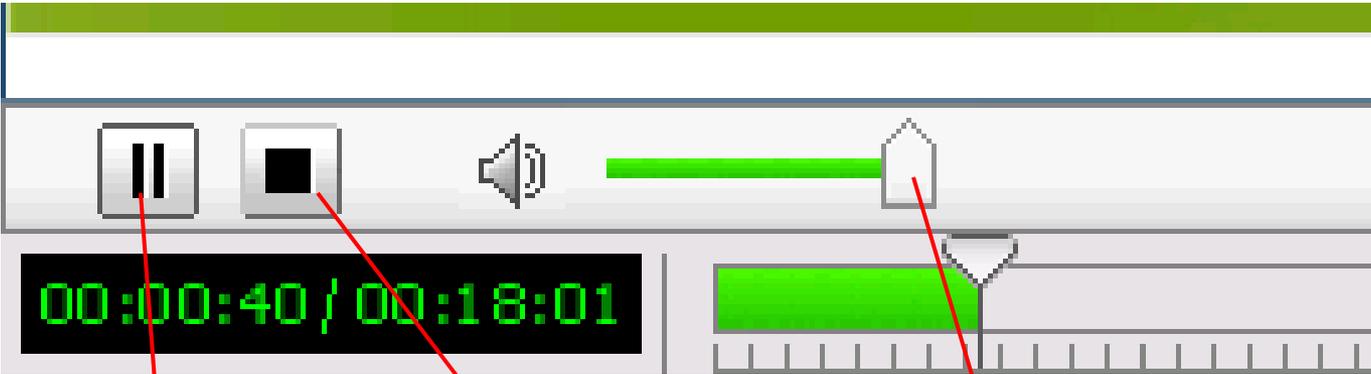


To get started, make sure your speakers are on and turned up.



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Using Standardized Recipes for the National School Lunch Program and School Breakfast Program

Indiana Department of Education

Division of School and Community Nutrition Programs

October 2012

Objectives of This Webinar

1. Meet all the required food group components of the USDA Meal Pattern
2. Provide required information for a nutrient analysis of menus

True or False

Standardized Recipes help ensure consistent quality and quantity.

True!

What is a standardized recipe?

A standardized recipe is a recipe that has been tested for use in a specific kitchen to ensure that it will produce the same yield (amount of food in weight or volume), serving size, and number of servings - every time the recipe is followed as written.

Main Advantages of Using Standardized Recipes

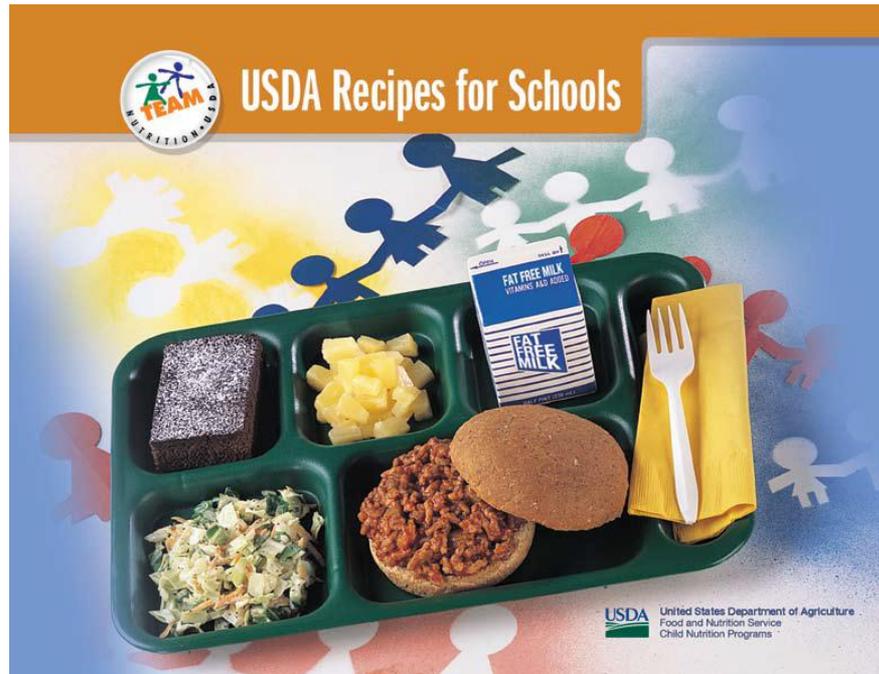
1. The meal component credit can always be determined when a standardized recipe is used.
2. The nutrients per serving can always be determined when a standardized recipe is used.

Other Advantages of Using Standardized Recipes

- Customer satisfaction
- Increased employee confidence
- Successful State Review

The state agency requires schools to use standardized recipes for any menu item that has two or more ingredients, such as:

- Peanut Butter and Jelly Sandwich
- Broccoli with Cheese
- Corn with butter and salt
- Chicken and Noodles



Posted on the NFSMI website at:

<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTEwMyZpc01ncj10cnVI>

Recipe Data Entry

- USDA approved software program
- USDA's recipe template

The USDA recipe template is posted at:
<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cELEPTEwMiZpc01ncj10cnVI>

Key Components

- Recipe name
- Ingredients
- Weight or measure of each ingredient
- Directions
- Cooking temperature and time, if appropriate
- Recipe yield (the amount of product the recipe makes in weight or volume)
- Serving size
- Number of servings
- Food component credit per serving
- Equipment and utensils to be used

Additional information that may be included

- Recipe number
- Recipe category
- Alternate ingredients
- Optional ingredients
- Recipe variations
- Marketing guide for selected items
- Nutrients per serving

Use USDA recipes as a guide for creating your own standardized recipes

Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		2 gal		4 gal	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN.
Enriched noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	14 oz 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ½ cup OR 2 ½ cups	2. Melt margarine or butter. Add flour and stir until smooth. 3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine. 4. Stir occasionally until thickened. CCP: Heat to 165° F or higher for at least 15 seconds. 5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).
*Fresh carrots, shredded (optional)	8 oz	2 ½ cups	1 lb	1 qt ½ cup	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¼ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		1 qt 2 cups		3 qt	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried marjoram (optional)		1 ½ tsp		1 Tbsp	
Dried parsley (optional)		½ cup		1 cup	
*Cooked chicken or turkey chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Carrots	10 oz	1 lb 4 oz

Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		2 gal		4 gal	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN.
Enriched noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ½ cup OR 2 ½ cups	2. Melt margarine or butter. Add flour and stir until smooth.
*Fresh carrots, shredded (optional)	8 oz	2 ½ cups	1 lb	1 qt ½ cup	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine.
Enriched all-purpose flour	4 oz	¼ cup 3 Tbsp	8 oz	1 ¼ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		1 qt 2 cups		3 qt	4. Stir occasionally until thickened. CCP: Heat to 165° F or higher for at least 15 seconds.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried marjoram (optional)		1 ½ tsp		1 Tbsp	5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
Dried parsley (optional)		½ cup		1 cup	
*Cooked chicken or turkey chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Carrots	10 oz	1 lb 4 oz

Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Chicken, whole, without neck and giblets	17 lb 12 oz	35 lb 8 oz
OR	OR	OR
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz

SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

YIELD:

50 Servings: 3 medium half-steamtable pans

100 Servings: 6 medium half-steamtable pans

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Edited 2004

Nutrients Per Serving

Calories	244	Saturated Fat	1.88 g	Iron	1.91 mg
Protein	21.90 g	Cholesterol	75 mg	Calcium	63 mg
Carbohydrate	21.32 g	Vitamin A	128 IU	Sodium	186 mg
Total Fat	7.52 g	Vitamin C	0.9 mg	Dietary Fiber	0.8 g

Crediting Recipes

The meal component credit can always be determined when a standardized recipe is used.

For example, if the standardized USDA recipe for Chicken and Noodles did not list the meat/meat alternate and grains credit – this information can be determined and listed on the recipe.

Determine the Meat/Meat Alternate Credit

Determining the meat/meat alternate credit for the USDA recipe for Chicken and Noodles is easy since the recipe calls for chopped cooked chicken. Meat credit is determined by the amount of cooked lean meat per serving.

Do the Math

For 100 servings of Chicken and Noodles, 12 pounds and 12 ounces of chopped cooked chicken is needed.

If you know that 1 pound = 16 ounces, you can do the math.

- $12 \text{ lbs} \times 16 \text{ oz} = 192 \text{ oz}$
- $192 \text{ oz} + 12 \text{ oz} = 204 \text{ oz}$
- $204 \text{ oz} \text{ divided by } 100 \text{ servings} = 2.04 \text{ ounces}$
- Round down to 2 ounces of meat per serving

Rounding Rules

- *For crediting purposes - Round down to the nearest creditable amount USDA allows*
- *For purchasing and/or preparing food – Round up to ensure enough food is purchased and/or prepared*

Rounding to Determine the Meat/Meat Alternate Credit

- Round down to the nearest .25 ounce equivalent for the meat/meat alternate credit

Determine the Grain Credit

Determining the grain credit for this recipe is easy – just use the USDA Grain Chart and the *Food Buying Guide!*

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

(Valid Starting July 1, 2012)

WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS^{1,2}

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (whole wheat or whole grain-rich) Pizza crust Pretzels (soft) Rolls (whole wheat or whole grain-rich) Tortillas (whole wheat or whole corn) Tortilla chips (whole wheat or whole corn) Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> Cookies³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

Section 3—Grains/Breads

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
GRAHAM CRACKERS					
Graham Crackers (Group B)	Pound	32.4	1/2 grains/breads serving (about 2 crackers; must weigh at least 13 g or 0.5 oz)	3.1	1 lb AP – about 64 crackers
	Pound	21.3	1 grains/breads serving (about 4 crackers; must weigh at least 25 g or 0.9 oz)	4.7	
MELBA TOAST					
Melba Toast (Group A)	Pound	37.8	1/2 grains/breads serving (about 3 pieces; must weigh at least 10 g or 0.4 oz)	2.7	
	Pound	22.2	1 grains/breads serving (about 5 pieces; must weigh at least 20 g or 0.7 oz)	4.5	
PASTA					
Pasta (Group H) <i>Bowties</i> <i>Large size</i> <i>Dry</i>	Pound	25.1	1/4 cup cooked	4.0	1 lb dry – about 7-1/2 cups dry bowtie pasta
	Pound	12.5	1/2 cup cooked	8.0	1 lb dry – 2.66 lb (about 6-1/4 cups) cooked pasta boiled 17 minutes
	Pound	8.39	3/4 cup cooked	12.0	
Pasta (Group H) <i>Elbow Macaroni</i> <i>Regular</i> <i>Dry</i>	Pound	39.0	1/4 cup cooked	2.6	1 lb dry – about 3-1/2 cups dry elbow macaroni
	Pound	19.5	1/2 cup cooked	5.2	
	Pound	13.0	3/4 cup cooked	7.7	
Pasta (Group H) <i>Noodles</i> <i>Egg</i> <i>Medium</i> <i>Dry</i>	Pound	40.3	1/4 cup cooked	2.5	1 lb dry – about 11-7/8 cups dry egg noodles
	Pound	20.1	1/2 cup cooked	5.0	
	Pound	13.4	3/4 cup cooked	7.5	

Do the Math

For 100 servings of Chicken and Noodles, 5 pounds of dry enriched noodles is needed.

If you know that one pound of dry egg noodles provides 20.1 - $\frac{1}{2}$ cup servings of cooked noodles, you can do the math.

- 5 lbs x 20.1 $\frac{1}{2}$ cup servings = 100.5 $\frac{1}{2}$ cup servings
- 100.5 servings rounded down = 100 $\frac{1}{2}$ cup servings
- $\frac{1}{2}$ cup of cooked noodles provides 1 ounce equivalent of grain

When should the credit be determined for a recipe?

- A new recipe is tested and standardized
- A major ingredient is changed in a standardized recipe (example: increase the amount of ground beef in a USDA recipe)

Question

Could a main dish standardized recipe that includes ground beef, kidney beans, and tomatoes be credited more than one way?

YES!

How a recipe can be credited two ways

1. Credit 1

1. Cooked ground beef and kidney beans = meat/meat alternate
2. Tomatoes =red/orange vegetable subgroup

OR

2. Credit 2

1. Cooked ground beef = meat/meat alternate
2. Kidney beans = bean/pea (legumes) vegetable subgroup
3. Tomatoes =red/orange vegetable subgroup.

Rule

Beans/peas (legumes) may be credited as vegetable or meat alternate

New Online Tool

The *Food Buying Guide Calculator for Child Nutrition Programs* is available at:

<http://fbg.nfsmi.org/>

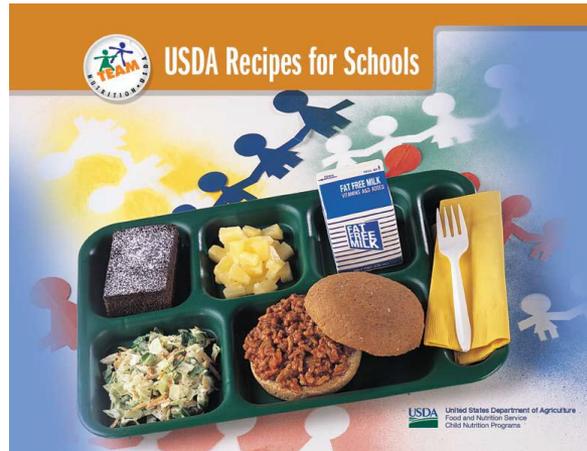
This online tool helps with the process of ordering food.

- Enter the serving size and number of servings

FBG Calculator

This tool can also help you to determine the credit of your own standardized recipes.

Resources



USDA's Recipes Booklet is posted at:

http://teamnutrition.usda.gov/Resources/usda_recipes.html

Resources

USDA's Team Nutrition website includes a collection of links with helpful information regarding taste testing and evaluating recipes at:

[http://healthymeals.nal.usda.gov/recipes/
taste-testing-and-evaluating-recipes](http://healthymeals.nal.usda.gov/recipes/taste-testing-and-evaluating-recipes)

For Additional Help...

Contact our office or your field consultant if you need additional help creating your own standardized recipes.

Thank you!