



Whipping up Standardized Recipes

With USDA Team Nutrition

Presented by:

Sara Bennett, Nutritionist

Bethany Showell, Team Lead/Program Analyst





In this presentation:

- Factors affecting menu planning
- Explore Child Nutrition Recipe Database
- USDA Recipe Standardization Guide
- Food Buying Guide for Child Nutrition Programs



Who is in the Room?

School Nutrition Professional

Food Industry Representative

State Agency Staff

Other

How do you describe yourself currently as a recipe developer?

1 Choose a descriptor

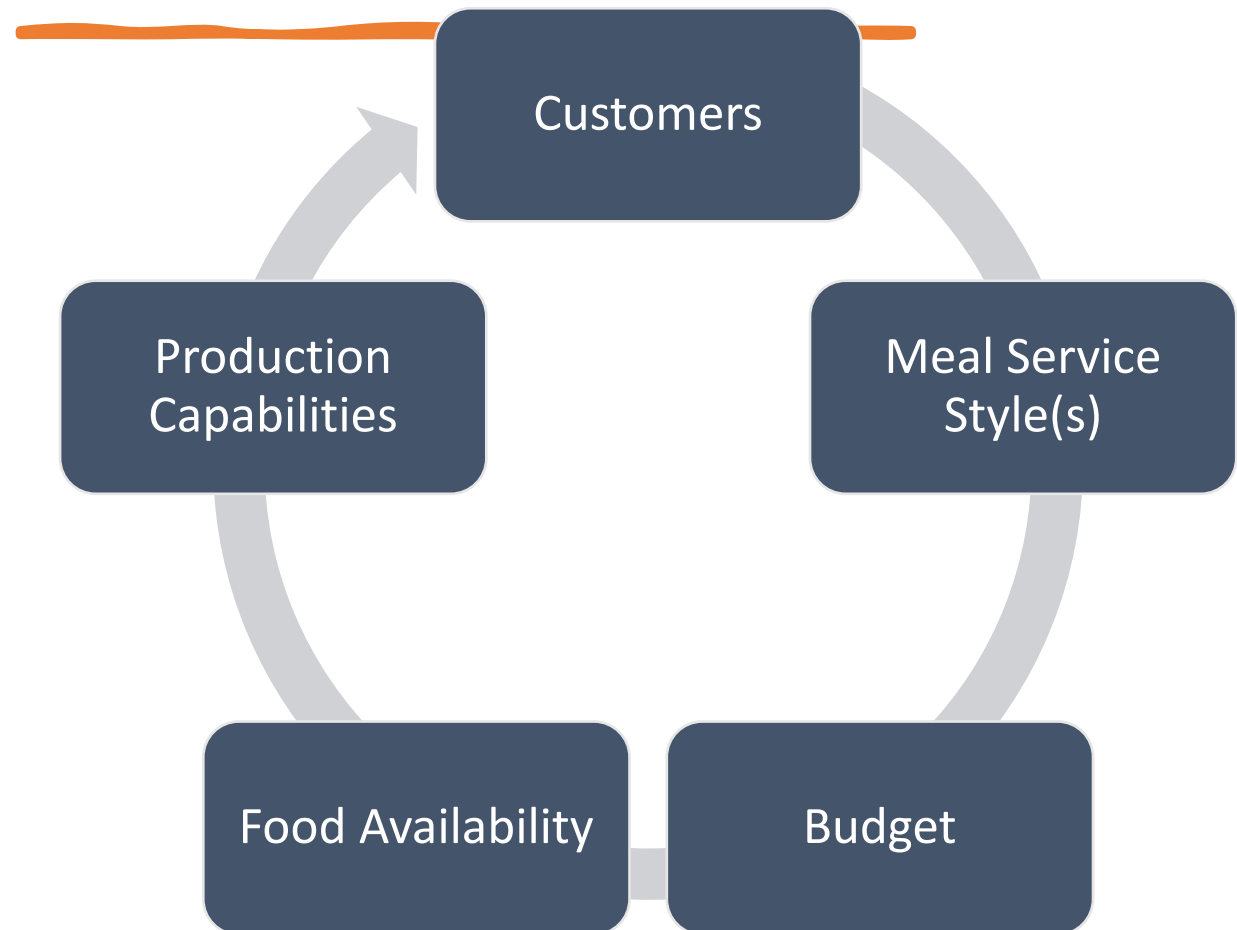
- Enthusiastic
- Creative
- Resourceful
- Artistic
- Uninteresting
- Confused
- Knowledgeable
- _____

2 Choose your experience level

- Rookie
- Capable
- Intermediate
- Advanced
- Distinguished
- Master
- _____



Factors Affecting Menu Planning





Customers

- Age
- Nutritional needs
- Food habits and customs
- Individual preference



Meal Service Styles

- Traditional/Cafeteria
- Grab n' go
- Meals in the classroom
- Vending machines
- Mix of many service styles



Budget



Scan for ICN FMIS

theicn.org/icn-resources-a-z/financial-management-information-systems/

- Food
- Labor
- Supplies
- Equipment/equipment repairs
- Technology
- Marketing
- Indirect costs



Food Availability

- Commodities
 - USDA Foods
 - DoD Fresh Fruit and Vegetable Program
- Foods your vendors carry
- Seasonality of foods
- Locally grown or produced foods

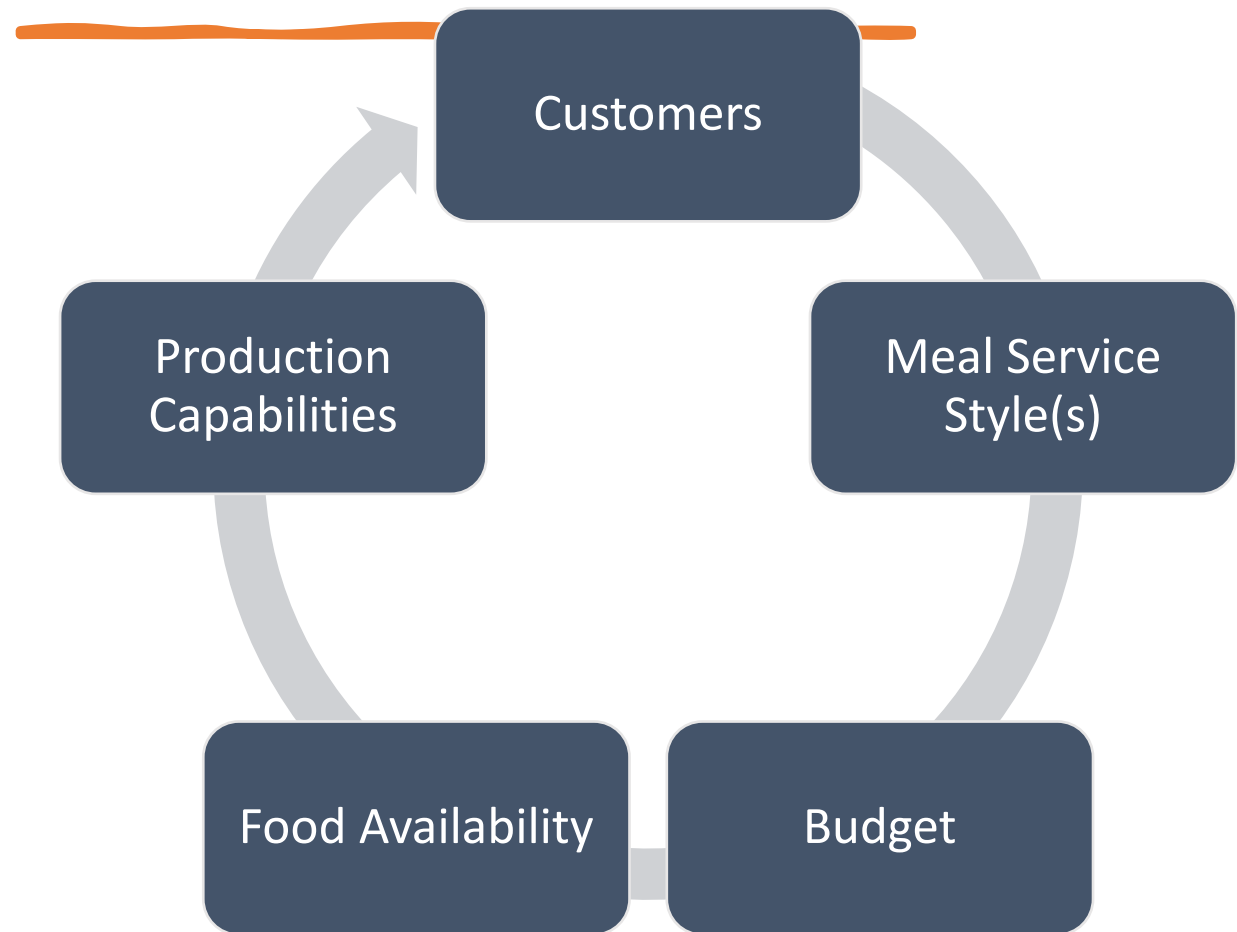


Production Capabilities

- Central kitchen
- Finishing kitchens
- Self prep
- Space
- Equipment
- Number and experience of employees



Factors Affecting Menu Planning



Where do you find recipe inspiration?

Examples:

- USDA Team Nutrition
- ICN Child Nutrition Recipe Box
- ICN Child Nutrition Sharing Site
- Social media
- Popular/trending restaurants
- Staff
- Students and families
- Vendors





 Recipes ▾

 My Cookbook

 Sara Bennett ▾

Latest Recipes

-  CACFP Breakfast Planner Recipes
-  CACFP Snack Menu Planner Recipes
-  CACFP Lunch/Supper Recipes
-  State Child Nutrition Agency Developed Recipes New

Recipes For:

-  CACFP
- 
- 
- 
-  Schools (50-100 servings)



Sara

Sara • Bennett •  Nutritionist

Chicken or Turkey Tama le Pie

-
- Frozen cooked diced chicken
 - Frozen corn
 - Canned black beans
 - Tomato paste
 - Canned diced tomatoes
 - Shredded cheddar cheese
 - Whole wheat flour
 - Eggs (whole, frozen)



Chicken or Turkey a la King

- Frozen cooked diced chicken
- Frozen green peas
- Whole wheat flour
- Rice



Chicken or Turkey Taco

- Frozen cooked diced chicken
- Frozen Corn
- Shredded cheese
- Brown Rice, long grain, parboiled
- Tomato paste



Nachos with Diced Chicken

- Frozen cooked diced chicken
- Canned or dry pinto beans
- Shredded cheddar cheese



Chili Con Carne With Beans

- Tomato paste
- Diced tomatoes
- Cheddar Cheeses
- Ground beef
- Pinto beans



Black Bean Patty with Crema Sauce

- Canned black beans
- Frozen corn



Vegetarian Baked Beans

- Canned vegetarian beans
- Tomato paste



Chickpea Masala (WA)

- Garbanzo beans
- Canned diced tomatoes
- Frozen cubed sweet potatoes



Spanish Chickpea Stew

- Canned garbanzo beans
- Canned diced tomatoes



Refried Beans

- Canned or dry pinto beans
- Shredded cheddar cheese



Scrambled Eggs (baked)

- Frozen whole eggs



Baking Powder Biscuits

- Whole-wheat flour
- All purpose enriched flour



Breakfast Muffins

- Frozen eggs, whole
- Whole-wheat flour
- Enriched all-purpose flour
- Canned applesauce, unsweetened



Quiche With Self-Forming Crust

- Frozen whole eggs
- Whole-wheat flour
- Shredded cheddar cheese



What's On Your Recipe Wishlist?

1 Collaborate with a Peer

Identify USDA Foods you'd like to use in new ways



fns.usda.gov/usda-fis/usda-foods-available

2 Tell us a Standardized Recipe you'd like to see

Add posts or new sections here

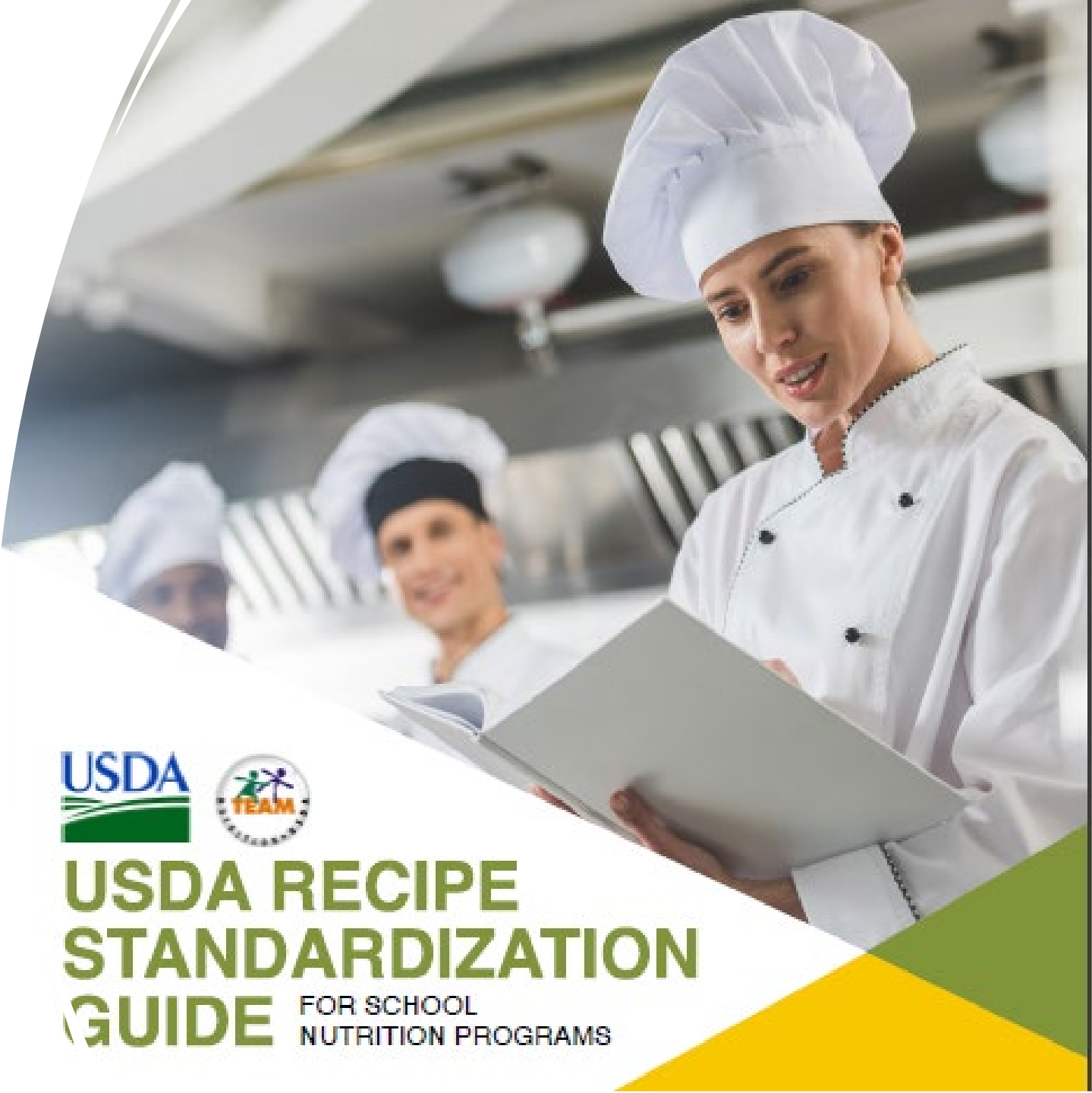
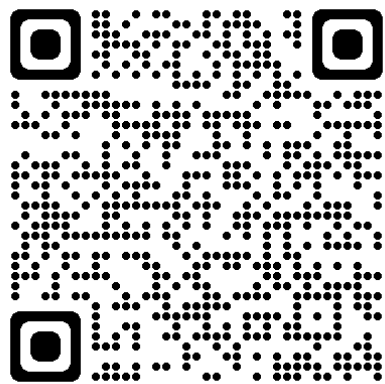


Padlet.com/cnpntab/letsmakerecipes

USDA Recipe Standardization Guide

For School Nutrition Programs

fns.usda.gov/tn/team-nutrition-recipes



**USDA RECIPE
STANDARDIZATION
GUIDE** FOR SCHOOL
NUTRITION PROGRAMS

Top 10: Benefits of Standardized Recipes

1

6

2

7

3

8

4

9

5

10

Anatomy of a Standardized Recipe



Serving Size & Meal Pattern
Contribution Statement

Chicken Lo Mein

This first place winning Lo Mein recipe is sweet, savory and tangy all at the same time.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 1 hour
Cook Time: 45 minutes

NSLP/SBP crediting information:
1 cup provides $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable, 1 $\frac{3}{4}$ oz equivalent meats/meat alternates, 2 $\frac{1}{4}$ oz equivalent grains.

Recipe Title &
Description

Preparation & Cook
Time

Anatomy of a Standardized Recipe

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken breast, boneless, skinless	8 lb 8 oz		17 lb		<ol style="list-style-type: none"> Bake chicken for 40-45 minutes at 350 °F. Critical Control Point: Heat until chicken reaches 165 °F or higher for at least 15 seconds. Rough chop chicken. Critical Control Point: Hold at 135 °F or higher until ready to serve. Bring a pot of water to a boil. Add whole wheat noodles and cook for 10-12 minutes. Drain. Rinse with cold water. Critical Control Point: Hold below 41 °F or above 135 °F. Cut bell peppers, onion, carrots, broccoli, green onions, and garlic.
Whole wheat soba or spaghetti noodles, dry	6 lb 4 oz		12 lb 8 oz		
*Bell pepper, small dice	1 lb 2 oz	2 qt	2 lb 4 oz	1 gal	
*Onions, small dice	1 lb 14 oz	2 qt	3 lb 12 oz	1 gal	
*Carrot, small dice	2 lb 7 oz	2 qt	4 lb 14 oz	1 gal	
Garlic cloves, minced	1 ½ oz	¼ cup	3 oz	½ cup	

Anatomy of a Standardized Recipe

CHICKEN LO MEIN

NUTRITION INFORMATION

For 1 cup (1 cup spoodle) and 2 Tbsp chow mein noodles

NUTRIENTS	AMOUNT
Calories	397
<hr/>	
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	23 mg
Sodium	436 mg
Total Carbohydrate	62 g
Dietary Fiber	8 g
Total Sugars	11 g
Added Sugars included	N/A
Protein	21 g
<hr/>	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	72 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

Nutrition information from nutrient analysis

Food as Purchased for	50 Servings	100 Servings
Broccoli florets	4 lb	8 lb
Carrots	2 lb 10 oz	5 lb 4 oz
Green onions	7.7 oz	15.4 oz
Onion	2 lb 2 oz	4 lb 4 oz
Bell pepper	1 lb 6 oz	2 lb 12 oz

Marketing guide

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Notes

YIELD/VOLUME

50 Servings	100 Servings
About 33 lb 12 oz	About 66 lb 11 oz

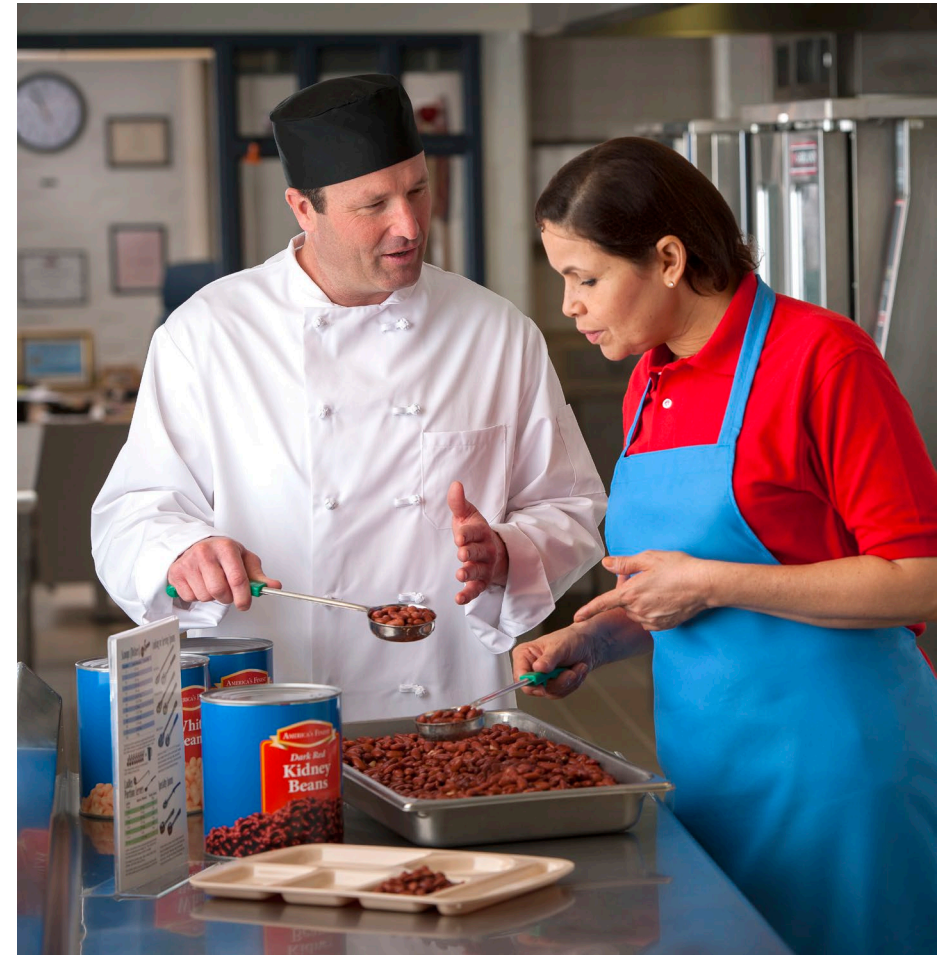
Yield

Recipe Standardization Process

1. Recipe Verification

2. Product Evaluation

3. Quantity Adjustment



Recipe Verification Phase

Identifying the recipe

Sourcing the ingredients

Writing and reviewing the recipe

Preparing a small batch quantity

Verifying the yield

Recording changes



Product Evaluation Phase

Informal Evaluation



Formal Evaluation



Taste Test Event
Resources



Quantity Adjustment Phase

Factor Method

Step 1: Determine the factor

Divide the desired yield by
the current yield

Example: Desire 225
servings; currently 100
servings

$$225/100 = \mathbf{2.25}$$

Step 2: Multiply each ingredient by the factor

Example:

100 servings: 1 lb. 8 oz
cheese

$$= 1.5 \text{ lbs. cheese} \times 2.25$$

$$= 3.375 \text{ lbs. cheese}$$

Step 3: Change amounts into more common measurements

$$3.375 \text{ lbs.} = 3 \text{ lbs. } 6 \text{ oz}$$

A close-up photograph showing a person's hands using a measuring cup and a fork to scoop yellow corn from a sieve into a glass bowl. The person is wearing a silver bracelet. The background is dark and out of focus.

Calculating Component Contribution

Recipe Analysis Workbook and
Helpful Tools in the Food Buying
Guide

Recipe Analysis Workbook

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Food Item Favorites	Download Food Buying Guide	
Exhibit A Grains Tool	FBG Calculator	Product Formulation Statement (PFS)	Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS

Chicken Burrito

Serving Size: 1 burrito

Yield: 50 burritos



Recipe Analysis Workbook Exercise

	Ingredient	Weight	Measure
	Water		1 qt 1 cup
★	Brown rice, long-grain, regular, dry	1 lb 9 oz	3 1/2 cups
★	Fresh cilantro, finely diced		1/2 cup
★	Frozen, cooked diced chicken, thawed, 1/2" pieces	3 lb 6 oz	3 qt 1 cup
★	Canned no-salt-added pinto beans, drained, rinsed OR Dry pinto beans, cooked	3 lb 4 oz	1 qt 2 cups
★	Low-fat cheddar cheese, shredded	1 lb 8 oz	1 qt 2 cups
	Ground oregano		1 tsp
	Ground cumin		1 1/2 tsp
★	Canned low-sodium salsa	3 lb 10 oz	1 qt 2 1/2 cups
★	Whole-grain tortillas, 8" (1.5 oz each)		50

Create Recipe Analysis Workbook (RAW)

▶ Instructions

Asterisks (*) denote required information.

① Recipe Name

Chicken Burrito

Recipe Number

Servings per Recipe *

50

Serving Size *

1 Burrito

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above).

② Search Food Ingredients

Keywords:

Meal Component:

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
-----------------------	---------------	--------------------------------	------------------------------------	--------

② Search Food Ingredients

Keywords:

brown rice

Meal Component:

All Meal Components

Category:

All Categories

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
-----------------------	---------------	--------------------------------	------------------------------------	--------

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	③ Add to RAW
Grains	Pasta PASTA* Footnote	Pasta (Group H) <i>Elbow Pasta, Whole Grain, (brown rice), Regular, Dry</i>	Pound	17.20	1/2 cup cooked	1 lb dry = about 4-1/2 cups dry whole grain elbow pasta; 1 lb dry = about 8-5/8 cups cooked	Add
Grains	Pasta PASTA* Footnote	Pasta (Group H) <i>Spaghetti, Whole Grain, (brown rice), Regular, Dry</i>	Pound	12.20	1/2 cup cooked, pieces	1 lb dry = about 4 cups dry pieces of whole grain spaghetti; 1 lb dry = about 6-1/8 cups cooked	Add
Grains	Rice RICE* Footnote	Rice (Group H) <i>Brown, Instant, Dry</i>	Pound	14.40	1/2 cup cooked	1 lb dry = about 4-3/8 cups dry brown rice; 1 lb dry = about 7-1/8 cups cooked; 1 cup dry = about 1-2/3 cups cooked	Add
Grains	Rice RICE* Footnote	Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	8.75	1/2 cup cooked	1 lb dry = about 2-1/2 cups dry brown rice; 1 lb dry = about 4-3/8 cups cooked; 1 cup dry = about 1-3/4 cups cooked	Add

Asterisks (*) denote required information.

1 **Recipe Name ***

Servings per Recipe *

Recipe Number

Serving Size *

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above).

2 Search Food Ingredients

Keywords:

Meal Component:

Category:

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Grains Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	8.75	1/2 cup cooked	<input type="button" value="Remove"/>

② Search Food Ingredients

Keywords:

chicken, diced

Meal Component:

All Meal Components

Category:

All Categories

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Grains Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	8.75	1/2 cup cooked	Remove

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	③ Add to RAW
Meats/Meat Alternates ¹ Footnote	Poultry CHICKEN, COOKED, frozen	Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	1 lb AP = 1.0 lb cooked chicken meat	Add
Meats/Meat Alternates ¹ Footnote	Poultry CHICKEN, COOKED, frozen	Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i>	40 lb Package	640.00	1 oz cooked poultry	1 lb AP = 1.0 lb cooked chicken meat	Add

② Search Food Ingredients

Keywords:

pinto beans, canned

Meal Component:

Meats/Meat Alternates

Category:

All Categories

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Grains Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	8.75	1/2 cup cooked	Remove
Meats/Meat Alternates Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	Remove

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	③ Add to RAW
Meats/Meat Alternates ¹ <i>Footnote</i>	Legumes, Dry Beans and Peas BEANS, PINTO	Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained beans	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans	Add
Meats/Meat Alternates ¹ <i>Footnote</i>	Legumes, Dry Beans and Peas BEANS, PINTO	Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	40.50	1/4 cup drained, unheated beans	1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans	Add
Meats/Meat Alternates ¹ <i>Footnote</i>	Legumes, Dry Beans and Peas BEANS, PINTO	Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	Pound	5.51	1/4 cup heated, drained beans		Add
Meats/Meat Alternates ¹ <i>Footnote</i>	Legumes, Dry Beans and Peas BEANS, PINTO	Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	Pound	8.87	1/4 cup drained, unheated beans		Add

② Search Food Ingredients

Keywords:

cheddar cheese

Meal Component:

All Meal Components

Category:

All Categories

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Grains Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	8.75	1/2 cup cooked	Remove
Meats/Meat Alternates Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	Remove
Meats/Meat Alternates Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained beans	Remove

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	③ Add to RAW
Meats/Meat Alternates* Footnote	Cheese, Eggs, Yogurt CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)	Cheese, American, Cheddar, Mozzarella, or Swiss** <i>Natural or Process, Includes USDA Foods</i> Footnote	Pound	16.00	1 oz Cheese	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese	Add
Meats/Meat Alternates* Footnote	Cheese, Eggs, Yogurt CHEESE SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute)	Cheese Substitutes, American, Cheddar, Mozzarella, or Swiss Cheese Substitute**,** <i>Natural or Process</i> Footnote	Pound	16.00	1 oz cheese substitute	1 lb AP = about 4 cups shredded cheese	Add

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Meats/Meat Alternates Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	Pound	8.87	1/4 cup drained, unheated beans	Remove
Meats/Meat Alternates Cheese, American, Cheddar, Mozzarella, or Swiss <i>Natural or Process, Includes USDA Foods</i>	Pound	16.00	1 oz Cheese	Remove
Meats/Meat Alternates Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	Remove
Grains Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	13.00	1/2 cup cooked	Remove
Vegetables Salsa, canned <i>USDA Foods (all vegetable ingredients plus a minor amount of spices) (Low sodium)</i>	No. 10 Can (106 oz)	49.30	1/4 cup vegetable	Remove

② Search Food Ingredients i

Program - Meal

Select Program ▼

Keywords:

salsa canned

Meal Component:

All Meal Components ▼

Category:

All Categories ▼

Search

Reset

Display Favorites

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	③ Add to RAW
Vegetables	Red/Orange Vegetables SALSA	Salsa, canned[®] <i>USDA Foods (all vegetable ingredients plus a minor amount of spices) (Low sodium)</i> <i>Footnote</i>	No. 10 Can (106 oz)	49.30	1/4 cup vegetable	1 No. 10 can = about 12-1/3 cups salsa	Add
Vegetables	Red/Orange Vegetables SALSA	Salsa, canned[®] <i>Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</i> <i>Footnote</i>	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1 gallon container = 16 cups salsa	Add

② Search Food Ingredients ?

Program - Meal

Select Program ▼

Keywords:

salsa canned

Meal Component:

All Meal Components ▼

Category:

All Categories ▼

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Meats/Meat Alternates Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	Pound	8.87	1/4 cup drained, unheated beans	Remove
Meats/Meat Alternates Cheese, American, Cheddar, Mozzarella, or Swiss <i>Natural or Process, Includes USDA Foods</i>	Pound	16.00	1 oz Cheese	Remove
Meats/Meat Alternates Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, gible, or kidneys, Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	Remove
Grains Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	13.00	1/2 cup cooked	Remove
Vegetables Salsa, canned <i>USDA Foods (all vegetable ingredients plus a minor amount of spices) (Low sodium)</i>	No. 10 Can (106 oz)	49.30	1/4 cup vegetable	Remove

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Gr. guidance see 'Instructions' section above).

② Search Food Ingredients

Keywords:

Meal Component:

All Meal Components



Category:

All Categories



Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
-----------------------	---------------	--------------------------------	------------------------------------

Asterisks (*) denote required information.

① **Recipe Name ***

Servings per Recipe *

Recipe Number

Serving Size *

- Select Creditable Ingredient
- Recipe Notes
- Vegetables
- Fruits
- Meats/MA
- Grains - Method A**
- Grains - Method B
- Grains - Method C
- Meal Pattern Contribution

Method A - Grains Based on Exhibit A

④ **Item keywords:**

⑤

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq
<input type="button" value="Add"/>	Tortilla chips	Group B	28 g	1 oz
<input type="button" value="Add"/>	Tortillas	Group B	28 g	1 oz

Method A - Grains Based on Exhibit A

4 Item keywords:

Search Clear Search

5

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq
<input type="button" value="Add"/>	Tortilla chips	Group B	28 g	1 oz
<input type="button" value="Add"/>	Tortillas	Group B	28 g	1 oz

Groups A-G

Product Description per Exhibit A		6 Quantity of Product	7 Weight of One Unit	8 Measurement Unit	9 Quantity of Product in Ounces	Weight of one ounce equivalent as listed in Exhibit A
<input type="button" value="X"/>	Tortillas	<input type="text" value="50"/>	<input type="text" value="1.5"/>	<input type="text" value="oz"/>	75.0000 oz	1.00 oz

[Grain Requirements for the National School Lunch Program and School Breakfast Program \(PDF\)](#)
[Grain Requirements in the Child and Adult Care Food Program \(PDF\)](#)

You must save the RAW prior to printing it. Use the "Back to RAW List" button and select from the RAW list. Click the PDF link to generate a copy to print or save.

① Recipe Name * Chicken Burrito - USDA Recipe for Schools

Servings per Recipe * 50

Recipe Number

Serving Size * 1 burrito

Folder USDA Recipes for Schools

Add Folder

- Select Creditable Ingredient
- Recipe Notes
- Vegetables
- Fruits
- Meats/MA
- Grains - Method A
- Grains - Method B**
- Grains - Method C
- Meal Pattern Contribution

Method B - Grains Based on FBG Example

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	④ Quantity of Ingredient	⑥ Calculated Quantity to Purchase
Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	13.00	1/2 cup cooked	1 lb dry = about 2-1/4 cups dry brown rice; 1 lb dry = about 6-2 cups cooked	1.5625	1.5625

[Grain Requirements for the National School Lunch Program and School Breakfast Program \(PDF\)](#)

[Grain Requirements in the Child and Adult Care Food Program \(PDF\)](#)

$$\begin{array}{r}
 9 \text{ oz} \div 16 \text{ oz} = 0.5625 \\
 + 1.00 \\
 \hline
 1.5625 \text{ lb}
 \end{array}$$

1 Recipe Name * Chicken Burrito - USDA Recipe for Schools Servings per Recipe * 50
Recipe Number Serving Size * 1 burrito
Folder USDA Recipes for Schools Add Folder

Select Creditable Ingredient Recipe Notes **Vegetables** Fruits Meats/MA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	4 Quantity of Ingredient	5 Preparation Yield (If applicable)	6 Calculated Quantity to Purchase
-----------------------	---------------	--------------------------------	------------------------------------	------------------------	--------------------------	-------------------------------------	-----------------------------------

1 qt = 4 cups
+ 2.5 cups

6.5 cups

6.5 cups ÷ 12.3 cup per # 10 can = 0.5284 #10 can

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Food As Purchased AP	Purchase Unit	Servings per Purchase	Serving Size per Meal	Additional Information	④ Quantity of Ingredient	⑤ Preparation Yield (If applicable)	⑥ Calculated Quantity to Purchase
$6 \text{ oz} \div 16 \text{ oz (1 lb)} = 0.375 \text{ lbs}$ $+ 3 \text{ lbs}$ <hr/> 3.375 lbs				1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73 oz (10-1/8 cups) drained, unheated beans	52.0000	73.0000	0.7123
				1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese	1.5000	0.0000	1.5000
$+ 4 \text{ oz}$ <hr/> 52 oz				1 lb AP = 1.0 lb cooked chicken meat	3.3750	0.0000	3.3750
Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes US Foods</i>							

You must save the RAW prior to printing it. Use the "Back to RAW List" button and select from the RAW list. Click the PDF link to generate a copy to print or save.

Save

Back to RAW List

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution



Vegetables

Red/Orange Vegetables

$\frac{1}{8}$ cup



Meats/Meat Alternates

2.00 oz eq



Grains (Method A, Method B)

1.75 oz eq

1 burrito provides $\frac{1}{8}$ cup total vegetable ($\frac{1}{8}$ cup red/orange vegetable) , 2.00 oz eq meat/meat alternate , 1.75 oz eq grains

② Search Food Ingredients

Keywords:

pinto bean

Meal Component:

Vegetables

Category:

All Categories

Search

Reset

Display Favorites

Meats/Meat Alternates Cheese, American, Cheddar, Mozzarella, or Swiss <i>Natural or Process, Includes USDA Foods</i>	Pound	16.00	1 oz Cheese	Remove
Meats/Meat Alternates Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	Remove
Vegetables Cilantro, fresh <i>Coriander</i>	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	Remove
Vegetables Salsa, canned <i>Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</i>	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	Remove
Grains Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	8.75	1/2 cup cooked	Remove

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	③ Add to RAW
Vegetables	Beans and Peas (Legumes) BEANS, PINTO	Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained vegetable	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73.0 oz (10-1/8 cups) drained, unheated beans	Add
Vegetables	Beans and Peas (Legumes) BEANS, PINTO	Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	40.50	1/4 cup drained, unheated vegetable	1 No. 10 can = about 73.0 oz (10-1/8 cups) drained, unheated beans	Add

Select Creditable Ingredient

Recipe Note

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Beans and Peas (Legumes)

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	④ Quantity of Ingredient <small>i</small>	⑤ Preparation Yield (If applicable) <small>i</small>	⑥ Calculated Quantity to Purchase
Beans, Pinto, dry, canned <i>Whole, Includes USDA Foods</i>	No. 10 Can (108 oz)	37.20	1/4 cup heated, drained vegetable	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans; 1 No. 10 can = about 73.0 oz (10-1/8 cups) drained, unheated beans	<input type="text" value="52"/>	<input type="text" value="73"/>	0.7123

Dark Green Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	④ Quantity of Ingredient <small>i</small>	⑤ Preparation Yield (If applicable) <small>i</small>	⑥ Calculated Quantity to Purchase
Cilantro, fresh <i>Coriander</i>	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	1 lb AP = 0.84 lb (about 18-1/4 cups) trimmed, chopped, ready-to-serve cilantro	<input type="text" value="0.023"/>	<input type="text" value="0.84"/>	0.0273

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	④ Quantity of Ingredient <small>i</small>	⑤ Preparation Yield (If applicable) <small>i</small>	⑥ Calculated Quantity to Purchase
Salsa, canned <i>Chunky Commercial (all vegetable ingredients plus a minor amount of spices)</i>	Gallon (8 lb 10 oz)	63.90	1/4 cup vegetable	1 gallon container = 16 cups salsa	<input type="text" value="0.4"/>	<input type="text" value="0.0000"/>	0.4000

You must save the RAW prior to printing it. Use the "Back to RAW List" button and select from the RAW list. Click the PDF link to generate a copy to print or save.

Save

Back to RAW List





Asterisks (*) denote required information.

① **Recipe Name *** **Servings per Recipe ***

Recipe Number **Serving Size ***

Folder

Select Creditable Ingredient | Recipe Notes | Vegetables | Fruits | Meats/MA | Grains - Method A | Grains - Method B | Grains - Method C | **Meal Pattern Contribution**

	Vegetables	Beans and Peas (Legumes)	1/8 cup
	Vegetables	Red/Orange Vegetables	1/8 cup
	Meats/Meat Alternates		1.50 oz eq
	Grains (Method A, Method B)		1.75 oz eq

1 burrito provides 1/4 cup total vegetable (1/8 cup legume vegetable , 1/8 cup red/orange vegetable) , 1.50 oz eq meat/meat alternate , 1.75 oz eq grains

NOTE: Total creditable amount cannot exceed the serving size of the product.

You must save the RAW prior to printing it. Use the "Back to RAW List" button and select from the RAW list. Click the PDF link to generate a copy to print or save.



Chicken Burrito

Our Chicken Burrito recipe consists of chicken breast combined with salsa, vegetables, brown rice, Mexican spices, and lime juice, wrapped in a whole-grain tortilla.

NSLP/SBP CREDITING INFORMATION

1 burrito provides

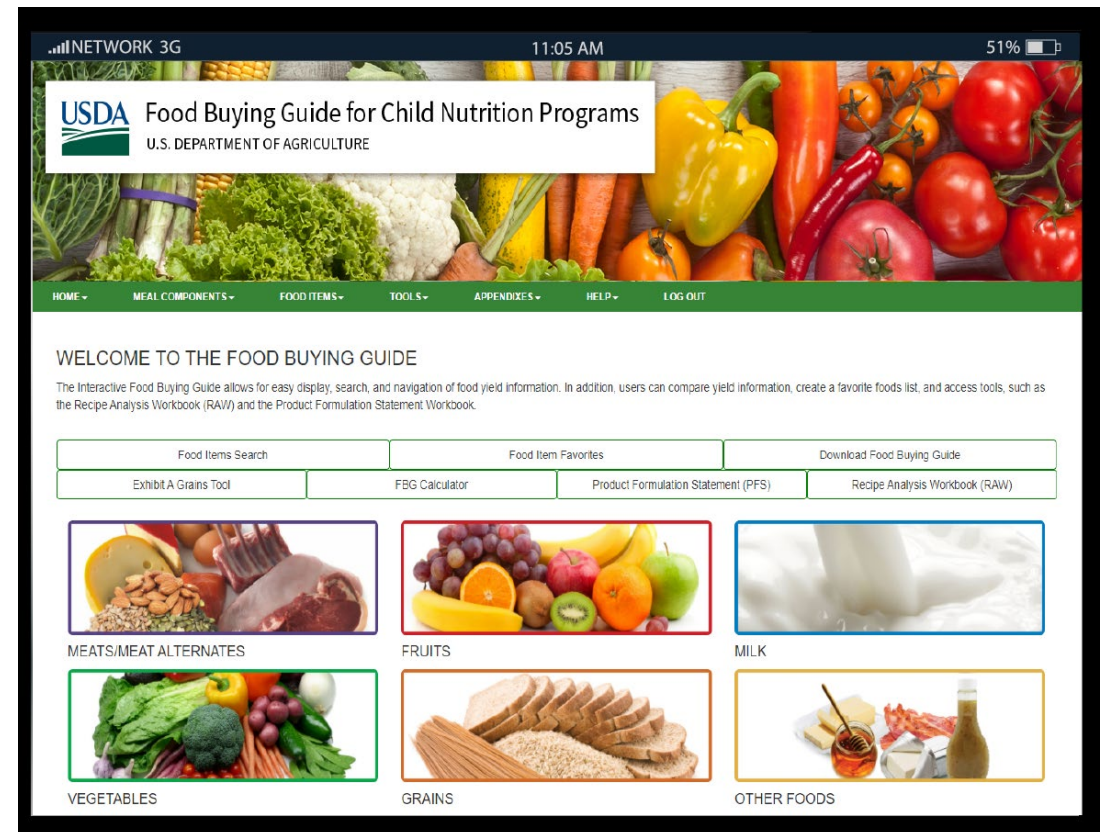
Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, $\frac{1}{8}$ cup red/orange vegetable, and 1.75 oz equivalent grains.

OR

Legume as Vegetable: 1.5 oz equivalent meat/meat alternate, $\frac{1}{8}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, and 1.75 oz equivalent grains.

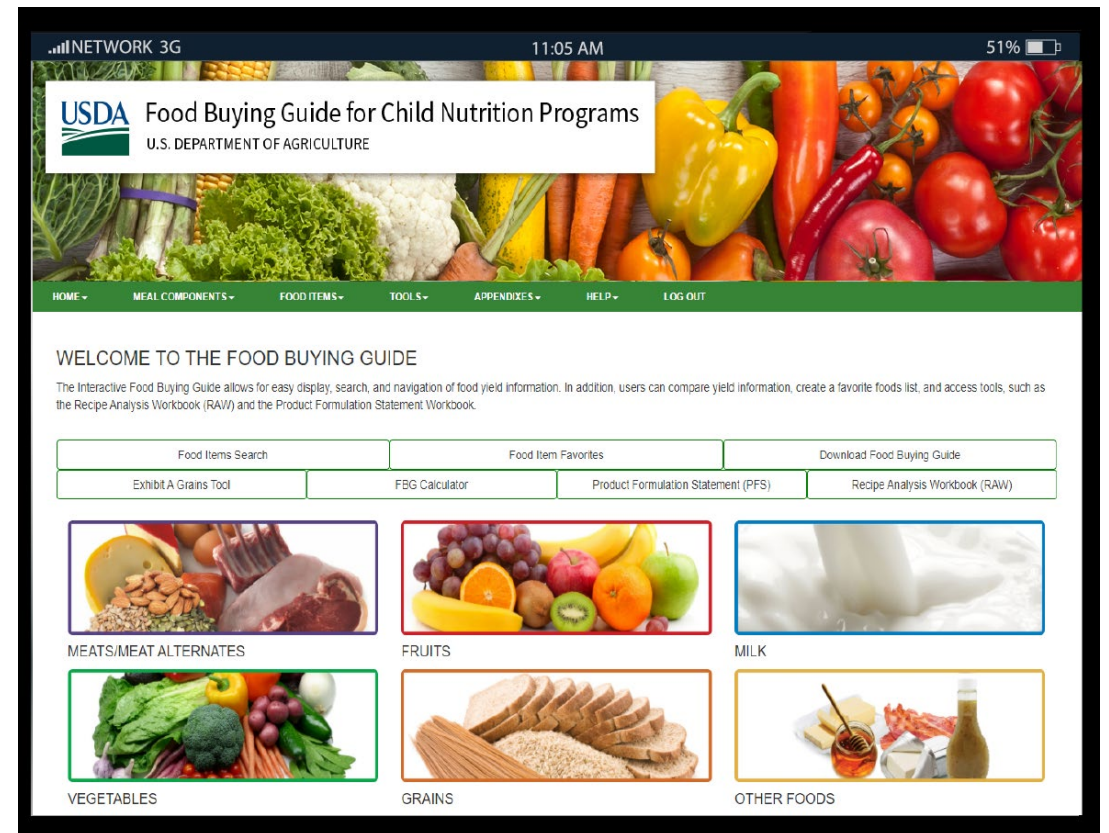
Recently Added USDA Foods to the FBG

- Canned Mixed Fruit (100212)
- Frozen Diced Potatoes (110844)
- Sweet potatoes, raw, frozen (110562)
- Canned Beef (100127)
- Canned Pork (100139)
- Black Beans, #10 can (100359)
- Frozen Mixed Vegetables (111230)
- Cherries, IQF (110872)
- Carrots, frozen, sliced (100352)



More Recently Added Foods

- Tuna pouches (11-, 43, 48 oz)
- Purple or black rice
- Quick cooking brown rice
- Long grain instant brown rice
- Cactus fruit
- Smoked salmon (pre-smoked)
- Boneless, skinless chicken thighs
- Mutton (variety of cuts)
- Catfish fillets (unbreaded)



—
Contact us

cnpntab@usda.gov

