



# RUNNING START DUAL ENROLLEMENT PROGRAM

PATHWAY -  
CULINARY ARTS

**FOR HIGH SCHOOL  
STUDENTS WHO WANT  
TO GET AHEAD!**

**Here's how it works -**

1. Be in your junior or senior year of high school
2. Tell your school counselor that you're interested in earning college credit
3. Take college classes with your teachers in your school
4. Graduate high school with 10 or more college credits!



LAKES  
REGION  
COMMUNITY  
COLLEGE

Do you have a passion for cooking?  
Earn college credits now and consider a  
career in Culinary Arts!

The Running Start Dual Enrollment Program between MST and Lakes Region Community College offers high school students the opportunity to take Culinary Arts classes for college credit as early as their junior year.

The college courses are offered at free or reduced cost for high school students and satisfy high school graduation requirements. Ask your school how to participate and get a *Running Start* before graduation!

**About** - Culinary Arts could be perfect program for the student who is creative with ingredients, comfortable in the kitchen, and thrives in a fast paced environment. Culinary Arts is a fast growing field with tremendous job potential. Ignite your culinary curiosity and get that *Running Start* towards a variety of careers!

## Potential jobs within this field

- Food Service Manager
- Kitchen Manager
- Chef

**What if you take these courses and Culinary Arts isn't for you?**

Ask which courses could be transferable towards other degrees!

## Course Samples (subject to change)

| Course number | Course name                            | Number of credits | Cost (tuition only)           |
|---------------|--|-------------------|-------------------------------|
| CULA 151L     | Culinary Fundamentals                  | 3                 | STEM/CTE scholarship eligible |
| CULA 146L     | Bakery Production                      | 3                 | STEM/CTE scholarship eligible |
|               | Social Science elective                | 3                 | \$150 or \$75                 |
|               | Math elective                          | 3                 | STEM/CTE scholarship eligible |
|               | Humanities elective                    | 3                 | \$150 or \$75                 |
|               | English elective                       | 3                 | \$150 or \$75                 |
| ENGL 100L     | English Composition                    | 4                 | \$150 or \$75                 |
| BIOL 127L     | Nutrition for Health and Fitness w/Lab | 4                 | STEM/CTE scholarship eligible |
| CULA 158L     | Restaurant Facility & Menu Design      | 3                 | STEM/CTE scholarship eligible |
| ESNT 120L     | College Essentials                     | 1                 |                               |
| CULA 159L     | Cost Control                           | 3                 |                               |
| HOS 113L      | Introduction to Worldwide Cuisine      | 3                 |                               |
| HOS 114L      | Dining Room Management I               | 3                 |                               |
| CULA 232L     | Culinary Co-operative Education        | 3                 |                               |
| CULA 253L     | Introduction to Garde Manger           | 3                 |                               |
| CULA 254L     | Classical Cuisine                      | 3                 |                               |
| HOS 222L      | Quantity Food Purchasing               | 3                 |                               |
| CULA 147L     | Hot and Cold Plated Desserts           | 3                 |                               |
| CULA 255L     | Italian Cuisine                        | 3                 |                               |
| CULA 152L     | Sanitation and Safety                  | 3                 |                               |
| CULA 256      | US Regional and Infusion Cuisine       | 3                 | STEM/CTE scholarship eligible |

## The Savings

In partnership with LRCC, MST offers students Running Start classes [highlighted in yellow] which allows students to accumulate up to 6 credits toward the LRCC Culinary Arts associates degree. This adds up to a savings of \$1,290 in tuition! Students interested in getting additional elective coursework out of the way while still in high school can take online classes through E-Start. [green highlight] We recommend that students consider taking classes at LRCC through the Early College program during their senior year in high school. Classes taken through Early College have a 50% tuition discount and the Culinary Arts courses are eligible for the Governor's STEM/CTE scholarship\*.

\* Governor's STEM/CTE scholarship is a program through the State of NH and the Community College System of NH, eligible high school students taking dual or concurrent credit courses through Running Start, E-Start and Early College can take up to 2 STEM (science, technology, engineering and math)/CTE (Career and Technical Education) courses per academic year for free.

## How much money will you save?

Depending on the number of classes a student takes, students can save up to \$5,590 in tuition by taking college classes through the dual enrollment programs. Taking college classes while in high school can reduce the cost of tuition for the Culinary Arts associates degree from \$13,545 to \$7,955.

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