



Standardize Recipe Training

Evergreen Food Program
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What is a Standardize Recipe?

- According to the United States Department of Agriculture (USDA), a standardized recipe is a complete, specific set of written instructions for cooks to produce consistent, high-quality recipes every time!

When is it required and how often?

- All Child Care Centers that is part of the Child and Adult Care Food Program (CACFP) are required to have standardize recipes on file for ANY food items, made from scratch, that requires more than 1 ingredient.
- Example: Peanut Butter and Jelly Sandwich OR Beef Stew.

When is it required and how often?

- It is important to know that standardize recipes are used everyday in child nutrition operations as a guide to preparing foods served to children.
- They are used to ensure the correct portion sizes are being served and that the food items served to the children are creditable in CACFP.
- When you create a standardize recipe for a food item in your menu, remember it has to only be created ONCE.

Menu for lunch

- Cheese Quesadilla
- Cheddar Cheese
- Mission Tortilla
- Pinto Beans
- Apple Sauce
- 1% milk

- DOES THIS MENU REQUIRE A STANDARDIZE RECIPE?
 - YES

Food Buying Guide (FBG)

- <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
- Ensure you have created an account or you can go under guest user.
- Food item search

Food Buying Guide (FBG)

Meal Component	Meats/Meat Alternates ¹
Meal Category	Cheese, Eggs, Yogurt
Subcategory	CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)
Food As Purchased, AP	Cheese, American, Cheddar, Mozzarella, or Swiss¹⁶ <i>Natural or Process, Includes USDA Foods</i>
Purchase Unit	Pound
Servings per Purchase Unit, EP	16.00
Serving Size per Meal Contribution	1 oz Cheese
Purchase Units for 100 Servings	6.30
Additional Information	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese

Measurements

- Always remember that (1 lb = 16 oz) and (1 cup = 8oz).
- Lets say your center has 30 (3-5 yr old) children.
- You purchase 3 lbs of shredded cheddar cheese.
- And use about 15 Mission Flour Fajita Tortilla (6 inch) to make your quesadillas.

Calculations

- Calculations for meat alternate portion:
- $3 \text{ lbs} \times 16 \text{ oz} = 48 \text{ oz} / 30 \text{ kids} = 1.6 \text{ oz}$ of m/ma portion.
- 15 Mission Flour Fajita Tortilla (6 inch) / = 1/2 of a tortilla per child = $\frac{1}{2}$ oz. eq. per child (please look at USDA Oz. Eq. chart for reference)
<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>
- based on the menu your portions sizes meets the CACFP Meal pattern requirements:
 - **1.6 oz M/MA and $\frac{1}{2}$ of a Mission Flour Fajita Tortilla (6 inch) = $\frac{1}{2}$ oz.eq.portion size**

Child and Adult Care Food Program (CACFP) Standardized Recipe Form

Recipe Name: Cheese Quesadillas Category: Main Dish Recipe Number: 1234

Ingredients	For <u>30</u> Servings		Directions
	Weight	Measure	
Cheddar cheese (shredded)	3 lbs	12 cups	Take one WW tortilla and add 1/8 cup of shredded cheese on one side of the tortilla
			Fold over the tortilla so it looks like half a circle
Mission Flour Fajita Tortilla (6 inch)	15 Tortillas	1 serving/per child	
			Turn on stove to medium heat, add 1 tsp of oil to frying pan
Canola oil	na	na	
			Lay fold over tortilla onto the pan and sautee it bottom of tortilla is toasted.
			Flip over and do the same
			Cut whole tortilla in half and serve
			Cheddar cheese 1lb = 4 cups
			3lbs x 16 oz = 48 oz/30 servings = 1.6 eq to 1.6 oz of mma
			15 tortillas = 1/2 tortilla per child = 1/2 oz eq per child

Serving Size and Yield	
Serving Size:	Yield 30 servings with M/MA of 1.6 oz & 1/2 oz eq of grains
Yield:	30 servings

Cooking Time and Temperature		
	Temperature	Time
Conventional:		
Convection:		

Meal Pattern Contribution (Based on Serving Size)	
Meat/Meat Alternates (ounces):	1.6 oz
Grains:	1/2 oz eq.
Fruits (cups):	na
Vegetables (cups):	na

Food Item Details

Meal Component	Meats/Meat Alternates ¹
Meal Category	Beef and Beef Products
Subcategory	BEEF CHUCK ROAST, fresh or frozen
Food As Purchased, AP	Beef Chuck Roast, fresh or frozen⁷ <i>Roll, Without bone, Practically-free-of-fat, (Like IMPS #116A)</i>
Purchase Unit	Pound
Servings per Purchase Unit, EP	4.37
Serving Size per Meal Contribution	1-1/2 oz cooked lean meat
Purchase Units for 100 Servings	22.90
Additional Information	1 lb AP = 0.41 lb cooked, trimmed, sliced, lean meat
	¹ Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226. ⁷ If you do not know the specific cut of beef chuck roast without bone you

Meal pattern chart

Child and Adult Care Food Program Lunch and Supper					
[Select the appropriate components for a reimbursable meal]					
Food components and food items¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² (at-risk afterschool programs and emergency shelters)	Adult participants
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces ⁴
Meat/meat alternates (edible portion as served):					
Lean meat, poultry, or fish	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces

Calculations

- Calculations for meat alternate portion:
- **1lb = 4.37 serving size** based on the FBG.
- 1lb = 0.41 lb cooked.
- $4.37 \times \underline{\hspace{2cm}} = 32$ children serving (1.5 oz minimum serving size based on the Meal pattern chart)
- $32 / 4.37 = 7.32$ round up to nearest whole number = **8 lbs** of meat needed to buy

Calculations

- Calculations for meat alternate portion:
- 16 oz = 1 lb
- **8 lbs** x 16oz = 128 oz x 0.41 = 52.48 / 32 kids
= 1.64 oz or 1.5 of m/ma portion.
- based on the menu your portions sizes meets the CACFP Meal pattern requirements:
 - **1.5 oz M/MA per child.**

Child and Adult Care Food Program (CACFP) Standardized Recipe Form

Recipe Name: Roast Beef	Category: Main Dish	Recipe Number: 003
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Ingredients	For <u>32</u> Servings		Directions
	Weight	Measure	
3 large onion (chopped)	3 <u>lbs</u>	4 cups chopped	1. In a small bowl, put the bouillon cube in about 2 quarts of hot water. Stir it until the bouillon cube dissolves. This will make 2 cups of beef broth.
water	1/2 cup	8 <u>tbsp</u>	
beef chuck roast (boneless)	8 <u>lbs</u>	128 <u>oz</u>	2. In a medium bowl, stir together the broth, orange juice, allspice, and pepper.
water (hot)	9 cups	2 1/4 quarts	
1 beef bouillon (cube)	1 cube	1 cube	3. Peel and chop the onion, to make 4 cup chopped onion.
orange juice	1/4 cup		
allspice	1 cup	1 cup	4. Put 1/2 cup of water in the skillet. Heat on medium.
pepper	To taste	1/2 <u>tsp</u>	
			5. Put the onion in the skillet. Simmer it until tender.
			6. Add the roast to the skillet. Brown it on all sides.
			7. Pour the broth mix over the meat in the skillet.
			<u>Chuck Roast : 1 lb AP yield 0.41 cooked</u>
			<u>8 lbs x 16 oz = 128 oz X 0.41 cooked = 52.48 / 32 children = 1.64 or 1.5 oz mma</u>

Serving Size and Yield		Cooking Time and Temperature		Meal Pattern Contribution (Based on Serving Size)	
Serving Size:	Yield 32 servings with M/MA		Temperature		Time
					Meat/Meat Alternates (ounces): 1.5 <u>oz</u>

Questions???

- If you have any questions or concerns, feel free to contact me. Monday – Friday 8:30am-5:00pm
- Rina Larida
- Email: Joinecci@gmail.com
- THANK YOU!

USDA STANDARDIZE RECIPES

- <https://www.fns.usda.gov/usda-standardized-recipe>

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