Anatomy of a Standardized Recipe: Finding and Creating School Recipes for Success with USDA Foods

Presented by:
Dayle Hayes, MS, RD
Malissa Marsden, SNS
Overview

How to Create a Standardized Recipe

Malissa Marsden, SNS
Consultant, Child Nutrition Support Services

Sources for Recipes

Dayle Hayes, MS, RD
Creator of School Meals That Rock and
President, Nutrition for the Future, Inc.

How and When to Modify a Recipe for Your Use

Malissa Marsden, SNS
How to Create a Standardized Recipe

Malissa Marsden, SNS
Consultant, Child Nutrition Support Services
Combine

• Vision + Math + Science + Art

= Recipe
Why Standardized Recipes?

• Acceptance
  – All Students
  – All Meal Times

• Consistent
  – Every Site
  – Every Cook
  – Every Time

• Controlled
  – Portions
  – Cost
  – HACCP

• Accountability
  – Managers
  – Staff

• Auditable
  – District
  – State
What is a Standardized Recipe?

• Includes
  – Yield
  – Pre-prep
  – Prep
  – Cook
  – Hold
  – Serve
  – Utensil
  – Size

• Detailed
  – Ingredient Specific
  – Weights and Measures
  – HACCP
  – SOP
  – Equipment to produce
  – Packaging
Recipe → Standardized

1. Concept
2. Recipe
3. Test
4. Sample

1. Tweak
2. Test
3. Serve

Repeat as necessary
What Meal?

- Breakfast
- Lunch
- Snack
- Supper
- Summer Feeding
How is it served?

- Hot
- Cold
- Satellite
- BIC
- Kiosk
- Vended
Targeted Audience

• High School
• Middle School
• Elementary
• Vegetarian
• Kosher
• Multiple Age Groups
Targets

• Gluten and Allergens
  – Gluten added “unnecessarily”
  – Nut Free District

• Nutritional Impact
  – Reduces sodium
  – Reduces fat
  – Increases whole grains

• Local
Ingredients

• In house
  – Use it 3 times or 3 ways
• USDA Foods Available
  – Plan for it
• USDA Foods Ordered
  – Be ready to incorporate
• In Season
  – Available from DoD
  – Available Farm to School
  – Locally Sourced
What Meal Components?

- Number of oz. equivalents
  - Meat/Meat Alternate
  - Grain
    - 0.25 oz. increments
- By Volume
  - Vegetable
  - Fruit
    - 1/8 cup and up
Trends

• Flavor profile
  – Spice level

• Ethnic application
  – Specific district population

• Form
  – Wraps

• Format
  – Pre-packaged
How

• How it is consumed
  – Spork
  – Hand Held
  – Finger Fun
How

• Equipment needed to prepare
  – Food Processor
• Equipment needed to cook/hold
  – Convection Oven
  – Steamer
• Packaging Required to Serve
  – No new packaging
  – Reuse package in new way
Food Buying Guide

• Starting point
• Establishes base quantity for ingredients
  – Portions based on raw product used
  – Portions based on finished product created
• If lacking in FBG
  – In house established yield
  – Industry yield provided
Use the **Item Description** to select the desired food item for your planned menu. For crediting, choose oz. for Meat/Meat Alternates (M/MA), cups for Vegetables/Fruits (V/F), or servings for Grains/Breads (G/B). Additional measures could be used for recipes or salad bars.

<table>
<thead>
<tr>
<th>Item Description (AP)</th>
<th>Purchase Unit</th>
<th>Serving Description (EP)</th>
<th>Notes</th>
<th>Serving Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, fresh, spears, trimmed, ready-to-use</td>
<td>lb</td>
<td>ready-to-cook broccoli</td>
<td></td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, fresh, spears, trimmed, ready-to-use</td>
<td>lb</td>
<td>cooked broccoli, drained</td>
<td>1 lb = 1 lb ready-to-cook or cooked broccoli, drained</td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, fresh, spears, trimmed, ready-to-use</td>
<td>lb</td>
<td>cooked broccoli, drained</td>
<td></td>
<td>oz</td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>raw spears</td>
<td>1 medium spear = about 1/2 cup</td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>cooked drained spears</td>
<td>1 medium spear = about 1/2 cup</td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>cuts cooked drained spears</td>
<td>1 lb = 0.81 lb ready-to-cook broccoli</td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>ready-to-cook broccoli</td>
<td></td>
<td>oz</td>
</tr>
<tr>
<td>Broccoli, frozen, cut or chopped</td>
<td>lb</td>
<td>cooked drained broccoli</td>
<td></td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, frozen, spears</td>
<td>lb</td>
<td>cooked broccoli</td>
<td>1 lb = 0.9 lb cooked broccoli</td>
<td>cup</td>
</tr>
</tbody>
</table>
Select the planned **Serving Size** from the drop down list. Enter the planned **Number of Servings**. Click on **Add to List**

### Item Description (AP) | Purchase Unit | Serving Description (EP) | Notes | Serving Unit
--- | --- | --- | --- | ---
Broccoli, fresh, untrimmed | lb | cuts cooked drained broccoli | 1 lb = 0.81 lb ready-to-cook broccoli | cup

- **Serving Size**
  - 1/2 cup
- **Number of Servings** 300

Add to List
NOTE: The Food Buying Guide Calculator rounds up to the nearest whole Purchase Unit or next 1/4 pound.

If you need to add more food items, select Add More Items. To edit a food item on your Shopping List, click Edit to the right of the food item entry. To remove a food item on your Shopping List, click Remove to the right of the food item.

If you are finished, select Print List or Email List

***Print or Email your shopping list before exiting the Calculator or your browser! It will not be saved.***

<table>
<thead>
<tr>
<th>Item</th>
<th>Servings</th>
<th>Size</th>
<th>Food Item (AP)</th>
<th>Serving Description (EP)</th>
<th>Exact Qty</th>
<th>Purchase Qty</th>
<th>Purchase Unit</th>
<th>Select</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>100</td>
<td>1/2 cup</td>
<td>Broccoli, fresh, untrimmed</td>
<td>cuts cooked drained broccoli</td>
<td>19.61</td>
<td>19.75</td>
<td>lb</td>
<td>Remove Edit</td>
</tr>
</tbody>
</table>
Commercial Ingredients

• Yield
  – CN Label
  – Product Formulation Statement
  – In house testing
USDA Foods

• Yield
  – USDA Foods Product Information Sheets
    • Updating all
    • Use most current version from web
    • http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets
  – Food Buying Guide
  – CN Labels, on the horizon
    • USDA looking to include in spec
    • Also PFS
110282— Broccoli, No Salt Added, Frozen

Category: Vegetables
Subgroup: Dark Green

PRODUCT DESCRIPTION
This item is U.S. Grade A broccoli in short spears or florets. This product contains six 5-pound bags per case.

CREDITING/YIELD
- One case yields about 164 ½ -cup servings cooked drained broccoli.
- CN Crediting: ½ cup cooked broccoli credits as ½ cup dark green vegetable.

CULINARY TIPS AND RECIPES
- Broccoli can be used in many dishes such as casseroles, soups, and stir-fries.

NUTRIENT FACTS
Serving size: 1/2 cup (92g) broccoli, spears, cooked, without salt

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>26</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>22mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
</tbody>
</table>
• Recipe yield

• 100 Servings
  – Standard Amount
  – Can easily be multiplied
    • Yield: 100 servings (1 sandwich, 6.7 oz., 190 g)
    • Meal Equivalencies: 3.5 oz. eq. meat/meat alternative, 2.5 oz. eq. grain

• Can be less for sub groups
  – Salads
    • Yield: 20 servings (1 salad, 7 oz., 200 g, 1 oz. dressing)
    Meal Equivalencies: 2 oz. eq. meat/meat alternate, 1/2 cup other vegetable, 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable
  – Vegetarian
Test

- Test Concept for single item
  - Sandwich
    - Does it fit in the bun?
    - Does the wrap hold all ingredients?
    - Do the flavors blend?
  - Salad
    - Does the bed hold the toppings?
    - Are the toppings bite size?
    - Do the flavors blend?
  - Hold: duplicate real times
Test Combination Dish

• Serving 25

• For Hot
  – One pan full
  – Utilizing full steam table pan
    • Shallow or Deep
  – Sheet pan
  – Necessary for cook times
  – Necessary for hold tolerance
Test the Whole Process

• Prep
• Prepare
• Cook
• Hold
  – Duplicate your real hold times
• Serve
Be Specific

• In handling of ingredients
  – Use from frozen
  – Thaw overnight
  – Thaw for 2 days

• In processing
  – Diced
  – Minced
  – Chopped
Specify

• HACCP Process
• CCP’s
• SOP’s
• Equipment Used
• Serving Utensil Used
  – Disher, Spoodle, Ladle
  – Size of each
Sources for Recipes

Dayle Hayes, MS, RD
Creator of School Meals That Rock and
President, Nutrition for the Future, Inc.

Kittery, Maine
Sources for Recipes

USE YOUR SEARCH ENGINE

USDA recipe Herbed Broccoli Cauliflower

Herbed Broccoli and Cauliflower Polonaise

Makes: 50 or 100 Servings

### Directions for: 50 Servings

#### 1. Heat margarine in a stock pot until browned.

#### 2. Turn off heat and add lemon juice.

#### 3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine. Mix, then set aside.

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight</th>
<th>Measure</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trans fat-free margarine</td>
<td>8 oz</td>
<td>1 cup</td>
<td>1. Heat margarine in a stock pot until browned.</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1/4 cup</td>
<td></td>
<td>2. Turn off heat and add lemon juice.</td>
</tr>
<tr>
<td><em>Fresh onions, diced 1/4&quot;</em></td>
<td>5 oz</td>
<td>3/4 cup 2 Tbsp</td>
<td>3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine. Mix, then set aside.</td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>Dehydrated onions</td>
<td>1 oz</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Dried basil</td>
<td>1 Tbsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried parsley</td>
<td>2 Tbsp</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Marketing Guide

#### Foods as Purchased for 50 Servings

- Mature onions: 6 oz

### Meal Components:

- Vegetable - Dark Green
- Vegetable - Other
USDA: What’s Cooking?

http://www.whatscooking.fns.usda.gov/search/quantity
USDA: What’s Cooking?
NFSMI: Recipes for Schools

http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMiZpc01ncj10cnVl#g-m
# Herbed Broccoli and Cauliflower Polonaise

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td></td>
</tr>
<tr>
<td>Margarine or butter, melted</td>
<td>8 oz</td>
<td>1 cup</td>
<td>1. Heat margarine or butter in a stock pot until melted.</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>½ cup</td>
<td></td>
<td>2. Turn off heat and add lemon juice.</td>
</tr>
<tr>
<td><em>Fresh onions, diced 1/4 &quot;</em> or <em>Dehydrated onions</em></td>
<td>5 oz OR 1 oz</td>
<td>½ cup OR ½ cup</td>
<td>3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside.</td>
</tr>
<tr>
<td>Ground black or white pepper</td>
<td>¾ tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion salt</td>
<td>2 tsp</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Grated Parmesan cheese</td>
<td>4 oz</td>
<td>8 oz</td>
<td></td>
</tr>
<tr>
<td>Enriched dry bread crumbs</td>
<td>10 oz</td>
<td>1 lb 4 oz</td>
<td></td>
</tr>
<tr>
<td>Frozen broccoli spears</td>
<td>6 lb 4 oz</td>
<td>12 lb 8 oz</td>
<td>4. Place broccoli and cauliflower in separate steamtable pans (12&quot; x 20&quot; x 2 ½&quot;), Steam each pan in low-pressure steamer for 8 minutes or until vegetables are tender.</td>
</tr>
<tr>
<td>Frozen cauliflower</td>
<td>6 lb 4 oz</td>
<td>12 lb 8 oz</td>
<td>Must be lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</td>
</tr>
</tbody>
</table>

**Marketing Guide for Selected Items**

<table>
<thead>
<tr>
<th>Food as Purchased for</th>
<th>50 Servings</th>
<th>100 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mature onions</td>
<td>6 oz</td>
<td>12 oz</td>
</tr>
</tbody>
</table>

*See Marketing Guide.*
Michigan Team Nutrition

http://www.michigan.gov/mde/0,4615,7-140-43092_53882_53885---,00.html

Michigan Team Nutrition’s
Meeting the Challenge
Recipe Book

Videos demonstrating these recipes can be found at:
www.youtube.com/user/miteamnutrition1
UNDERGROUND “CANDY”

“Who could believe that the roots of plants could taste so sweet and good? That is what we found when we tasted roasted root vegetables, which we call Underground “Candy” because they grow underground and they are incredibly sweet, like candy. The unusual flavor combination of rutabagas, turnips, parsnips, carrots and sweet potatoes are very complementary in this side dish!”

<table>
<thead>
<tr>
<th>Serving Size: ¾ cup</th>
</tr>
</thead>
</table>

Ingredients for 50 Servings
1 pound plus 2 ounces diced raw carrots
2 pounds diced raw parsnips
6¼ pounds diced raw sweet potatoes
2¼ pounds diced raw turnips
2¼ pounds diced rutabagas
7 ounces olive or vegetable oil
1 tablespoon plus ½ teaspoon salt
1 tablespoon plus ½ teaspoon pepper

Ingredients for 100 Servings
2 pounds diced raw carrots
4 pounds diced raw parsnips
12½ pounds diced raw sweet potatoes
4 pounds diced raw turnips
5 pounds diced rutabagas
14 ounces olive or vegetable oil
2 tablespoons plus 2 teaspoons salt
2 tablespoons plus 2 teaspoons pepper

Directions
1. Wash and cut vegetables into ½-inch dice pieces. Toss with oil and season with salt and pepper.
2. Spread in a single layer on sheet pans and bake at 300 degrees for 20 to 30 minutes or until roasted and soft.
3. May be served hot or cold.
4. Hold at 140 degrees F or higher if serving hot or 41 degrees F or lower if serving cold.

Note: This dish tastes sweeter after it is roasted and then refrigerated.

This recipe was shared by Anderson Elementary School, Tulsa, OK in the 2011 Recipes for Healthy Kids Competition sponsored by the U.S. Department of Agriculture and Team Nutrition with the Food and Nutrition Service of the U.S. Department of Agriculture. Challenge partners were the OK’s Menu Camps and American Culinary Federation. Notes about the recipe were provided by the Child Nutrition experts at the school.

Nutrition Analysis Per Serving

<table>
<thead>
<tr>
<th>117 CALORIES</th>
<th>261 mg SODIUM</th>
<th>30.7 % PROTEIN</th>
<th>2.86 % FAT</th>
<th>24.5 % CARBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>60. Root Vegetables</td>
<td><a href="http://www.kidchenexpedition.com">www.kidchenexpedition.com</a></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>109 CALORIES</th>
<th>360 mg SODIUM</th>
<th>24.7 % PROTEIN</th>
<th>4 % FAT</th>
<th>8.5 % CARBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>73. Tomatoes and Peppers</td>
<td><a href="http://www.kidchenexpedition.com">www.kidchenexpedition.com</a></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Texas ESC: Region 11
http://www.esc11.net/Page/5366

000617 - QUESADILLA, CORN & GREEN CHILI
Source: CHEF V
Number of Portions: 55
Size of Portion: EACH

Components:
- Meat/Alt: 2 oz
- Grains: 2 oz
- Fruit:
- Vegetable:
- Milk:

Recipe Subgroups:
- Whole Grain Rich

Attributes:
HACCP Process: #2 Same Day Service

Ingredients Measures Instructions
902713 CORN, CANNED, GOLDEN.............. 1 #10 Can
071980 PEPPERS,CHILI,GRN,GNP............... 1 #2.5 CAN
902621 SEASONING, TACO, LOW SODIUM.... 2 Tbsp

902771 TORTILLAS, WHOLE WHEAT, 6"........... 110 EACH

001209 CHEESE, MEXICAN, BLEND, RED FAT... 6 lbs + 14 oz
118476 Buttermilk food spray and pan spray.....

Instructions:
1. Preheat oven to 375 F.
2. Open corn and green chilies, and drain in colander. Transfer to a bowl or mixing container and add taco seasoning. Mix to evenly distribute seasoning.
3. Place one tortilla on a sheet pan. Spray with buttermilk and then flip over.
4. Top tortilla with 2 oz of shredded cheese and 1/4 cup corn/green chili mixture.
5. Place another tortilla on top. Spray lightly with buttermilk. Continue to build quesadillas until sheet pan is full.
6. Bake at 375 F for 7-10 minutes or until cheese is melted and tortillas are golden.

*Consider cutting in half to serve.
CCP: Heat to 135 F or higher.
CCP: Hold at 135 F or higher.

Nutrients are based upon 1 Portion Size (EACH)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>369 kcal</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>19.07 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,260 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>78.8 RE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7.4 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>2.22 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>1054.78 mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>38.49 g</td>
</tr>
<tr>
<td>Fat</td>
<td>4.67 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0.00 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>4.67 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.00 g</td>
</tr>
</tbody>
</table>

*NA* - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
* - denotes optional nutrient values
# Provo (UT) F2S Recipes

[Link to the website](http://www.farmtoschool.org/resources-main/provo-city-school-district-recipes-with-local-food-items)

## Provo School District

### Recipe: 001442 DRESSING, CREAMY TOMATILLO

**Recipe Source:** PSD  
**Recipe Group:** MISCELLANEOUS

### Alternate Recipe Name:

**Number of Portions:** 100  
**Size of Portion:** 4 OZ

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>MILK, BTTRMLK, FLUID, CULTURED, LOWFAT</td>
<td>1/2 GAL</td>
</tr>
<tr>
<td>LITE MAYONNAISE/CHEFS PRIDE/VENTURA FOODS...</td>
<td>1/2 GAL</td>
</tr>
<tr>
<td>RANCH DRESSING MIX, HIDDEN VALLEY...</td>
<td>2 CUP</td>
</tr>
<tr>
<td>TOMATILLOS RAW</td>
<td>8 MEDIUM</td>
</tr>
<tr>
<td>JALAPENO PEPPERS, WHOLE</td>
<td>1 LB</td>
</tr>
<tr>
<td>GREEN CHILES, DICED</td>
<td>2 LB</td>
</tr>
<tr>
<td>JUICE, LIME</td>
<td>1 QT</td>
</tr>
<tr>
<td>GARLIC, CHOPPED IN WATER</td>
<td>1 TBSP</td>
</tr>
</tbody>
</table>

### Recipe HACCP Process:
- **2 Same Day Service**

### Preparation:
1. Combine in mixer, buttermilk, mayo, and ranch dressing, mix until blended.
2. In a blender or food processor chop up the tomatillos and jalapeno peppers. *NOTE* Remove seeds from jalapeno peppers as that will make it hotter and spicier!!!
3. Add remaining ingredients and mix until blended.
4. Put dressing back in refrigerator until ready to serve.

### Nutrients:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>65 kcal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5.62 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.71 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.00 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>261.21 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>3.52 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0.20 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0.05 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>24.04 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4.12 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>25.14 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.02 mg</td>
</tr>
<tr>
<td>Ash</td>
<td>0.53 g</td>
</tr>
</tbody>
</table>

### Notes:
- N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- # - denotes optional nutrient values

### CCPs:
- Inspect cans for swells, seam damage, or leaks.
- Clean produce thoroughly (scrub if needed) under running water before preparation.
- Return refrigerated ingredients prepared ahead of time to cooler immediately.
- Refrigerate until served.

### CCPs:
- Cold holding product temperature at or below 41°F
# USDA Foods Available List for School Year 2015 for Schools and Institutions

**Revised October 2014**

## USDA Foods Description | WBSCM ID# | PACK SIZE

### FRUITS

<table>
<thead>
<tr>
<th>USDA Foods Description</th>
<th>WBSCM ID#</th>
<th>PACK SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, Braeburn, Fresh</td>
<td>100523</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Apples, Empire, Fresh</td>
<td>100517</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Apples, Fresh, Sliced</td>
<td>100286</td>
<td>200/2 oz bag</td>
</tr>
<tr>
<td>Apples, Fresh, Sliced</td>
<td>100284</td>
<td>100/2 oz bag</td>
</tr>
<tr>
<td>Apples, Fresh, Sliced</td>
<td>100285</td>
<td>64/2 oz bag</td>
</tr>
<tr>
<td>Apples, Gala, Fresh</td>
<td>100521</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Apples, Granny Smith, Fresh</td>
<td>100512</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Apples, Red Delicious, Fresh</td>
<td>100514</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Apple Slices, Unsweetened, Canned</td>
<td>100206</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Apple Slices, Unsweetened, Frozen</td>
<td>100258</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Applesauce, Unsweetened, Canned</td>
<td>110361</td>
<td>96/4.5 oz cups</td>
</tr>
<tr>
<td>Applesauce, Unsweetened, Cups</td>
<td>101349</td>
<td>Bulk lbs</td>
</tr>
<tr>
<td>Apricots, Diced, Cups, Frozen</td>
<td>100216</td>
<td>96/5 oz cups</td>
</tr>
<tr>
<td>Apricots, Diced, Extra Light Sugrose, Canned</td>
<td>101230</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Apricots, Halves, Extra Light Sugrose, Canned</td>
<td>101231</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Apricots, Halves, Extra Light Syrup, Canned</td>
<td>100209</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Apricots, Sliced, Frozen</td>
<td>100259</td>
<td>20 lb ctn</td>
</tr>
<tr>
<td>Apricots, Free Processing</td>
<td>100259</td>
<td>20 lb ctn</td>
</tr>
<tr>
<td>Blueberries, Wild, Unsweetened, Frozen</td>
<td>100242</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Blueberries, Cultivated, Unsweetened, Frozen</td>
<td>100244</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Cherries, Dried</td>
<td>100299</td>
<td>4/4 lb ctn</td>
</tr>
<tr>
<td>Cherries, Tart, Frozen</td>
<td>100235</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Cherries, Red, Water Packed, Canned</td>
<td>100228</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Cherries, Tart, Frozen (IQF), Unsweetened</td>
<td>100237</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Cranberries, Dried</td>
<td>101161</td>
<td>5/5 oz pouch</td>
</tr>
<tr>
<td>Cranberry Sauce, Canned</td>
<td>100214</td>
<td>5/5 oz pouch</td>
</tr>
<tr>
<td>Fruit Mix, Dried</td>
<td>100296</td>
<td>5 lb ctn</td>
</tr>
<tr>
<td>Fruit Mix, Extra Light Sucrose, Canned</td>
<td>110233</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Fruit Mix, Extra Light Syrup, Canned</td>
<td>100212</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Oranges, Fresh</td>
<td>100283</td>
<td>34-39 lb ctn</td>
</tr>
<tr>
<td>Orange Juice, Unsweetened, Frozen</td>
<td>100277</td>
<td>70/4 oz can</td>
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<tr>
<td>Orange Juice, Unsweetened, Singles, Frozen</td>
<td>100204</td>
<td>Bulk Tankers</td>
</tr>
<tr>
<td>Peaches, Clingstone, Diced, Extra Light Sucrose, Canned</td>
<td>110234</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Peaches, Clingstone, Diced, Extra Light Syrup, Canned</td>
<td>110220</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Peaches, Freestone, Diced, Cups, Frozen</td>
<td>100241</td>
<td>96/4.4 oz cups</td>
</tr>
<tr>
<td>Peaches, Freestone, Slices, Frozen</td>
<td>100239</td>
<td>20 lb ctn</td>
</tr>
<tr>
<td>Peaches, Clingstone, Slices, Extra Light Sucrose, Canned</td>
<td>110236</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Peaches, Clingstone, Slices, Extra Light Syrup, Canned</td>
<td>110219</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Pears, Bartlett, Fresh</td>
<td>100282</td>
<td>45 lb ctn</td>
</tr>
<tr>
<td>Pears, Basic, Fresh</td>
<td>100280</td>
<td>45 lb ctn</td>
</tr>
<tr>
<td>Pears, D’Anjou, Fresh</td>
<td>100279</td>
<td>45 lb ctn</td>
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<tr>
<td>Pears, Diced, Extra Light Sucrose, Canned</td>
<td>110237</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Pears, Diced, Extra Light Sucrose, Canned</td>
<td>110238</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Pears, Halves, Extra Light Sucrose, Canned</td>
<td>110238</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Pears, Halves, Extra Light Syrup, Canned</td>
<td>100226</td>
<td>6/10 lb can</td>
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<tr>
<td>Pears, Sliced, Extra Light Sucrose, Canned</td>
<td>110239</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Pears, Sliced, Extra Light Syrup, Canned</td>
<td>110239</td>
<td>6/10 lb can</td>
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### VEGETABLES

<table>
<thead>
<tr>
<th>USDA Foods Description</th>
<th>WBSCM ID#</th>
<th>PACK SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Green, Low-sodium, Canned</td>
<td>100307</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Beans, Green, No Salt Added, Canned</td>
<td>100351</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Broccoli Florets, No Salt Added, Frozen</td>
<td>110282</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Carrots, Baby Cut, Fresh</td>
<td>100982</td>
<td>100/2 oz bag</td>
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<tr>
<td>Carrots, Sliced, Low-sodium, Canned</td>
<td>100809</td>
<td>6/10 lb can</td>
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<tr>
<td>Carrots, Sliced, No Salt Added, Frozen</td>
<td>100352</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Corns, Whole Kernel, No Salt Added, Canned</td>
<td>100313</td>
<td>6/10 lb can</td>
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<tr>
<td>Corns, Whole Kernel, No Salt Added, Frozen</td>
<td>100348</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Mushrooms, Diced, Frozen</td>
<td>110421</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Peas, Green, Low-sodium, Canned</td>
<td>100315</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Peas, Green, No Salt Added, Canned</td>
<td>100350</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Potatoes, Oven Fries, Crinkle Cut, No Salt Added, Frozen</td>
<td>100357</td>
<td>6/10 lb pouch</td>
</tr>
<tr>
<td>Potatoes, Russet, Frozen</td>
<td>100340</td>
<td>50 lb ctn</td>
</tr>
<tr>
<td>Potatoes, Wedges, Fat Free, No Salt Added, Frozen (IQF)</td>
<td>100356</td>
<td>6/10 lb pouch</td>
</tr>
<tr>
<td>Potatoes, Wedges, No Salt Added, Frozen (IQF)</td>
<td>100355</td>
<td>6/10 lb pouch</td>
</tr>
<tr>
<td>Potatoes, For Processing to Frozen</td>
<td>100506</td>
<td>Bulk lbs</td>
</tr>
<tr>
<td>Potatoes, For Processing to Dehydrated</td>
<td>110227</td>
<td>Bulk lbs</td>
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<tr>
<td>Salsa, Low-sodium, Canned</td>
<td>110186</td>
<td>6/10 lb can</td>
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<tr>
<td>Salsa, Low-sodium, Pouch</td>
<td>100380</td>
<td>6/10 lb pouch</td>
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<tr>
<td>Spaghetti Sauce, Low-sodium, Canned</td>
<td>100336</td>
<td>6/10 lb can</td>
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<tr>
<td>Spaghetti Sauce, Low-sodium, Pouch</td>
<td>110177</td>
<td>6/10 oz pouch</td>
</tr>
<tr>
<td>Spinach, Chopped, No Salt Added, Frozen (IQF)</td>
<td>110425</td>
<td>20 lb ctn</td>
</tr>
<tr>
<td>Sweet Potatoes, Fresh</td>
<td>100434</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Sweet Potatoes, Extra Light Syrup, No Salt Added, Canned</td>
<td>100317</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Sweet Potatoes, Washed, No Salt Added, Canned</td>
<td>100318</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Sweet Potatoes, Washed, No Salt Added, Frozen</td>
<td>100354</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Sweet Potatoes, Random Cut, No Salt Added, Frozen</td>
<td>100353</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Sweet Potatoes, For Processing</td>
<td>100980</td>
<td>Bulk lbs</td>
</tr>
<tr>
<td>Tomato Paste, No Salt Added, Canned</td>
<td>100327</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Tomato Paste, No Salt Added, Pouch</td>
<td>110189</td>
<td>6/11 oz pouch</td>
</tr>
<tr>
<td>Tomato Paste</td>
<td>100352</td>
<td>2500 lb totes</td>
</tr>
<tr>
<td>Tomato Paste, Whole Kernel</td>
<td>100326</td>
<td>6/10 lb can</td>
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<tr>
<td>Tomato Sauce, Low-sodium, Canned</td>
<td>100334</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Tomato Sauce, Low-sodium, Pouch</td>
<td>110187</td>
<td>6/10 oz pouch</td>
</tr>
<tr>
<td>Tomatoes, Diced, No Salt Added, Canned</td>
<td>100329</td>
<td>6/10 lb can</td>
</tr>
<tr>
<td>Tomatoes, Diced, No Salt Added, Pouch</td>
<td>110185</td>
<td>6/102 oz pouch</td>
</tr>
</tbody>
</table>

### Key:
- **DG**: Dark green vegetable subgroup
- **OTH**: Other vegetable subgroup
- **RO**: Red/Orange vegetable subgroup
- **ST**: Starchy vegetable subgroup
- Bulk product for further processing

### Note:
This list is subject to change based on market availability. Please reference the WBSCM catalog which contains the most up to date listing of available USDA Foods.
USA Pears

http://foodservice.usapears.org/Recipes/School%20Foodservice.aspx
Cranberry Marketing

http://www.uscranberries.com

Cranberry BBQ Chicken Sandwich

A recipe for every season.

1 sandwich provides
- 2 oz. grains equivalent
- 1 1/2 oz. meat equivalent
- 1/4 cup fruit
- 1/4 cup other vegetables
Success Stories

Learn how various districts have increased student satisfaction while serving healthier meals by introducing mushrooms into their meal cycle! View sampling techniques, preparation techniques, menu items and student responses.

New Orleans Public Schools, Louisiana

Ms. Rosie Jackson, School Nutrition Director for the New Orleans Public Schools said Fresh Mushrooms have been on their salad bars since the beginning.

On the Menu:

- Vegetarian Lasagna
- Chicken and Mushroom Gravy
- Spaghetti and Meatballs with Mushrooms
- Mushroom and Olive Tapenade
- Taste of Spring Salad

Results:

Overall, acceptance of mushroom enhanced entrees was:

- 80% at secondary levels preferred the mushroom blended entrees
**California Ripe Olives**

http://calolive.org/cooking-for-kids/nutritious-school-meals/

---

**Sunny California Salsa**

Yield: 100 (¼ cup portion)

Meal Equivalencies: ¼ cup Red/Orange Vegetable, ¼ cup Other Vegetable, ¼ cup Fruit

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>California Ripe Olives, Sliced, Drained, 1.06 - #10 Can</td>
<td>3 quarts, ½ cup</td>
</tr>
<tr>
<td>California Peaches, Diced, In Juice or Light Syrup, Drained, 2.82 - #10 cans</td>
<td>6 quarts, 1 cup</td>
</tr>
<tr>
<td>Diced Tomatoes, No Salt Added, Petite, Drained, 2.08 - #10 cans</td>
<td>6 quarts, 1 cup</td>
</tr>
<tr>
<td>Fresh Onions, Diced</td>
<td>4 pounds, 2 ounces</td>
</tr>
<tr>
<td>Fresh Sweet Bell Peppers or Fresh Jalapenos, Diced</td>
<td>5 pounds, 11 ounces</td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Fresh Cilantro, Cleaned and Chopped, from 1 pound of fresh</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

**Directions Prior to Day of Service:**

- Clean and sanitize prep area
- Pull olives, peaches and diced tomatoes from dry storage
- Wipe off all lids

**Day of Service:**

- Hold below 41°F
- Place in cooler and refrigerate overnight

**Day of Service, cont’d:**

- Pull leaves from cilantro stems and roughly chop
- Place at work station
- Pull olives, peaches and diced tomatoes from cooler and place at work station
- Wipe off all lids
- Open all cans and carefully discard lids
- Wash hands thoroughly and cover with gloves with bare hands

---

SOP: Never handle ready-to-eat foods with bare hands.
Shake Up Chopped Salad
(HACCP Process #1)

**Yield:** 20 servings (1 salad, 7 oz., 200 g, 1 oz. dressing)

**Meal Equivalencies:**
- 2 oz. eq. meat/meat alternate
- 1/2 cup other vegetable
- 1/4 cup red/orange vegetable
- 1/4 cup starchy vegetable

**Ingredients**

*Hard-Boiled Eggs, Chopped* 1 lb. 4 oz.

*Diced Chicken, Thawed* (USDA Material #100101) 1 lb. 4 oz.

**Directions**
Beef Foodservice K-12

http://www.beeffoodservice.com/k-12foodservice.aspx
School Meals That Rock

http://www.pinterest.com/schoolmealsrock/school-recipes-that-rock/
Tips for Recipes

1. Search diligently.
2. Source carefully.
3. Adapt as necessary.
Why Alter?

• Allergens

• Nutritional Needs
  – Reduce Sodium
  – Reduce Fat
  – Add New Whole Grains

• Cost
  – Increases
  – Decreases
Alter Due to

• Inventory Control
• Inventory Reduction
• Ingredient Shortages
• Ingredient Costs
• Ingredient Changes
100134—Beef, Crumbles w/SPP, Cooked, Frozen

Category: Meat/Meat Alternate

PRODUCT DESCRIPTION
This item is fully cooked ground beef with soy protein product (SPP) in approximately 1/4 inch crumbles with a light seasoning profile. This product is delivered frozen in cases with four 10-pound packages.

CREDITING/YIELD
• One case of beef crumbles provides approximately 557 1.15-ounce portions.
• CN Crediting: Approximately 1.15 ounces of fully cooked beef crumbles credit as 1 ounce equivalent meat/meat alternate. Please use the CN label or product formulation statement to confirm crediting information on the product you receive.

CULINARY TIPS AND RECIPES
• Fully cooked beef crumbles can be used in a

NUTRITION FACTS
Serving size: 1.15 ounces (32g)/1 MMA beef crumbles

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the
Availability

• New Ingredient Availability
• New Ingredient Cost
• Labor Saving Ingredient
  – Fresh sliced, diced, washed produce
• Food Safety Improvements
  – Ready to use produce
  – Frozen vegetable blends
  – Fully cooked ingredients
Trends

• Update out of date flavors
• Add on-trend flavors
• Add spice levels to “kick it up”
• Add products now available
• Add produce now available
• Add local flair
How

• Yields
  – Food Buying Guide
  – Product Formulation Statements
  – CN Labels
  – In House Testing
  – Industry Resources
Testing

• Altering “long time favorite”
• Adding new flavor profile
• Taste Test with student group
• Sample on line
• Record
• Modify as necessary
• Redo
Incorporate

• Into cycle menu
• Into alternative offerings
• Can modify sides
• Modify name
  – Update recipe, update perception too
• Update Packaging
• **Promote**
How to Promote

"Today at Bloomfield Hills high school in Michigan we served jerk chicken with pineapple fried brown rice. So good! The students liked it. It was spicy so that helped. We have Jamaican cook who's great so it was pretty authentic too."

http://www.bloomfield.org/.../food-services.../index.aspx
Questions?
Contact Information

Dayle Hayes
SchoolMealsThatRock@gmail.com
406-655-9082
www.schoolmealsthatrock.org
www.facebook.com/SchoolMealsThatRock
www.pinterest.com/schoolmealsrock/
@SchoolMealsRock

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