicken dog treats to add the chicken.

Then attach to the front of the costume piece.



"PATTY MAC 'N' CHEESE"

Begin by cutting the second bowl in half.

Cut out eyes and mouth pieces. Glue onto the bowl. The wiggly eyes are glued on the center of the white cut out piece (out line the mouth and eyes with a black sharpie marker: the top of her eye is outlined in a light blue to give her eye some color). Attach 3 pieces of curly black ribbon for eye lashes. The nose and dimples are drawn in with black marker. Mix some yellow and orange paint to give her cheeks some color.

Glue bowl onto front of costume, fill with ploy-fill (remember to place glue on the inside of the bowl to help the poly-fill stay in place). You want the poly-fill to mound out of the top of the bowl so you will be able to see the macaroni.

Mix orange and yellow paint together until you get the color of macaroni and cheese. Paint your elbow macaroni (half of a 16 oz. bag).

While this is drying, make your 4 broccoli pieces out of the air dry clay. Once they are dry paint with some green paint then use a cotton ball to place some of the other yellow mixed paint to get the effect of it being in the macaroni bowl.

Out line the bowl in green, red, yellow and green sharpie. This adds a little color to the front of the costume.

Glue the macaroni to the top of the poly-fill, place the broccoli on top of the macaroni and glue in place.



"BIFF BURGER"

Take the other half of the bowl from Yumi Rice Bowl and cut the top of the plastic ice cream container in half. Mix brown and white paint until you get the color of a hamburger bun. Paint both pieces; be sure to paint the top and bottom of the ice cream container lid.

Take the batting material and cut a piece the same size as the ice cream container lid; this will be the hamburger patty. Take the brown paint and sponge the paint onto the patty.

Once these pieces have dried glue the patty onto the lid, cut out the eyes, eye brows and mouth from felt, outline with black marker. The top of his eyes are outlined in a light blue sharpie to give some color to the eye. Draw in the nose and lines above the eyes with black marker. The dots and shading on the bun are drawn with a brown marker. Glue wiggly eye to center of white cut out. The mouth is glued to the hamburger patty.

When gluing the two pieces onto the costume, leave a 2 ½ gap between the top and bottom bun. Fill the top half with dark green tissue paper, be sure to place glue in bowl so the tissue paper will stay in place.

Complete the hamburger patty by placing torn pieces of tissue paper (lettuce), cut out two circles from red felt, outline to look like tomato slices, use purple curly ribbon to look like purple onion and them top off with two slices of cheese cut out of orange felt.



"PIPPA POTATO"

Cut two pieces of tan felt 11 inches wide and 13 inches tall, then glue them together with the glue gun. Turn inside out, so the glued seams will be on the inside of the potato.

Cut out the eyebrows, eyes, nose, and mouth pieces from felt. Outline with black marker and glue wiggly eyes in the center of the white cut out eye. Glue onto the front of the potato, the color at the top of her eye is drawn with a rose and black marker. Her freckles are drawn in a brown marker.

Glue potato onto the front of the costume, be sure to use enough glue to hold into place. Fill inside of potato with poly-fill; be sure to leave it coming out of the top to give it a full look. Place glue inside of the felt to hold the poly-fill into place.

You want to fold over the front of the felt to give it the cut open look, cut the front piece curvy then tack down with some glue.

Glue a row of beans across the top of the potato, start with four or five across and add more as you go. Take the green straw and cut into pieces to look like green onion, glue on top of potato. Then add some yellow paint with a cotton ball to give the effect of butter on the potato.



If anyone would need further assistance, you can e-mail me at zepolr@bellsouth.net.

Have a wonderful National School Lunch Week!!!!