

What form to use

Questions to ask

- Which meal?
- What menu planning option?
- What grade groups?
- Is food transported?
- Food/salad bars?

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Grade Groups (lunch)

Traditional Food Based

- ☐ K-3 and 4-12 (optional 7-12)

Enhanced Food Based

- ☐ K-6 and 7-12 (optional K-3)

Adults and non-reimbursable meals must also be recorded on the food production record.

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Production Records are Required

The State Agency uses the FPR and recipes to determine if:

- Enough food was prepared for all students
- Component requirements are met
- Amounts to use when doing nutrient analysis

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What about contracted meals?

- Food Service Contract
 - School
 - Non-School
- Define vendor responsibilities
- Define RCCI personnel responsibilities
- Record of meals ordered
- Comments



Planning-What you need

- ☐ Meal Pattern
- ☐ Food Production Records (FPR) you need
- ☐ FBG/FBG worksheet
- ☐ Menu for the day
- ☐ Standardized Recipes
- ☐ CN Labels & Product Specifications
- ☐ Completed Past Production Records

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CN Labels

CN

XXXXXX*

This 2.31oz fully cooked Beef Patty with Textured Soy Flour provides
 CN 2.00 oz equivalent meat/meat alternate for the Child Nutrition Meal CN
 Pattern Requirements. (Use of this logo and statement authorized by
 the Food and Nutrition Service, USDA XX-XX***)

CN

* CN identification number
 ** Month & Year of approval

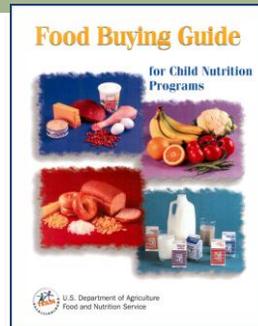
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Past Production records

- Completed records
 - ▣ Actual number of students who ate by grade level
 - ▣ Actual food usage by food item
 - ▣ Notes on the day
 - Field trip
 - Started the day late

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Food Buying Guide



USDA Food Buying Guide

<http://www.teamnutrition.usda.gov/Resources/foodbuyingguide.html>

Food Buying Guide

- This is a valuable tool to help you
 - ▣ Plan
 - ▣ Make quantity buying decisions
 - ▣ Evaluate meal components

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Food Buying Guide

FBG sections

- Introduction
- Meat/Meat Alternates
- Vegetables/Fruits
- Grains/Breads
- Milk
- Other Foods
- Appendices
- Index

Yield tables from the FBG

- Represents average yields based on research conducted by USDA
- Meant to be planning, purchasing and production tool
- Variance may exist on local products and should be documented

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Column 1 Food as Purchased

- Foods listed in alphabetical order
- Fresh, frozen or canned

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
BEEF GROUND fresh or frozen^{1,8} (continued)					
Beef, Ground, fresh or frozen ^{1,8} no more than 26% fat (Like IMPS #136)	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	

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Column 2 Purchase Units

- Pound or can size
- For processed my list institutional pack

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
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What is a standardized recipe?

- Adjusted for your customer tastes
- Adjusted for ingredients available
- Tested with specific equipment
- Provides a specific amount (yield) and meal components
- Produces a consistent product

A recipe tells us:

- Ingredients- which and how much
- How to
 - Combine ingredients
 - Chill, cook, or heat the menu item
 - Serve the menu item

Why use standardized recipes?

- The same quality and quantity of product
- The same nutrient contribution
- The same labor and equipment requirements
- The same cost



**Let's try an example
to see how
standardized recipes and
correct portions
affect cost and nutrients!**

Cost per serving

A beef casserole recipe for 20 servings calls for 3.5 pounds of ground beef. Let's say it costs \$2.49 per LB

Cost of the beef per serving is

$$\$2.49 \times 3.5 \text{ lbs} / 20 = \$.44$$

If cook uses 4 lbs, the cost of beef is :

$$\$2.49 \times 4 \text{ lbs} / 20 = \$.50$$

Pennies add up!

$$\$0.06 \times 50 \text{ children} = \$3.00/\text{day}$$

$$\$3.00 \times 20 \text{ days} = \$60 \text{ per month}$$



How Recipe Yield Affects Nutrients:

Servings	Cals	Fat (g)
50	320	13
45	355	15
40	400	17

Components per serving

For Beef Casserole
when cut into 20 versus 25 .

Ingredient	25 servings	20 servings
3.5 lbs of 80% lean Ground Beef (41.3 ounces) cooked meat	1.65 ounces	2.07 ounces
1 lb. dry noodles (20.1 grain/bread sygs.) ½ cup is full grain/bread	0.8 grain/bread serving	1 grain/bread serving.
5 cups tomatoes	1/5 c. vegetable	¼ c. vegetable

What's included in a standardized recipe?

1. Title
2. Category
3. Ingredients
4. Weight/Volume of each ingredient
5. Preparation Instructions
6. Cooking Temperature and Time
7. Serving Size
8. Recipe Yield
9. Equipment and Utensils to Use

Standardized Recipes: Ingredient Requirements

- All ingredients needed to produce the recipe for the number of portions required
 - Include allowed substitutions
- Quantities of ingredients in common units
 - Weights only if ingredients are actually weighed
- Most useful if grouped in order of use

Standardized Recipes: Equipment Requirements

- Mixing: with a spoon or mixer?
- Preparation: microwave or conventional oven?
- Pans: size and kind of pans
- Cooking equipment: electric skillet or top of stove
- Serving equipment: dishers, serving dishes
 - What size? How many?

Equipment Examples

- Cream shortening and sugar with wire whip in 20 qt bowl using floor mixer
- Pour batter into greased and floured standard sheet pans
- Bake in convection oven at 300 degrees
- Divide into three plastic serving bowls
- Portion using #8 scoop

Standardized Recipes: Methods Requirements

- Describe exactly what you want to happen
 - Try to quantify the descriptions using time, temperature, etc
 - Qualitative descriptions are OK
- Be sure the steps are in the right order
- Don't assume that a step will be included if it isn't written down

Methods Examples

- Beat at medium speed for 4 minutes
- Heat to 140 degrees
- Cook, stirring constantly, until thickened and clear
- Proof for one hour or until double in bulk
- Beat eggs until light and lemon-colored
- Dip each piece in flour, then egg and milk mixture, then breading

Standardized Recipes: Yield Requirements

- Yield expressed in portions or units for most products
 - 35 3 ounce servings
 - 12 dozen 2 inch cookies
- Volume is usually used when the product will be used as an ingredient in another recipe, especially if the yield is not exact
 - 6 quarts gravy
- Number of portions and volume should be proportional to each other
 - 6 quarts gravy ≠ 25 2 ounce servings!

Yield Examples

- Good examples:
 - 50 2 oz portions
 - 60 ½ c portions or 90 1/3 c portions
 - 30 1/3 c and 20 ½ c portions
 - 6 quarts (96 2 oz portions)
 - Cut each pan 9 x 6 (54 servings)
- Not-so-good examples:
 - 4 pans
 - Enough for the middle school
 - 3 cans

Standardized Recipes: Portion Size Requirements

- Must match the actual portion you are serving
- Portion size, yield and serving utensil should match
- OVS: describe the full portion size you are planning, regardless of what you believe the students take

Steps in Recipe Standardization

- Assign to one person to make
- Gather measuring equipment, ingredients, paper, pencil (and recipe, if available)
- Measure each ingredient
- Record each preparation step including panning instructions
- Determine and record portion size
- Cook/Bake (if needed)



Steps in Recipe standardization, cont.

- Evaluate
- Calculate component contribution
- Write final copy
- Give to another person to duplicate
- Evaluate
- Incorporate into final recipe file



What do you need recipes for?

Everything

40

USDA Standardized Recipes

Available through
Team Nutrition
<http://teamnutrition.usda.gov>
Healthy Meals Resource System
OR
National Food Service Management Institute
www.nfsmi.org

41

How would you standardize this recipe?

Chicken à la King

Yield: 6 cups

- 2 CHICKEN BOUILLON CUBES
- 1½ CUPS HOT WATER
- 3 TABLESPOONS MARGARINE
- 3 TABLESPOONS FLOUR
- 2½ CUPS DICED COOKED CHICKEN
- 1 CUP COOKED PEAS
- 1 4-OUNCE CAN SLICED MUSHROOMS, DRAINED
- ½ CUP SLICED COOKED CARROTS
- ¼ CUP CHOPPED ONION
- 2 TABLESPOONS CHOPPED PIMIENTO
- 1 TEASPOON SALT

Changing the quantity

If we want 48 servings, what would be the multiplication factor?

Current recipe is for 12

$$48/12 = 4$$

- Multiply each ingredient by 4
- Convert to common measures

Skilled Staff

Standardizing Recipes

Chicken Ala King			
48/12=4 4X 12 servings should give us 48 servings			
Ingredient	For 12	X 4	More Usable
Chicken Bouillon Cubes	2	8	8
Hot water	1 1/2 cups	6 cups	1 1/2 quart
Margarine	3 Tbsp	12 Tbsp	3/4 cup
Flour	3 Tbsp	12 Tbsp	3/4 cup
Chicken, diced cooked	3 1/8 cups	12 1/2 cups	4.5 pounds OR 3 #2 1/2 cans
Peas, frozen	5/8 cup	2 1/2 cups	1 pound package
Carrots, cooked, sliced	1/2 cup	2 cups	2 # 300 (15 oz) cans
Chopped onion	1/4 cup	1 cup	1 cup
Pimento	2 tbsps	8 Tbsp	1/2 cup
Salt	1 tsp	2 1/2 tsp	? Cut down

Recipe Analysis Worksheet
FIGURE 1 Chicken Ala King Portions per Recipe: 48

Ingredients	Quantity in Recipe/Number of portions used	Purchase Unit	Servings per Purchase Unit/ Food Buying Guide	Weight/Volume (oz or lb)	Weight/Volume (oz or lb) per portion	Weight/Volume (oz or lb) per portion
Chicken, sliced cooked CR	4.5 LB	LB	16 oz	72		
Chicken, canned	3 2 1/2 cans		26.3 oz	78.9		
Peas, frozen	1 LB	LB	9.59	9.5		
Carrots, sliced cooked	2 300 cans		5.2	10.4		
Chopped onion	1 cup			4		
Pimento	1/2 cup			2		
Totals				72	25.9	1174.0
Portions per Recipe				48	48	1080
Calculations						6.475 cups
This Recipe provides				1.5	1/8	weight/portion

Notes:
 - in this worksheet start on page 3 of the manual to convert cups to ounces and pounds to ounces.
 - the values in Columns 4, 5, & 6 are based on multiplying the value in Column 2 by the value in Column 4.
 - portions per unit is the total 1/4 cup servings of ingredients divided by the total number of portions/weight in portions of a cup (column 4) and use the corresponding food data for that recipe item.
 - grams/ounces is based on dividing the total data provided for 1 gram/ounce serving.

Appendix A 10 A.2

What have we learned?

1. Why we do production records
2. The difference between a standardized recipe and any other recipe
3. That the Food Buying Guide is a valuable tool
4. How to calculate component contributions of a recipe

Standardizing Recipes

Good luck and Happy Cooking!

