

Child Nutrition (CN) Labels, Product Formulation Statements (PFS), Crediting and Standardized Recipes

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Agenda

- Define child nutrition label and product formulation statement
- Review requirements for pre-made processed food items
- Importance of standardized recipes
- Demonstrate how to standardize a recipe
- Discuss crediting of meat/meat alternates and grains in CNPs

Why do I need to know about
crediting?

Creditable and Non-Creditable Foods

- Creditable Foods
 - Foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal.
- Non-Creditable Foods
 - Foods that do not count toward meeting meal pattern requirements because they do not meet the criteria.

Production/Meal Records

Production Records are a required, daily document that records all reimbursable meals prepared and served in the National School Lunch Program and School Breakfast Program. They demonstrate that meal pattern requirements are being met for the number of students served, and they support the claiming of reimbursable meals.

Getting started

- Know the **meal pattern**
- Create the **menu** including all alternate meal choices
- Gather all labels or crediting information
 - **Child Nutrition Labels**
 - **Product Formulation Statements**
 - **USDA Fact Sheets**
 - **Grain Chart (Exhibit A)**
 - **USDA Food Buying Guide**
- Collect all **standardized recipes** that are used in the menu
- Complete your daily **production records**

Meal Pattern

School Breakfast Program Meal Pattern

Food Components ¹	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Milk, fluid (cups) ³ Low-fat (1%) milk or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits (cups) ⁴ Vegetables may substitute for fruits ⁵ Fruit juice together with vegetable juice cannot exceed half of the weekly fruits ⁶	1	5	1	5	1	5
Grains (ounce equivalents) ^{7,8} Whole grain-rich (WGR) or enriched	1	7-10	1	8-10	1	9-10

Nation School Lunch Program Meal Pattern



United States Department of Agriculture

Lunch Meal Pattern

	Preschool	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food per Week (minimum per day)			
Fruits (cups)	1¼ (¼)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	1¼ (¼)	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green	N/A	½	½	½
Red/Orange		¾	¾	1¼
Beans and Peas (Legumes)		½	½	½
Starchy		½	½	½
Other		½	½	¾
Additional Vegetables to Reach Total			1	1
Grains (ounce equivalents (oz. eq.), unless otherwise indicated)	1 ¼ slices/servings (½ slice/serving) or 1¼ cup (¼ cup)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.)	7½ (1½)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	3¾ (¾)	5 (1)	5 (1)	5 (1)

Summer Food Service Program Meal Pattern

Summer Food Service Program Meal Pattern Requirements

Milk, Fluid Component	Breakfast Serving Size	Lunch/Supper Serving Size	Snack Serving Size
Fluid Milk (whole, low-fat, or fat-free) flavored or unflavored	8 fluid ounces (1 cup)	8 fluid ounces (1 cup)	8 fluid ounces (1 cup)

Meat/Meat Alternates Component	Breakfast Serving Size¹	Lunch/Supper Serving Size	Snack Serving Size
Lean meat or poultry or fish	1 ounce	2 ounces	1 ounce
Soy products or alternate protein products (APP)	1 ounce	2 ounces	1 ounce
Cheese	1 ounce	2 ounces	1 ounce
Eggs, large	½	1	½
Cooked dry beans or peas	¼ cup	½ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tablespoons	4 tablespoons	2 tablespoons
Peanuts or soy nuts or tree nuts or seeds	1 ounce	1 ounce= 50% ²	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	8 ounces or 1 cup	4 ounces or ½ cup

Vegetables/Fruits Component	Breakfast Serving Size	Lunch/Supper Serving Size	Snack Serving Size
Fresh, canned, frozen fruits and vegetables	½ cup	¾ cup total ³	¾ cup
Full-strength fruit or vegetable juice	½ cup (4 fluid ounces)	¾ cup (6 fluid ounces)	¾ cup ⁴ (6 fluid ounces)

Grains/Breads Component	Breakfast Serving Size	Lunch/Supper Serving Size	Snack Serving Size
Whole grain or enriched bread	1 slice	1 slice	1 slice
Whole grain or enriched bread products, e.g., cornbread, biscuits, rolls	1 serving	1 serving	1 serving
Whole grain, enriched, or fortified ready-to-eat breakfast cereal (dry, cold)	¾ cup or 1 ounce	¾ cup or 1 ounce	¾ cup or 1 ounce
Whole grain, enriched, or fortified cooked breakfast cereal, cereal grain, rice, or pasta	½ cup	½ cup	½ cup
Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers	1 serving	1 serving	1 serving

CACFP Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹
BREAKFAST ^{2,3}				
Fluid Milk ⁴	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, Fruits or portions of both ⁵	¼ cup	¼ cup	½ cup	½ cup
Grains ^{6,7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}	¼ cup	¼ cup	¾ cup	¾ cup
SNACK ^{2,11} (Select 2 of the 5 components for a reimbursable snack)				
Fluid Milk ⁴	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Tofu	1.1 oz or ½ c	1.1 oz or ½ c	2.2 oz or ¼ c	2.2 oz or ¼ c
Soy product or alternate protein products ¹²	½ oz	½ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Large egg	½	½	½	½
Cooked dry beans/peas	½ cup	½ cup	¾ cup	¾ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened ¹³	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Vegetables ⁵				
Fruits ⁵				
Grains ^{6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}	¼ cup	¼ cup	¾ cup	¾ cup
LUNCH OR SUPPER ^{2,14}				
Fluid Milk ⁴	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ½ c	3.3 oz or ¾ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹²	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	¾	1	1
Cooked dry beans/peas	½ cup	¾ cup	¾ cup	¾ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened ¹³	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)	8 oz (1 cup)
Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the meat/meat alternate requirement) (1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Vegetables ^{5,15}				
Fruits ^{5,15}				
Grains ^{6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, ⁹ cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Vegetable Subgroups

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce (Boston, bibb) ■ cabbage, Chinese or celery ■ chicory ■ cilantro ■ collard greens 	<ul style="list-style-type: none"> ■ endive ■ escarole ■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ red leaf lettuce ■ romaine lettuce ■ turnip greens ■ watercress 	<ul style="list-style-type: none"> ■ carrots ■ chili peppers (red) ■ orange peppers ■ pimientos ■ pumpkin ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash (acorn, butternut, Hubbard) 	<ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, mature ■ mung beans 	<ul style="list-style-type: none"> ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refried beans ■ soy beans/edamame ■ split peas ■ white beans
STARCHY fresh, frozen and canned		OTHER fresh, frozen and canned		
<ul style="list-style-type: none"> ■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green banana ■ green peas ■ jicama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts 		<ul style="list-style-type: none"> ■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts (alfalfa, mung) ■ beans, green and yellow ■ beets ■ Brussels sprouts ■ cabbage, green and red ■ cactus (nopales) ■ cauliflower ■ celery ■ celery ■ chayote (mirliton) ■ chives ■ cucumbers ■ daikon (oriental radish) ■ eggplant ■ fennel garlic ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini ■ peppers (green sweet bell, green chilies, purple, yellow) ■ pickles (cucumber) ■ radishes ■ rhubarb ■ shallots ■ sauerkraut ■ snap peas ■ snow peas ■ spaghetti squash ■ tomatillo ■ turnips ■ wax beans ■ yellow summer squash ■ zucchini squash 		

*Best practice tip- If you must make a substitution, try to use a veggie from the same subgroup

Menu

SAMPLE CHILD AND ADULT CARE MENU

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
Breakfast 1% or fat-free milk Oatmeal Diced apple	Breakfast 1% or fat-free milk Whole-wheat bagel Egg omelet Blueberries	Breakfast 1% or fat-free milk Waffles Peaches	Breakfast 1% or fat-free milk Wheat Chex® Raspberries	Breakfast 1% or fat-free milk Scrambled egg Roasted sweet potato hash
Snack Strawberries Vanilla yogurt Water	Snack Broccoli/cauliflower florets Cottage cheese ranch dip Water	Snack Pretzel rods Cheddar cheese cubes Water	Snack Cucumber slices Whole-grain crackers Water	Snack Celery sticks Tuna salad Water
Lunch/Supper 1% or fat-free milk Hot turkey sandwich on whole-wheat bread Green beans Plum	Lunch/Supper 1% or fat-free milk Cod fillet Brown rice Garden salad Cantaloupe	Lunch/Supper 1% or fat-free milk Chicken breast Whole-wheat roll Mashed potatoes Cherries	Lunch/Supper 1% or fat-free milk Roast beef Barley casserole Butternut squash Fresh pear slices	Lunch/Supper 1% or fat-free milk Tofu bean chili Whole-corn tortilla Sautéed carrots

<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>
Breakfast 1% or fat-free milk Toasted oats Orange slices	Breakfast 1% or fat-free milk Scrambled eggs with cheese Kiwi	Breakfast 1% or fat-free milk Cream of Wheat® Banana	Breakfast 1% or fat-free milk Bean burrito Applesauce	Breakfast 1% or fat-free milk Pancakes Mixed berries
Snack Triscuits® Cheddar cheese Water	Snack Apple slices Peanut butter Water	Snack Carrot sticks Hummus Water	Snack 1% or fat-free milk Soft pretzel	Snack Pineapple cubes Yogurt Water
Lunch/Supper 1% or fat-free milk Roast pork Corn bread	Lunch/Supper 1% or fat-free milk MorningStar® Garden Veggie Pattie on whole-wheat bun	Lunch/Supper 1% or fat-free milk Egg salad on whole-grain wrap Tomato cucumber salad	Lunch/Supper 1% or fat-free milk Baked haddock Whole-wheat noodles	Lunch/Supper 1% or fat-free milk Chicken stir fry with snow peas and red peppers

The Menu

@vtschoolmeals

August & September 2019

Regular Breakfast offered with daily specials like pancakes, homemade muffins, egg options and smoothies. Everyday whole grain bagel, cereals, yogurts, string cheese, milk or juice.

Grab & Go Breakfast available to take at regular breakfast or order for snack for later.

Student Breakfast-\$1.85
Adult-\$2.75
Free & Reduced-FREE

Lunch Prices
Student-\$3.00
Adult-\$4.50
Milk-\$.50
Free & Reduced-FREE

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Monday	Tuesday	Wednesday	Thursday	Friday
26 No School - Teacher Inservice	27 No School - Teacher Inservice	28 Welcome Back! 1st Day of School Cheese Pizza Fruit & Vegetable Choices	29 Spaghetti with plain sauce Whole Grain Roll Fruit & Vegetable Choices	30 Chicken Patty Sandwich Fruit & Vegetable Choices
2-September No School- Labor Day	3 VT Uncured Hot Dog Fruit & Vegetable Choices	4 Cheese Pizza or VT Pepperoni Pizza Fruit & Vegetable Choices	5 Cheese Tortellini with plain tomato sauce Fruit & Vegetable Choices	6 Baked Chicken Tenders & Oven Fries Fruit & Vegetable Choices
9 Grilled Cheese or Grilled Ham & Cheese Homemade Tomato Soup Fruit & Vegetable Choices	10 Bean, Rice & Cheese Burrito Choice of toppings Fruit & Vegetable Choices	11 Cheese Pizza or Hawaiian Pizza Fruit & Vegetable Choices	12 King Arthur Pancakes VT Maple Sausage Link Richardson Farm Maple Syrup Fruit & Vegetable Choices	13 VT Farmstead Mac & Cheese Fruit & Vegetable Choices
16 VT Sweet Italian Sausage Grinders Fruit & Vegetable Choices	17 Vegetarian Chili Choice of toppings Fruit & Vegetable Choices	18 Cheese Pizza Fruit & Vegetable Choices	19 Cloudland Farm Beef Burger or Garden Burger Fruit & Vegetable Choices	20 Alfredo Noodles Whole Grain Roll Fruit & Vegetable Choices

WELCOME BACK! JOIN US IN THE CAFE FOR HEALTHY MEAL OPTIONS TO FUEL YOUR SCHOOL DAY. COMPLETE MEALS MUST INCLUDE AT LEAST THREE FOOD ITEMS INCLUDING A FRUIT OR VEGETABLE SERVING. 1% OR SKIM MILK INCLUDED IN A COMPLETE MEAL. STUDENTS CAN ORDER A PEANUT BUTTER & HOMEMADE JAM SANDWICH WITH STRING CHEESE AS AN ALTERNATIVE MEAL OPTION.

Combination Foods

Combination Foods

- Most combination foods contribute to more than one component.
- These are usually viewed as the entrée and contain the meat/meat alternate and grain item.
- Combination foods can be pre-made purchased food items or homemade food items.
- Additional food may need to be served to make up the portion size requirement.
- Common combination foods:
 - Pizza
 - Shepherd's pie
 - Soups
 - Tacos/burritos
 - Pasta dishes
 - Stir fries

Pre-made Combination Foods

- Pre-made combination foods are food items that are purchased pre-made from a commercial facility.
- These items can be reimbursable, however, there is required documentation that must be on file to support how a serving contributes to the meal pattern.
- This ensures the minimum required portion size is met at each meal service when these items are offered.

Homemade Combination Dishes

- Homemade combination dishes are meals or food items that are prepared on-site from scratch.
- Combination dishes typically credit towards multiple food components should have standardized recipes on file.
- For example –
 - I have a recipe that makes 24 mini blueberry muffins.
 - How many blueberries and grain oz. eq. is in a mini muffin???

Child Nutrition Labels

Child Nutrition Label(CN)

- A **Child Nutrition (CN) label** is a statement that clearly identifies the contribution of a product toward the meal pattern requirements. It protects a school from exaggerated claims about a product.
- A Child Nutrition Label provides a warranty against audit claims, if used according to the manufacturer's directions.

Child Nutrition Labels (CN)

- CN labeled product examples include pizza, breaded meat and poultry products, and any other pre-made processed product containing meat
- CN labels are typically not available in grocery stores
- Commercially processed foods must be supported by a CN label or Product Formulation Statement in order for meals to be reimbursable
- A CN label on a product does not mean that the food provides an entire serving of a meal component
 - Ensure CACFP portion requirements are met

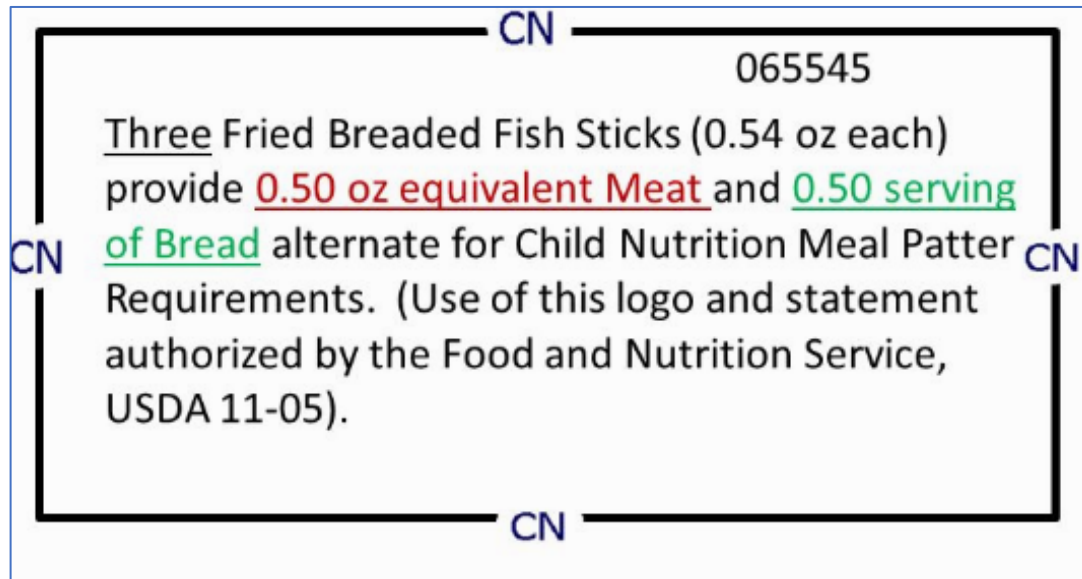
Child Nutrition Label Cont.

A Child Nutrition label will contain the following information :

- A statement of the product's contribution towards the meal pattern
- A 6-digit product identification number
- A statement specifying that the use of the CN label was authorized by the Food and Nutrition Service
- Month and year of approval

Pizza	Cheese Pizza	CN
		000000*
CN	Each 5.00 oz portion of Cheese Pizza provides 2.00 oz equivalent meat alternate, 1/4 cup serving of vegetable, and 1.50 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06/04**).	CN
		CN

Child Nutrition Label (CN)



Does a CN Label Mean it is Healthy?

- CN labels do not indicate that a product is healthy
- Predominately used on processed meat and meat alternate products
- If using CN labeled foods, always read the Nutrition Facts panel to choose healthier options
- Healthier options are becoming available

Product Formulation Statement

Product Formulation Statement

A Product Formulation Statement(PFS) is a document developed by manufacturers that provides specific information about how a product credits toward the USDA meal patterns for Child Nutrition Programs. It generally includes a detailed explanation of what the product contains and indicates the amount of each ingredient in the product by weight. The information on PFS forms can vary among manufacturers because these forms are not monitored by the USDA.



**Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)**

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Hamburger Buns, Whole Grain White Sliced, 3.75" **Code:** 3522
Manufacturer: Bake Crafters Food Company **Serving Size:** 2.0 oz.
(raw dough weight may be used to calculate creditable grain amount)

- I. **Does the product meet the Whole Grain-Rich Criteria:** Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)
- II. **Does the product contain non-creditable grains:** Yes No If yes: The product contains: <3.99g of non-creditable grains
(Products with more than 0.24 oz. equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)
- III. **Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz. eq., Group H uses the standard of 28 grams creditable grain per oz. eq., and Group I is reported by volume or weight.)**

Indicate to which Exhibit A group (A-I) the Product Belongs: B

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹ A	Gram Standard of Creditable Grain per oz. equivalent ² (16g or 28g) - B	Creditable Amount A ÷ B
Whole Wheat Flour	18.78	16	1.17
Enriched Flour	15.89	16	0.99
Total Creditable Amount³			2.0

*Creditable grains are whole grain meal/flour and enriched meal/flour.
¹(Serving size) x (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
²Standard grams of creditable grains from the corresponding Group in Exhibit A.
³Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz. eq. Do not round up.

Total weight (per portion) of product as purchased 2.0 oz.
 Total contribution of product (per portion) 2.0 oz. equivalent

I certify that the above information is true and correct and that a 2.0 ounce portion of this product (ready for serving) provides 2.0 oz. equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz. eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature: Michael K Byrd
Date: 7/11/18

Michael Byrd
 President

USDA Food in Schools Product Information Sheet



United States Department of Agriculture



USDA Foods
in Schools

110462 - Chicken Strips, Unseasoned, Frozen
Category: **Meat/Meat Alternate**



Product Description

- This item is fully cooked strips of chicken meat with grill marks and a light marinade to retain moisture. The item contains at least 70% white meat content with the remainder coming from dark meat. Each strip is at least 1/2 inch wide and 1 inch long. This item is shipped frozen in 30 pound cases containing six 5-pound or three 10-pound packages.

Crediting/Yield

- One case of unseasoned chicken strips provides approximately 320 1.5-ounce portions.
- CN Crediting: Approximately 1.5 ounces of unseasoned chicken strips credit as 1 ounce equivalent meat/meat alternate. Confirm individual item crediting by using the CN Label or the product formulation statement.

Culinary Tips and Recipes

- Unseasoned chicken strips are a versatile ingredient that can be used in a variety of different dishes such as burritos, stir fries, salads, or wraps.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving size: 1.5 ounces (35 g)/1 MMA chicken strips

Amount Per Serving

Calories 75

Total Fat 4g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 38mg

Sodium 173mg

Total Carbohydrate 3g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: USDA Foods Vendor Labels

Allergen Information: No soy or gluten used in the formulation. Please verify allergen information on the product case. For more information about allergens or ingredients, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

TIP Sheet for Accepting Product Documentation



United States Department of Agriculture

TIP Sheet for Accepting Processed Product Documentation

CN Labels, factsheets, and product labels provide a way for food manufacturers to communicate with school program operators about how their products may contribute to the meal pattern requirements for meals served under the Department of Agriculture's (USDA) Child Nutrition (CN) programs. Below are tips for acceptable documentation:

CN Labeled Products

- ❖ The CN Label provides a warranty against audit claims when the product is used according to the manufacturer's direction.
- ❖ School program operators may submit an original CN Label, a photocopy or a photograph of the valid CN Label during an administrative review as acceptable documentation.
 - ✓ CN Labels that are laser printed on the product carton or cannot be easily removed may be photocopied while attached to the original product carton; or
 - ✓ A photograph of the CN Label while it is attached to the original product carton. (CN Labels that are photocopied or photographed must be visible and legible.)
- ❖ When a valid CN logo and crediting statement is provided, State reviewers **must not** request a Product Formulation Statement.

Watermarked CN Labels

- ❖ If the actual CN Label, photograph or photocopy of the valid CN Label is not available, school program operators may provide the Bill of Lading (invoice) containing the product name **and**:
 - ✓ A CN Label copied with a watermark displaying the product name and CN number; or
 - ✓ An electronic copy of the CN Label with a watermark displaying the product name and CN number provided by the vendor.

Product Formulation Statements (PFS)/Other Documentation

- ❖ PFS must be on signed letterhead that demonstrates how the processed product contributes to the meal pattern requirements.
- ❖ Templates for documenting the meat/meat alternates (M/MA), grains, fruits, and vegetables components are available on the FNS website at: <http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>.
- ❖ PFS may be modified for various products contributing to more than one meal component. For example, a cheese pizza may credit towards the M/MA, grains and the red/orange vegetable subgroup. The crediting information for each meal component may be documented on the same PFS.
- ❖ Creditable ingredients listed in the PFS must match a description in the *Food Buying Guide for School Meal Programs* available at: <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>.
- ❖ PFS should verify that the product's contribution to the meal pattern requirements is not greater than the serving size of the product (i.e., a 2.15 ounce beef patty may not credit more than 2.00 ounce M/MA).
- ❖ PFS should assure that the creditable components are in the finished product.

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[Tips for Evaluating a Manufacture's Product Formulation Statement](#)

Does This Need a CN Label or PFS?

- Dino Nuggets crediting toward the meat/meat alternate and grain component.



Does This Need a CN Label or PFS?



Does This Need a CN Label or PFS?

- Frozen pepperoni pizza crediting toward the meat/meat alternate and grain component.



Does This Need a CN Label or PFS?



Standardized Recipes

Standardized Recipe

A **Standardized Recipe** is a recipe that has been carefully adapted and tested to ensure that it will produce a consistent product every time it is used. A standardized recipe specifically describes the exact, measurable amount of ingredients and the method of preparation needed to consistently produce a high-quality product. The exact procedures, the type of equipment, and the quantity and quality of ingredients are listed.

Standardized Recipe Example for CACFP



Barbecued Chicken USDA Recipe for CACFP

Chicken coated in a sweet tangy barbecue sauce and baked.

CACFP CREDITING INFORMATION


1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back) provides 2 oz equivalent meat.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	3 oz	½ cup 2 Tbsp	6 oz	1¼ cups	1 Barbecue sauce: In a stockpot, combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning. Simmer uncovered over medium heat for 15–20 minutes. Stir occasionally. 2 Set aside for step 4.
Paprika		1 Tbsp		2 Tbsp	
Chili powder		1½ tsp		1 Tbsp	
Catsup	1 lb 12 oz	2¼ cups 1 Tbsp (¼ No. 10 can)	3 lb 9 oz	1 qt 1¾ cups (½ No. 10 can)	
Garlic powder		½ tsp		1 tsp	

Standardized Recipe Example

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar, brown, packed	6 oz	¾ cup	12 oz	1½ cups	
Worcestershire sauce		¼ cup		½ cup	
Black pepper, ground		1 tsp		2 tsp	
Salt-free seasoning		2 Tbsp		¼ cup	
Chicken, whole, fresh or frozen, cut up, 8 pieces	12 lb		24 lb		<p>3 Place chicken on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan-release spray.</p> <p>For 25 servings, use 1½ pans. For 50 servings, use 3 pans.</p>
					<p>4 Brush barbecue sauce over chicken.</p>
					<p>5 Bake uncovered: Conventional oven: 425 °F for 45 minutes. Convection oven: 375 °F for 30 minutes.</p>
					<p>6 Bake until chicken browns slightly around the edges. If the chicken browns too quickly, cover with foil to slow the browning process.</p>
					<p>7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>8 Transfer to steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>9 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>10 Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).</p>

Standardized Recipe Example


United States Department of Agriculture
Barbecued Chicken

NUTRITION INFORMATION
For 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back)

NUTRIENTS	AMOUNT
Calories	151
<hr/>	
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	30 mg
Sodium	352 mg
Total Carbohydrate	16 g
Dietary Fiber	0 g
Total Sugars	14
Added Sugars included	N/A
Protein	8 g
<hr/>	
Vitamin D	4 IU
Calcium	12 mg
Iron	1 mg
Potassium	193 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	25 Servings	50 Servings
Mature onions	4 oz	8 oz

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.

YIELD/VOLUME	
25 Servings	50 Servings
About 10 lb 1½ sheet pans (18" x 26" x 1")	About 19 lb 8 oz 3 sheet pans (18" x 26" x 1")

SOURCE
USDA Standardized Recipes Project.

Spaghetti & Meat Sauce Standardized Recipe for School Meals



Spaghetti and Meat Sauce (Ground Beef and Ground Pork) USDA Recipe for Schools

Spaghetti and Meat Sauce contains lean ground pork and beef blend, tomato purée, onion, green bell pepper, and carrots.

NSLP/SBP CREDITING INFORMATION
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, ¼ cup red/orange vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	5 lb 8 oz	2 qt 3 cups	11 lb	1 gal 1 qt 2 cups	<ol style="list-style-type: none"> 1 Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often. 2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 3 Drain meat. Return to stock pot. 4 Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes. 5 Add garlic powder, pepper, tomato purée, salt, broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir. Cover, simmer for 1 hour. Stir occasionally.
Raw ground pork (no more than 16% fat)	3 lb	1 qt 2 cups	6 lb	3 qt	
*Fresh onions, chopped	5 oz	1 cup	10 oz	2 cups	
*Fresh green bell peppers, diced	5 oz	1 cup	10 oz	2 cups	
Garlic powder		1 Tbsp 1½ tsp		3 Tbsp	



Spaghetti & Meat Sauce

Standardized Recipe Cont.

USDA United States Department of Agriculture **Spaghetti and Meat Sauce (Ground Beef and Ground Pork)**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black pepper		1½ tsp		1 Tbsp	6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned no-salt-added tomato puree	5 lb	3 qt (about 1 No. 10 can)	10 lb	1 gal 2 qt (about 2 No. 10 cans)	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Canned low-sodium beef broth		1 qt		2 qt	
Water		2 cups		1 qt	
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	7 Set aside beef/pork mixture for step 10.
Dried oregano		2 Tbsp		¼ cup	8 Heat water to a rolling boil.
Dried marjoram		1 Tbsp		2 Tbsp	9 Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
Dried thyme		1½ tsp		1 Tbsp	10 Combine pasta and beef/pork mixture in stock pot. Stir.
*Fresh carrots, shredded	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt	11 Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Water		6 gal		12 gal	12 Critical Control Point: Hold for hot service at 135 °F or higher.
Whole-wheat spaghetti noodles, dry, broken into thirds	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	13 Portion with 8 fl oz spoodle (1 cup).

USDA United States Department of Agriculture **Spaghetti and Meat Sauce (Ground Beef and Ground Pork)**

NUTRITION INFORMATION
For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	272
Total Fat	10 g
Saturated Fat	3 g
Cholesterol	55 mg
Sodium	293 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	20 g
Vitamin D	1 IU
Calcium	41 mg
Iron	3 mg
Potassium	494 mg

N/A=data not available.

SOURCE
USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	20 oz
Green bell peppers	10 oz	20 oz
Carrots	1 lb 8 oz	3 lb

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.

YIELD/VOLUME

50 Servings	100 Servings
About 22 lb	About 44.25 lb
About 3 gal 2 qt/2 steam table pans (12" x 20" x 4")	About 7 gal/4 steam table pans (12" x 20" x 4")

***Tip- Marketing Guide** tells you how much you need to purchase.
Yield/Volume tells you how much you will have prepared.

Benefits of Standardized Recipes

- Establishes consistency in quality, menu planning, and food and labor costs.
- Ensures the food is prepared the same way regardless of who is preparing it.
- Following the correct portion sizes listed on the standardized recipe helps prevent running out of food and controlling food waste.

USDA Standardized Recipes

- Standardizing recipes can be difficult and takes time to perfect.
- USDA has created, tested and published hundreds of available [standardized recipes](#) for combination foods to prepare on-site.
- Recently, USDA also released a set of [multicultural standardized recipes](#) for operators to increase variety and provide an inclusive environment.
- [New School Cuisine School Cookbook](#), a cookbook for school cooks, by school cooks.

Questions?

Standardizing Homemade Recipes

- The Food Buying Guide is a resource that has been around for 70 years and is now available as an online resource.
- It is a technical tool that is essential for determining food yield information for all Child Nutrition Programs.
- The online Food Buying Guide has a Recipe Analysis Tool that allows program operators to determine how a serving of their recipe credits toward the meal pattern.

Food Buying Guide Interactive Tool

- Can utilize the system without a login
 - Sign-in as a guest
- Must create a profile in order to save food information within the system
 - Obtain Level 1eAuthentication access
- [Interactive Food Buying Guide](#)

The screenshot shows the USDA eAuthentication account registration interface. At the top, there is a navigation bar with links for Home, About eAuthentication, Help, Contact Us, and Find an LRA. Below this is a breadcrumb trail: You are here: eAuthentication > Account Creation > Account Request Form. The main heading is "Register for Your Account - Level 1" in a green banner. Below the heading, it says "Form Approved OMB No. 0503-0014". The current step is "Step 1 of 4 - Level 1 Access Account Registration". The instructions state: "USDA customers should complete the information below to create a USDA eAuthentication account. Please read the eAuthentication Privacy Act Statement and Public Burden Statement for more information on how your personal information will be protected." It also notes: "All required fields are red and marked by an asterisk (i.e. *). Enter your first and last name exactly as it appears on your Government issued photo ID (e.g. state driver's license)." A note at the bottom of the instructions says: "Note: The characters < > ^ : | are not allowed on this form (the character : is allowed for password only)." The form has two sections: "User Information" and "Contact Information". The "User Information" section includes fields for "First Name*", "Middle Initial", "Last Name*", and "Suffix". The "First Name*" field is highlighted with a red border and a "Required Field*" label. A blue tooltip points to this field with the text: "Enter your first name as it appears on your current government issued picture ID". The "Contact Information" section includes a field for "Email*".



WELCOME TO THE FOOD BUYING GUIDE

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



Food Items Search	Exhibit A Grains Tool	Download Food Buying Guide
FBG Calculator		Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS

Training Video

An official website of the United States government [Here's how you know](#)

USDA Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE

HOME - MEAL COMPONENTS - FOOD ITEMS - TOOLS - APPENDICES - HELP - WELCOME ANASTASIA TSEKERIS -

Training Video

User Guide
Training Video
Contact Us
Frequently Asked Questions (last updated on 5/16/2019)
Chapter 2: Navigating via Home Page Buttons (last updated on 7/05/2019)
Chapter 3A: FBG Calculator (last updated on 3/28/2019)
Chapter 3B: Recipe Analysis Workbook (last updated on 3/28/2019)
Chapter 3C: Product Formulation Statement (last updated on 3/28/2019)
Chapter 3D: Exhibit A Grains Tool (last updated on 4/24/2020)
Chapter 4: Navigating via Top Navigation Menu (last updated on 5/15/2019)
Training Video Transcript (last updated on 4/24/2020)

00:29 10:31

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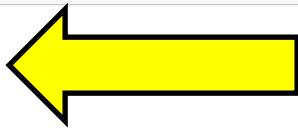
Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

Recipe Analysis Workbook (RAW)

▶ Recipe Analysis Workbook (RAW)

Create Recipe Analysis Workbook



The following is a list of Recipe Analysis Workbooks you have created. You can narrow the set of entries displayed by entering one or more keywords for Recipe name or Recipe number. You can re-sort the table entries by Recipe name, Recipe number or Date/Time Created by clicking on the corresponding table header.

Recipe Name	Recipe Number	Created On	Updated On	Actions
<input type="text"/>	<input type="text"/>			
Ham and Cheese Hurdle		11/04/2020 12:01	11/04/2020 12:04	Edit Copy Delete PDF Text Email
Chop Suey		11/04/2020 12:07	11/05/2020 14:24	Edit Copy Delete PDF Text Email

Steps For Standardizing A Recipe in the FBG

1. Enter the recipe name, servings per recipe and serving size.
2. Determine the creditable food items within the recipe.
3. Begin entering in the creditable food items based on how they are purchased and prepared.
4. Once all food items are selected and entered, the quantity of the ingredient in the recipe must be entered.
5. Math calculations may be required in order to determine the meal pattern contribution.

Chicken Pot Pie

Yield: 25 servings

Serving Size: 1 biscuit + 2/3 cup filling

Ingredients

Filling

3 lb. 3 oz. frozen, cooked diced chicken

1 lb. 12 oz. frozen peas and carrots

½ cup (4 oz.) trans-fat free margarine

2 cups (10 oz.) fresh, diced celery

2 cups (10 oz.) fresh, diced onions

1 ¼ cup (5 oz.) whole wheat flour

3.5 cups low sodium chicken broth

1 quart half and half cream

¾ tsp ground black pepper

¾ tsp poultry seasoning

Biscuits

1 tsp salt

1 quart (1 lb. 1 oz.) whole wheat flour

1 Tbsp 1 tsp baking powder

½ tsp baking soda

¼ cup 2 Tbsp. (3 oz.) canola oil

2 cups (1 lb.) plain low-fat yogurt



Step 1: Enter Recipe Name, Servings per Recipe and Serving Size

Create Recipe Analysis Workbook (RAW)

▸ Instructions

Asterisks (*) denote required information.

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

Recipe Number
➔ **Serving Size ***

Folder

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:

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
No records found.							

Step 2: Determine the creditable food items within the recipe.

Yield: 25 servings

Serving Size: 1 biscuit + 2/3 cup filling

Ingredients

Filling

3 lb. 3 oz. frozen, cooked diced chicken

1 lb. 12 oz. frozen peas and carrots

½ cup (4 oz.) trans-fat free margarine

2 cups (10 oz.) fresh, diced celery

2 cups (10 oz.) fresh, diced onions

1 ¼ cup (5 oz.) whole wheat flour

3.5 cups low sodium chicken broth

1 quart half and half cream

¾ tsp ground black pepper

¾ tsp poultry seasoning

Biscuits

1 tsp salt

1 quart (1 lb. 1 oz.) whole wheat flour

1 Tbsp 1 tsp baking powder

½ tsp baking soda

¼ cup 2 Tbsp. (3 oz.) canola oil

2 cups (1 lb.) plain low-fat yogurt

Step 3: Begin entering in the creditable food items based on how they are purchased and prepared.

Create Recipe Analysis Workbook (RAW)

Instructions

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

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:

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 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	<input type="button" value="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	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	<input type="button" value="Add"/>
Meats/Meat Alternates* 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	<input type="button" value="Add"/>

1 Recipe Name * Servings per Recipe *

Recipe Number

Folder

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:

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 Chicken, cooked, frozen, Diced or Pulled <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA</i>	Pound	16.00	1 oz cooked poultry	<input type="button" value="Remove"/>
Vegetables Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable	<input type="button" value="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	Additional Vegetables PEAS AND CARROTS	Peas and Carrots⁵, frozen <i>Footnote</i>	Pound	10.90	1/4 cup cooked, drained vegetable		<input type="button" value="Add"/>
Vegetables	Additional Vegetables VEGETABLES, MIXED	Vegetables, Mixed⁶, frozen <i>Seven vegetables (celery, carrots, corn, green beans, green peas, lima beans and potatoes)</i> <i>Footnote</i>	Pound	8.10	1/4 cup cooked, drained vegetable		<input type="button" value="Add"/>

1 Recipe Name *

Recipe Number

Folder

Servings per Recipe *

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:

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 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	<input type="button" value="Remove"/>
Vegetables Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable	<input type="button" value="Remove"/>
Vegetables Onions, Mature, fresh <i>Diced, Ready-to-use</i>	Pound	12.60	1/4 cup diced, raw vegetable	<input type="button" value="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	Other Vegetables ¹ <i>Footnote</i> ONIONS, MATURE	Onions, Mature, fresh <i>Diced, Ready-to-use</i>	Pound	12.60	1/4 cup diced, raw vegetable	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook, raw, 1/4-inch diced onion	<input type="button" value="Add"/>

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Use the tabs 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).

Search Food Ingredients

Keywords:

celery diced fresh

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 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 Onions, Mature, fresh <i>Diced, Ready-to-use</i>	Pound	12.60	1/4 cup diced, raw vegetable	Remove
Vegetables Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable	Remove
Vegetables Celery, fresh <i>Diced, Ready-to-use</i>	Pound	12.90	1/4 cup raw vegetable	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	Other Vegetables ¹ <i>Footnote</i> CELERY	Celery, fresh <i>Trimmed</i>	Pound	12.30	1/4 cup raw, diced vegetable	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery	Add
Vegetables	Other Vegetables ¹ <i>Footnote</i> CELERY	Celery, fresh <i>Trimmed</i>	Pound	8.70	1/4 cup diced, cooked, drained vegetable	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery	Add
Vegetables	Other Vegetables ¹ <i>Footnote</i> CELERY	Celery, fresh <i>Diced, Ready-to-use</i>	Pound	12.90	1/4 cup raw vegetable	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery	Add



Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE



- HOME
- MEAL COMPONENTS
- FOOD ITEMS
- TOOLS
- APPENDICES
- HELP
- WELCOME ANASTASIA T SEKERIS

Edit Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1

Name *

Servings per Recipe *

Recipe Number

Serving Size *



Food Item

Add Folder

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

Optional: Enter notes regarding your recipe in this tab. Press Save button to save the RAW, including Notes.

Place chicken, peas, and carrots to one steam table pan and spread them out evenly.
Melt margarine in a large stock pot over medium heat. Add the chopped celery, onions, and flour. Cook for 3 minutes, stirring often, until the flour turns light brown in color.
Slowly stir in the broth, half and half, pepper, and poultry seasoning. Continue stirring often until the mixture becomes slightly thickened for 10 minutes.
Pour the gravy mixture over the chicken and vegetables in the steam table pan.

Combine the salt, flour, baking powder and baking soda in a large bowl.
Add the oil and yogurt. Stir well until the dough forms.
Use a 1/8 cup scoop to place biscuits on top of each chicken mixture, leaving about 1/2-1 inch between biscuits. Portion out 25 biscuits over mixture.

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

Enter quantity per ingredient.

Convert to pounds (purchase unit). 1 lb. = 16 oz

Peas/carrots: 1 lb. 12 oz. frozen peas = 1 lb. + (12 oz. / 16 oz. = 0.75 lbs.) = **1.75 lbs.**

Celery: 10 oz. fresh celery = 10 oz. / 16 oz. = **0.625 lbs.**

Onions: 10 oz. fresh onions = 10 oz. / 16 oz. = **0.625 lbs.**

Select Creditable Ingredient	Recipe Notes	Vegetables	Fruits	Meats/MA	Grains - Method A	Grains - Method B	Grains - Method C	Meal Pattern Contribution
Additional Vegetables								
Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	④ Quantity of Ingredient ①	⑤ Preparation Yield (if applicable) ②	⑥ Calculated Quantity to Purchase	
Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable		<input type="text" value="1.7500"/>	<input type="text" value="0.0000"/>	1.7500	
Other Vegetables								
Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	④ Quantity of Ingredient ①	⑤ Preparation Yield (if applicable) ②	⑥ Calculated Quantity to Purchase	
Celery, fresh Diced, Ready-to-use	Pound	12.90	1/4 cup raw vegetable	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery	<input type="text" value="0.6250"/>	<input type="text" value="0.0000"/>	0.6250	
Onions, Mature, fresh Diced, Ready-to-use	Pound	12.60	1/4 cup diced, raw vegetable	1 lb AP = 1 lb (about 3-1/8 cups) ready-to-serve or -cook, raw, 1/4-inch diced onion	<input type="text" value="0.6250"/>	<input type="text" value="0.0000"/>	0.6250	

Enter quantity per ingredient.

Convert to pounds (purchase unit). 1 lb. = 16 oz.

3 lb. 3 oz. frozen, cooked diced chicken = 3 lbs. + (3 oz. / 16 oz.) = 3.1875 lbs.

Edit Recipe Analysis Workbook (RAW)

▶ Instructions

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
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	
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	<input type="text" value="3.1875"/>	<input type="text" value="0.0000"/>	3.1875	

Enter quantity per ingredient.

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: Search Clear Search

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq
<input type="button" value="Add"/>	Biscuits	Group B	28 g	1 oz
<input type="button" value="Add"/>	Savory Crackers (saltines and snack crackers)	Group A	22 g	0.8 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"/>	Biscuits	<input type="text" value="0.0000"/>	<input type="text" value="0.0000"/>	<input type="text" value="Select"/>	0.0000 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 \(PDF\)](#)

Enter quantity per ingredient.

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

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

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

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
Cereal Grains Amaranth (Group H) Dry	Pound	9.82	1/2 cup cooked	1 lb dry = about 2-1/3 cups dry or 2.70 lb (about 4-5/8 cups) cooked amaranth when prepared with 2 parts water to 1 part dry amaranth	<input type="text" value="0.0000"/>	0.0000
Bread Sticks (Group A) <i>(Includes: All types Enriched White, Whole Wheat and Enriched Flour Blend, and Whole Wheat), Hard</i>	Pound	22.60	3 sticks provide 1 grains serving (must weigh at least 22 g or 0.8 oz)		<input type="text" value="0.0000"/>	0.0000
Bread (Group B) Sliced, Fresh, <i>(Includes: All types Enriched White, Whole Wheat and Enriched Flour Blend, and Whole Wheat breads)</i>	Pound	16.00	1 slice provides 1 grains serving (must weigh at least 28 g or 1.0 oz)		<input type="text" value="0.0000"/>	0.0000
Cereals, Ready-to-eat Wheat, Corn, Rice, Oats, Granola (Group I) <i>Includes USDA Foods</i>	Single Serve Package	1.00	1 single serve package provides 1 grains serving (1 cup or 1 oz for flakes and rounds; 1-1/4 cups or 1 oz for puffed cereal; 1/4 cup or 1 oz for granola)	Package contents vary with the cereal-flakes, biscuits, shreds, granules, etc.	<input type="text" value="0.0000"/>	0.0000

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

Enter quantity per ingredient.

1 ¼ cup (5 oz.) whole wheat flour

1 quart (1 lb. 1 oz.) whole wheat flour

1.25 cups + 4 cups = 5.25 cups whole wheat flour

Asterisks (*) denote required information.

① Recipe Name *	<input type="text" value="Chicken Pot Pie"/>	Servings per Recipe *	<input type="text" value="25"/>
Recipe Number	<input type="text"/>	Serving Size *	<input type="text" value="1 biscuit + 2/3 cup filling"/>
Folder	<input type="text" value="Not Selected"/>	<input type="button" value="Add Folder"/>	

Select Creditable Ingredient	Recipe Notes	Vegetables	Fruits	Meats/MA	Grains - Method A	Grains - Method B	Grains - Method C	Meal Pattern Contribution
Method Grains Based on Grams of Creditable Grains ⓘ								
	⑤ Description of Creditable Grain Ingredient						⑥ Quantity of Ingredient	⑦ Measurement Unit
X	Whole wheat flour						<input type="text" value="630.0000"/>	<input type="text" value="g"/>
④	<input type="button" value="Add New Ingredient"/>							

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

Meats/Meat Alternates

Vegetables

Fruits

Grains

Milk

Other Foods



Grains

- Grains Component for the Child Nutrition Programs
- Definitions
- Examples of Foods That Are Creditable Toward the Grains Component
- Criteria for Determining Acceptable Grain Items
- What Foods Meet the Whole Grain-Rich Criteria?
- Does My Product Meet the Whole Grain-Rich Criteria?
- Criteria for Determining Ounce Equivalents
- ▾ Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains

Conversions

Number of pounds of ingredient	x 453.6 grams
Number of ounces of ingredient	x 28.35 grams
Number of cups of enriched white flour	x 125 grams
Number of cups of regular rolled oats	x 81 grams
Number of cups of quick-cooking oats	x 81 grams
Number of cups of degermed, enriched cornmeal	x 138 grams
Number of cups of wheat bran	x 58 grams
Number of cups of wheat germ	x 115 grams
Number of cups of whole wheat flour	x 120 grams

Enter quantity per ingredient.

5.25 cups whole wheat flour x 120 = 630 grams of whole wheat flour

Asterisks (*) denote required information.

① Recipe Name *	<input type="text" value="Chicken Pot Pie"/>	Servings per Recipe *	<input type="text" value="25"/>
Recipe Number	<input type="text"/>	Serving Size *	<input type="text" value="1 biscuit + 2/3 cup filling"/>
Folder	<input type="text" value="Not Selected"/>	<input type="button" value="Add Folder"/>	

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

Method C - Grains Based on Grams of Creditable Grains ⓘ

⑤ Description of Creditable Grain Ingredient

⑤ Description of Creditable Grain Ingredient		⑥ Quantity of Ingredient	⑦ Measurement Unit
<input type="button" value="X"/>	Whole wheat flour	<input type="text" value="630.0000"/>	<input type="text" value="g"/>
④ <input type="button" value="Add New Ingredient"/>			

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

Meal Pattern Contribution

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution



Vegetables

Additional Vegetables

$\frac{1}{8}$ cup



Vegetables

Other Vegetables

$\frac{1}{8}$ cup



Meats/Meat Alternates

2.00 oz eq



Grains

1.50 oz eq

1 biscuit + 2/3 cup filling provides $\frac{1}{4}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable , $\frac{1}{8}$ cup other vegetable) , 2.00 oz eq meats/meat alternates , 1.50 oz eq grains

Please note that:

- **For School Meals and CACFP:** Raw leafy green vegetables credit as half the volume served (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable)
- **For School Meals and CACFP:** Dried fruits credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).
- **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

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

Saving as a PDF

Recipe Analysis Workbook (RAW)

▸ Recipe Analysis Workbook (RAW)

Create Recipe Analysis Workbook

The following is a list of Recipe Analysis Workbooks you have created. You can narrow the set of entries displayed by entering one or more keywords for Recipe name or Recipe number. You can re-sort the table entries by Recipe name, Recipe number or Date/Time Created by clicking on the corresponding table header.

Folder ▾	Recipe Name ▾	Recipe Number ▾	Created On ▾	Updated On ▾	Actions
<input type="text"/>	<input type="text"/>	<input type="text"/>			
	Ham and Cheese Hurdle		11/04/2020 12:01	11/04/2020 12:04	Edit Copy Delete PDF Text Email
	Chop Suey		11/04/2020 12:07	11/05/2020 14:24	Edit Copy Delete PDF Text Email
	Chicken Parmesan		12/01/2020 12:54		Edit Copy Delete PDF Text Email
	Chicken Pot Pie		12/18/2020 11:50	12/28/2020 08:07	Edit Copy Delete PDF Text Email

Saving as a PDF

Recipe Analysis Workbook (RAW)





Recipe Name: Chicken Pot Pie

Servings per Recipe: 25

Recipe Number:

Serving Size: 1 biscuit + 2/3 cup filling

Meal Pattern Contribution

	Vegetables	Additional Vegetables	$\frac{1}{8}$ cup
	Vegetables	Other Vegetables	$\frac{1}{8}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains		1.50 oz eq

1 biscuit + 2/3 cup filling provides $\frac{1}{4}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{8}$ cup other vegetable), 2.00 oz eq meats/meat alternates, 1.50 oz eq grains

Recipe Notes:

Place chicken, peas, and carrots into one steam table pan and spread them out evenly.

Melt margarine in a large stock pot over medium heat. Add the chopped celery, onions, and flour. Cook for 3 minutes, stirring often, until the flour becomes light brown in color.

Slowly stir in the broth, half and half, pepper, and poultry seasoning. Continue stirring often until the mixture becomes slightly thickened for 10 minutes.

Crediting Meat/Meat Alternates in CNP

Meat/Meat Alternates in CNP

- There are a variety of meat/meat alternates that can be offered to meet the meat/meat alternate component.
- Yields of cooked meats and poultry vary with type, age, fat content, and weight of the animal, and the method of cooking.
- This is important as Sponsors may need to prepare larger quantities to meet the minimum portion size requirements for different meat/meat alternates.
- The Food Buying is the best resource to use when trying to determine how different meat/meat alternates credit and the quantities necessary to provide a certain serving size.

Beef

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates ¹ <i>Footnote</i>	Beef and Beef Products BEEF ROUND STEAK, fresh or frozen	Beef Round Steak, fresh or frozen <i>Whole, With bone, Practically-free-of-fat</i>	Pound	10.00	1 oz cooked lean meat	Add	Add
Meats/Meat Alternates ¹ <i>Footnote</i>	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen^{9,10} <i>no more than 26% fat, (Like IMPS #136)</i> <i>Footnote</i>	Pound	11.50	1 oz cooked lean meat	Add	Add
Meats/Meat Alternates ¹ <i>Footnote</i>	Beef and Beef Products BEEF FLANK STEAK, fresh or frozen	Beef Flank Steak, fresh or frozen <i>1/4-inch Trim</i>	Pound	10.70	1 oz cooked lean meat	Add	Add

Food As Purchased	Servings per Purchase Unit
Beef Round Steak	10 (1 oz. servings) in 16 oz.
Beef Flank Steak	10.70 (1 oz. servings) in 16 oz.
Ground Beef	11.50 (1 oz. servings) in 16 oz.

Poultry

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates ¹ <i>Footnote</i>	Poultry CHICKEN, BONELESS, fresh or frozen	Chicken, Boneless, fresh or frozen <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked poultry with skin	Add	Add
Meats/Meat Alternates ¹ <i>Footnote</i>	Poultry CHICKEN PARTS, fresh or frozen	Chicken Parts, fresh or frozen, Thighs ¹⁹ <i>With bone, With skin, (about 4.0 oz each)</i> <i>Footnote</i>	Pound	8.32	1 oz cooked poultry with skin	Add	Add

Food As Purchased	Servings per Purchase Unit
Chicken, Boneless	11.20 (1 oz. servings) in 16 oz.
Chicken Thighs, Bone in	8.23 (1 oz. servings) in 16 oz.

Fish

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates* <i>Footnote</i>	Seafood and Fish Seafood, TUNA, canned	Seafood, canned, Tuna <i>Chunk style, Water packed, Includes USDA Foods</i>	12 oz Can	7.00	1-1/2 oz drained tuna	Add	Add
Meats/Meat Alternates* <i>Footnote</i>	Seafood and Fish Seafood, TUNA, canned	Seafood, canned, Tuna <i>Chunk style, Water packed, Includes USDA Foods</i>	6 oz Can	5.26	1 oz drained tuna	Add	Add
Meats/Meat Alternates* <i>Footnote</i>	Seafood and Fish Seafood, FISH FILLETS and STEAKS, fresh or frozen	Seafood, fresh or frozen, Fish Fillets	Pound	11.20	1 oz cooked fish	Add	Add

Food As Purchased	Servings per Purchase Unit
Canned tuna	5.26 (1 oz. servings) in 6 oz.
Fish fillets	11.20 (1 oz. servings) in 16 oz.

Cheese, Eggs, Yogurt

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Meats/Meat Alternates' <i>Footnote</i>	Cheese, Eggs, Yogurt CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)	Cheese, American, Cheddar, Mozzarella, or Swiss¹⁶ <i>Natural or Process, Includes USDA Foods Footnote</i>	Pound	16.00	1 oz Cheese
Meats/Meat Alternates' <i>Footnote</i>	Cheese, Eggs, Yogurt EGGS	Eggs, Shell Eggs, fresh^{22, 23} <i>Large, Whole Footnote</i>	Dozen (24 oz)	12.00	1 large egg provides 2 oz meat alternate
Meats/Meat Alternates' <i>Footnote</i>	Cheese, Eggs, Yogurt YOGURT	Yogurt, fresh⁴⁵ <i>Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods Footnote</i>	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate

Food As Purchased	Servings per Purchase Unit
Cheese	16 (1 oz. servings) in 16 oz.
Eggs	24 (1 oz. servings) in 24 oz.
Yogurt	8 (1 oz. servings) in 32 oz.

Nuts, Seeds and Nut Butters

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates* <i>Footnote</i>	Nuts, Nut Butters and Seeds NUTS: TREE NUTS and OTHER NUTS, shelled	Tree Nuts, Almonds ^{28, 29} <i>Footnote</i>	Pound	16.00	1 oz nuts	Add	Add
Meats/Meat Alternates* <i>Footnote</i>	Nuts, Nut Butters and Seeds PEANUT BUTTER and OTHER NUT or SEED BUTTERS	Almond butter, Cashew nut butter, Peanut butter, Reduced fat peanut butter, Sesame seed butter, Soy nut butter, Sunflower seed butter <i>Includes USDA Foods, peanut butter and Sunflower seed butter</i>	Pound	14.40	2 tablespoons nut/seed butter provides 1 oz meat alternate	Add	Add

Food As Purchased	Servings per Purchase Unit
Almonds	16 (1 oz. servings) in 16 oz.
Nut, soy and seed butters	14.4 (1 oz. servings) in 16 oz.

Beans and Legumes

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates' <i>Footnote</i>	Legumes, Dry Beans and Peas BEANS, BLACK (TURTLE BEANS)	Beans, Black, (Turtle), dry, canned <i>Whole, Includes USDA Foods</i>	No. 300 Can (15-1/2 oz)	5.91	1/4 cup heated, drained beans	Add	Add
Meats/Meat Alternates' <i>Footnote</i>	Legumes, Dry Beans and Peas LENTILS	Lentils, dry	Pound	29.60	1/4 cup cooked lentils	Add	Add

- Cooked dry beans and peas in servings of 1/4 cup and 3/8 cup (1 and 1-1/2 oz equivalent meat alternate respectively)

Food As Purchased	Servings per Purchase Unit
Black Beans	5.91 (1 oz. servings) in 15.5 oz.
Lentils	29.6 (1 oz. servings) in 16 oz.

Tofu

- Must have at least 5 g of protein in 2.2 oz. (1/4 cup) of the tofu product
- Must be easily recognizable to participants
 - Stir fries, miso soup
- Soft tofu in smoothies/baked dishes are **NOT creditable**
- Processed tofu products such as sausages/ nuggets must have a CN label

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates' <i>Footnote</i>	Soy Products TOFU	Tofu <i>Commercially-prepared</i>	Pound	7.28	2.2 oz or 1/4 cup provides 1 oz meat alternate	Add	Add

Tempeh

- Highly nutritious fermented soybean cake traditionally made of whole soybeans.
- Tempeh made of soybeans, water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs.
 - 1 ounce of tempeh = 1 oz. m/ma.
- Tempeh products with other ingredients/fillers must have a CN label or product formulation statement on file.



Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates* <i>Footnote</i>	Soy Products TEMPEH	Tempeh, commercially-prepared	Pound	16.00	1 oz provides 1.0 oz meat alternate	Add	Add

Surimi Seafood

- Pasteurized, ready-to-eat, restructured seafood usually made of pollock (fish).
- Typically referred to as “imitation crab”
 - 1.0 oz. of surimi = .25 oz. m/ma

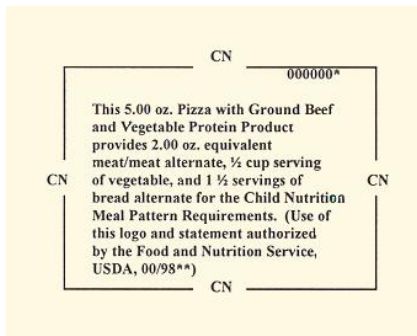


Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates ¹ <i>Footnote</i>	Seafood and Fish SURIMI SEAFOOD	Surimi Seafood, commercially-prepared	Pound	5.33	3 oz provides 1.0 oz meat	Add	Add

Dried Meats

- Shelf-stable, dried, and semi-dried meat, poultry and seafood are now creditable as **meat/meat alternate**
 - Examples: beef jerky, summer sausage
- **Must** have a Product Formulation Statement (PFS) or CN label on file in order to serve these items

CN Label example



Meat/Meat Alternate Comparison Chart

Meat/meat alternates	Serving Size for 1 oz.	Serving Size for 2 oz.
Lean meat, poultry, or fish	Must use the food buying guide	Must use the food buying guide
Cheese	1 oz.	2 oz.
Large egg	½ egg	1 egg
Cooked dry beans or peas	¼ cup	½ cup
Nut butters	2 tbsp.	4 tbsp.
Nuts and seeds	1 oz.	2 oz.
Yogurt	½ cup (4 oz.)	1 cup (8 oz.)
Tofu*	¼ cup	½ cup
Tempeh	1 oz.	2 oz.
Surimi Seafood	3 oz.	6 oz.

Crediting Grains in CNP

Crediting Grains

- All grain products served in the NSLP/SBP must be credited based on ounce equivalent (oz eq) standards.
- Beginning October 1, 2021, CACFP centers and day care homes must credit grains based on ounce equivalents.
- SFSP credit grains based on serving size and not ounce equivalents.
- There are two different ways to determine the amount required to provide 1.0 oz eq grains:
 - The Exhibit A: Grain Requirement For Child Nutrition Programs
 - Calculate the grams of creditable grains

Steps to Determine Ounce Equivalents for Pre-made Grain Products

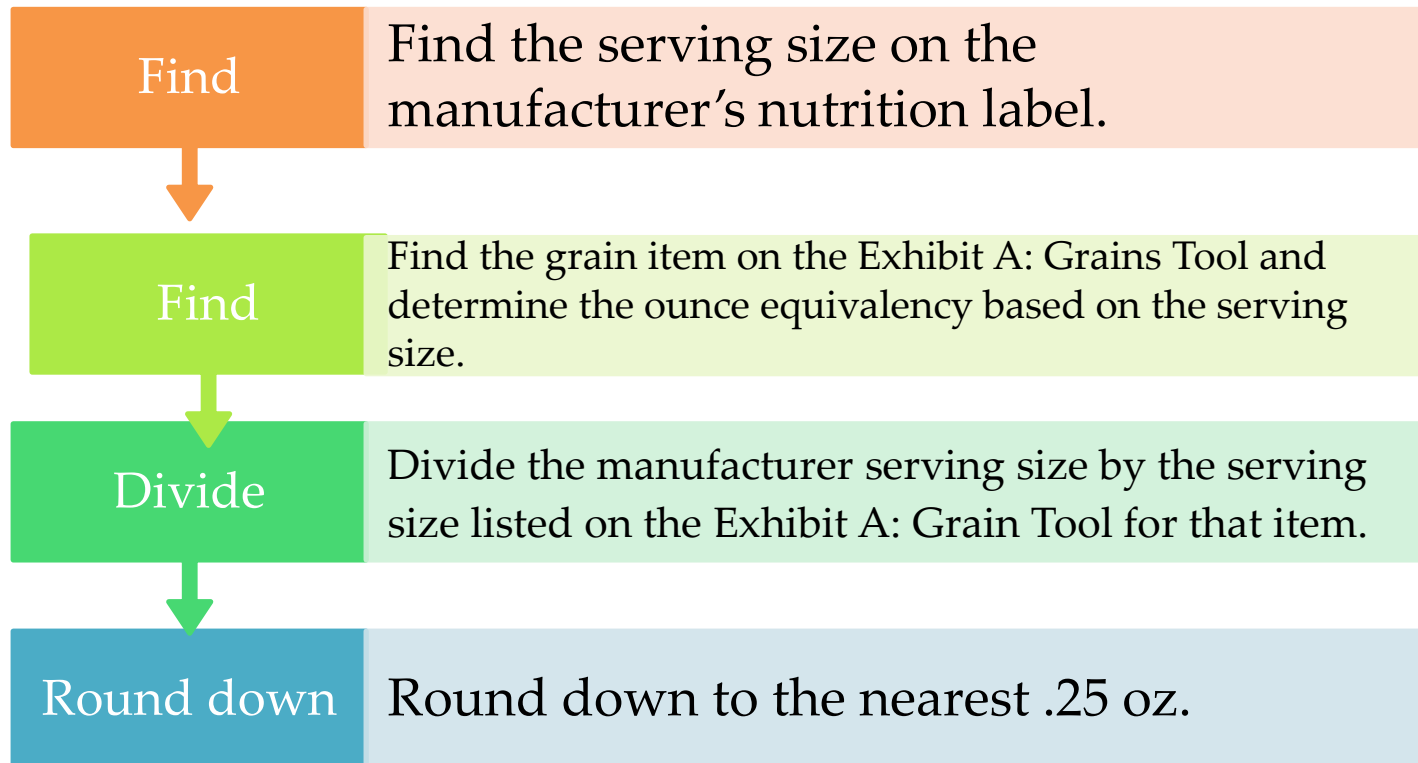


Exhibit A: Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating	1 oz eq = 22 gm or 0.8 oz	1 serving = 20 gm or 0.7 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz	3/4 serving = 15 gm or 0.5 oz
Chow Mein noodles	1/2 oz eq = 11 gm or 0.4 oz	1/2 serving = 10 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz	1/4 serving = 5 gm or 0.2 oz
Croutons		
Pretzels (hard)		
Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>		
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz	3/4 serving = 19 gm or 0.7 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz	1/2 serving = 13 gm or 0.5 oz
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25	1/4 serving = 6 gm or 0.2 oz
Buns (hamburger and hot dog)		
Sweet Crackers ⁵ (graham crackers - all shapes, animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ³ (plain - includes vanilla wafers)	1 oz eq = 34 gm or 1.2 oz	1 serving = 31 gm or 1.1 oz
Cornbread	3/4 oz eq = 26 gm or 0.9 oz	3/4 serving = 23 gm or 0.8 oz
Corn muffins	1/2 oz eq = 17 gm or 0.6 oz	1/2 serving = 16 gm or 0.6 oz
Croissants	1/4 oz eq = 9 gm or 0.3 oz	1/4 serving = 8 gm or 0.3 oz
Pancakes		
Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meats/meat alternate pies)		
Waffles		

Tortilla Example

Let's take a look at this tortilla label.

- Determine the manufacturer's serving size
 - 32 g
- Identify the required weight for 1 ounce for the product's group in the Exhibit A Chart
 - 28 g

Serving Size: 32 g
Serving Per Container: 8
Amount Per Serving
Calories: 60
Added Sugars 0g
Calcium 18mg
Cholesterol 0mg
Dietary Fiber 1g
Iron 0mg
Potassium 55mg
Protein 1g
Saturated Fat 0g
Sodium 0mg
Sugars 0g
Total Carbohydrate 13g
Total Fat 0.5g
Trans Fat 0g
Vitamin D 0mcg

Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
Batter type coating	3/4 oz eq = 21 gm or 0.75 oz	3/4 serving = 19 gm or 0.7 oz
Biscuits	1/2 oz eq = 14 gm or 0.5 oz	1/2 serving = 13 gm or 0.5 oz
Breads - all (for example sliced, French, Italian)	1/4 oz eq = 7 gm or 0.25	1/4 serving = 6 gm or 0.2 oz
Buns (hamburger and hot dog)		
Sweet Crackers ⁵ (graham crackers - all shapes, animal crackers)		
Egg roll skins		
English muffins		
Pita bread		
Pizza crust		
Pretzels (soft)		
Rolls		
Tortillas		
Tortilla chips		
Taco shells		

Tortilla Example

3. Determine the grain ounce equivalent in one serving by dividing the product serving size by the product group's serving size.

$$32 \text{ grams (product serving size)} / 28 \text{ grams (Group B serving size)} = 1.14 \text{ ounces}$$

4. Round down to the nearest $\frac{1}{4}$ ounce.

1 tortilla = 1 ounce equivalent

Nutrition Label Activity

What is the oz equivalent for a serving of waffles?

1. Serving Size – 70 grams
2. Group C: Serving Size = 34 grams (1 oz)



Nutrition Facts

Servings Per Container 5

Serving Size 2 Waffles (70 g)

Amount Per Serving

	Amount/Serving	% Daily Value*
Calories		180
Total Fat	5 g	6%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	350 mg	15%
Total Carbohydrate	30 g	11%
Dietary Fiber	<1 g	3%
Total Sugars	4 g	
Includes 4g Added Sugars	4 g	8%
Protein	4 g	

Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ³ (plain - includes vanilla wafers)	1 oz eq = 34 gm or 1.2 oz	1 serving = 31 gm or 1.1 oz
Cornbread	3/4 oz eq = 26 gm or 0.9 oz	3/4 serving = 23 gm or 0.8 oz
Corn muffins	1/2 oz eq = 17 gm or 0.6 oz	1/2 serving = 16 gm or 0.6 oz
Croissants	1/4 oz eq = 9 gm or 0.3 oz	1/4 serving = 8 gm or 0.3 oz
Pancakes		
Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meats/meat alternate pies)		
Waffles		

Nutrition Label Activity

Steps for determining ounce equivalents:

1. Serving Size of Product = 70 grams
2. Group C: Serving Size for waffles = 34 grams (1 oz)
3. $70 \text{ grams} / 34 \text{ grams} = 2.05 \text{ oz}$
4. Round down \rightarrow 2 oz eq.
5. 2 waffles = 2 oz eq.

FBG: Ounce Eq. Example

I want to serve Kay's Cheese Crackers, but I am not sure how much a serving of these grains credit in oz equivalents.

The Nutrition Label indicates:

Serving Size	27 crackers (30 g)
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Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

- HOME
- MEAL COMPONENTS
- FOOD ITEMS
- TOOLS
- APPENDIXES
- HELP
- WELCOME ANASTASIA TSEKERIS

WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of the Food Buying Guide, the Recipe Analysis Workbook (RAW) and the Product Formulation

can compare yield information, create a favorite foods list, and access tools, such as

Food Items Search

Exhibit A Grains Tool

- My RAW Recipe List
- Create RAW
- Manage My RAW Folders
- FBG Calculator - My Shopping Lists
- FBG Calculator - Create Shopping List
- Exhibit A Grains Tool - My Products
- Exhibit A Grains Tool - Enter Product
- Determining Creditable Grains/Breads
- Does My Product Meet the Whole Grain-Rich Criteria?

Download Food Buying Guide

Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS



Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

- HOME
- MEAL COMPONENTS
- FOOD ITEMS
- TOOLS
- APPENDICES
- HELP
- WELCOME ANASTASIA TSEKERIS

Exhibit A Grains Tool - Enter Product

Instructions

Asterisks denote required information.

The numbers listed below correspond to the steps in the Instructions accordion above.

1 Product Name *

Date (MM/DD/YYYY)

2 Choose Method * Ounce Equivalent (oz eq) Grains (SBP/NSLP/CACFP/Preschool) Grains/Breads Serving(s) (CACFP/SFSP/NSLP Afterschool Snack Service/Preschool)

3 Item keywords:

Search Clear Search

[Exhibit A](#)

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq	Grams per 1 Bread Serving	Ounces per 1 Bread Serving
4 Add	Savory Crackers (saltines and snack crackers)	Group A	22 g	0.8 oz	20 g	0.7 oz
Add	Sweet Crackers (graham crackers - all shapes, animal crackers)	Group B	28 g	1 oz	25 g	0.9 oz

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

Save Back to List

Exhibit A Grains Tool - Enter Product

Instructions

Asterisks (*) denote required information.
The numbers listed below correspond to the steps in the Instructions accordion above.

1 Product Name * Date

2 Choose Method * Ounce Equivalent (oz eq) Grains (SBP/NSLP/CACFP/Preschool) Grains/Breads Serving(s) (CACFP/SFSP/NSLP Afterschool Snack Service/Preschool)

3 Item keywords:
[Exhibit A](#)

4

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq	Grams per 1 Bread Serving	Ounces per 1 Bread Serving
<input type="button" value="Add"/>	Savory Crackers (saltines and snack crackers)	Group A	22 g	0.8 oz	20 g	0.7 oz
<input type="button" value="Add"/>	Sweet Crackers (graham crackers - all shapes, animal crackers)	Group B	28 g	1 oz	25 g	0.9 oz

Description of Food Item per Exhibit A	Serving Size (as provided on Product Label) <input type="button" value="Decimal Equivalents of Commonly Used Fractions"/>	Measurement Unit	8 Grains Contribution
<input type="button" value="X"/> Savory Crackers (saltines and snack crackers)	5 <input type="text" value="30"/>	6 <input type="text" value="grams"/>	1.25 oz eq grains

Grains Contribution: 30 grams of Savory Crackers (saltines and snack crackers) provide 1.25 oz eq grains

FBG: Example

I would like to provide these Thomas English Muffins at my site.

We serve children K-8, how much do I need to serve for each age group?



Nutrition Facts

Serving Size 1 muffin (61g)
 Servings Per Container 6
Amount Per Serving
 Calories 150
 Calories from Fat 9

Name	Value	Daily Percentage
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0.5g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	28g	10%
Dietary Fiber	1g	4%
Sugars	less than 1g	
Protein	5g	
Vitamin A	0%	Vitamin C 0%
Calcium	6%	Iron 10%
Thiamin	0%	Riboflavin 0%
Niacin	0%	Folic Acid 0%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g



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Exhibit A Grains Tool - Enter Product

Instructions

Asterisks (*) denote required information.

The numbers listed below correspond to the steps in the Instructions accordion above.

1 Product Name *

Date (MM/DD/YYYY)

2 Choose Method * Ounce Equivalent (oz eq) Grains (SBP/NSLP/CACFP/Preschool) Grains/Breads Serving(s) (CACFP/SFSP/NSLP Afterschool Snack Service/Preschool)

3 Item keywords:

Search Clear Search

[Exhibit A](#)

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq	Grams per 1 Bread Serving	Ounces per 1 Bread Serving
Add	English muffins	Group B	28 g	1 oz	25 g	0.9 oz

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

Save Back to List

1 Product Name * Thomas English Muffin

Date MM/DD/YYYY (MM/DD/YYYY)

- 2 Choose Method *
- Ounce Equivalent (oz eq) Grains (SBP/NSLP/NSLP Afterschool Snack Service/CACFP/Preschool)
 - Grains/Breads Serving(s) (CACFP/SFSP/NSLP Afterschool Snack Service/Preschool)

3 Item keywords: english muffin

Search Clear Search

[Exhibit A](#)

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq	Grams per 1 Bread Serving	Ounces per 1 Bread Serving
<input type="button" value="Add"/>	English muffins	Group B	28 g	1 oz	25 g	0.9 oz

Grains Contribution Amount to Serve **Amount to Serve by Age Group/Grade Group**

Description of Food Item per Exhibit A	Serving Size (as provided on Product Label) Decimal Equivalents of Commonly Used Fractions	Program - Meal
<input type="button" value="X"/> English muffins	6 Serving Size 1 (serving(s)) weigh(s) 61 (grams)	7 <input type="text" value="Select"/>
8 Amount to Serve by Age Group/Grade Group to Meet Minimum Grains Requirement for Decimal Equivalents of Commonly Used Fractions		
Age Group/Grade Group	Amount to Serve to Meet Minimum Grains Requirement	

- Select
- Select
- SBP - Breakfast
- NSLP - Lunch
- NSLP Afterschool Snack Service - Snack
- CACFP - Breakfast
- CACFP - Lunch and Supper**
- CACFP - Snack
- CACFP - Infant
- Preschool - Breakfast
- Preschool - Lunch
- Preschool - Snack

NOTE:

- Refer to Exhibit A for specific guidance on creditable grain products in Child Nutrition Programs.
- Creditable grain items are made from whole or enriched grains.
- Grain-based desserts are not creditable in CACFP or NSLP/SBP infant and preschool meals.
- Make sure the food you are entering is creditable for infants. For more information, see "Feeding Infants in the CACFP's Appendix F: Infant Foods List"
- For combination foods that credit toward more than one meal component, enter the weight of the grain portion only (e.g., for pizza, only enter the weight of the crust).

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

Grains Contribution

Amount to Serve

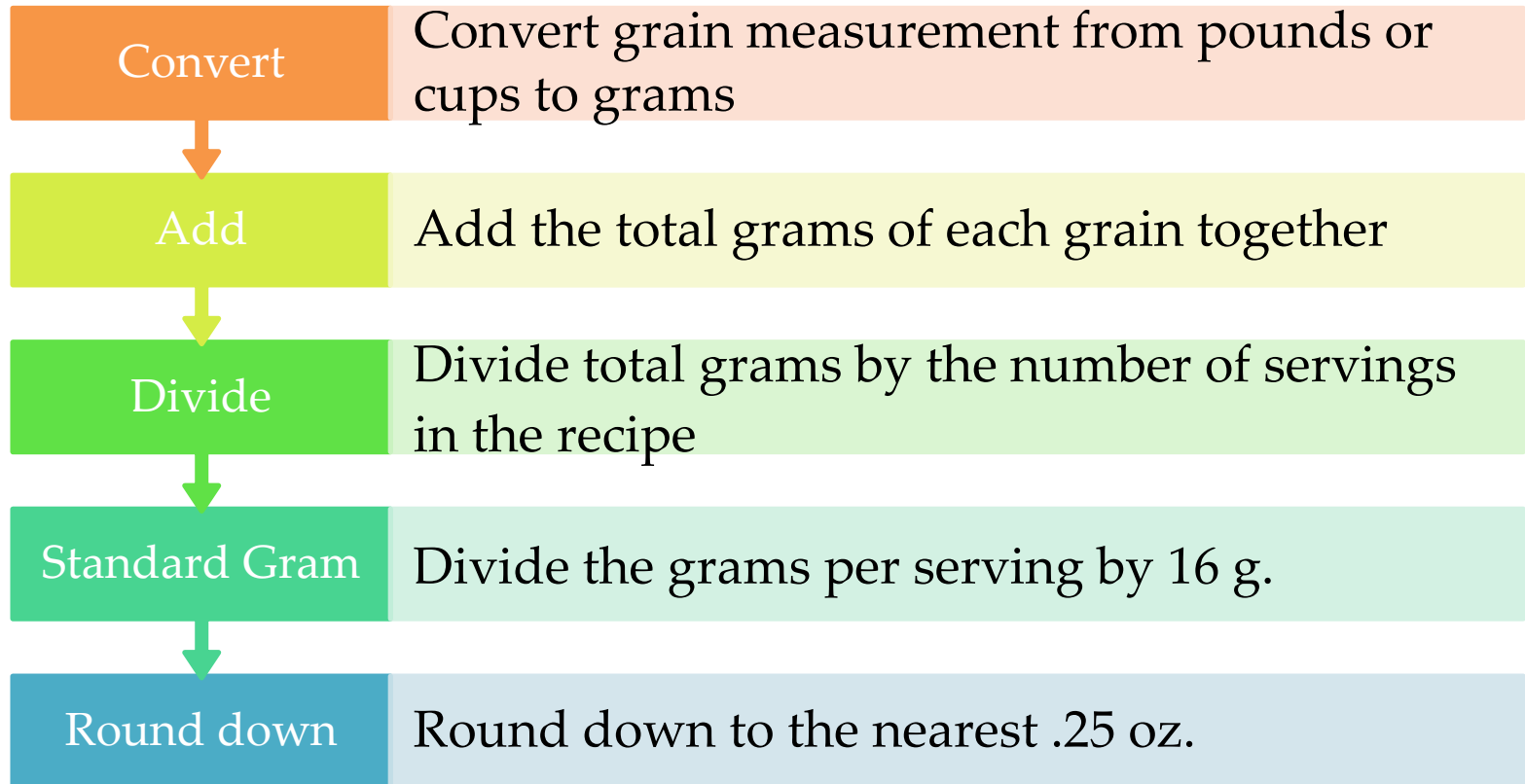
Amount to Serve by Age Group/Grade Group

Description of Food Item per Exhibit A		Serving Size (as provided on Product Label) Decimal Equivalents of Commonly Used Fractions		Program - Meal
<input checked="" type="checkbox"/>	English muffins	⑥ Serving Size	1 <input type="text"/> <input type="text" value="serving(s)"/> weigh(s) <input type="text" value="61"/> <input type="text" value="grams"/>	⑦ <input type="text" value="CACFP - Snack"/>

⑧ Amount to Serve by Age Group/Grade Group to Meet Minimum Grains Requirement for CACFP - Snack
[Decimal Equivalents of Commonly Used Fractions](#)

Age Group/Grade Group	Amount to Serve to Meet Minimum Grains Requirement	Minimum Grains Requirement
Ages 1-2	0.25 serving(s) (0.50 oz or 14.00 g)	0.5 oz eq grains
Ages 3-5	0.25 serving(s) (0.50 oz or 14.00 g)	0.5 oz eq grains
Ages 6-12	0.50 serving(s) (1.00 oz or 28.00 g)	1.0 oz eq grains
Ages 13-18	0.50 serving(s) (1.00 oz or 28.00 g)	1.0 oz eq grains
Adult	0.50 serving(s) (1.00 oz or 28.00 g)	1.0 oz eq grains

Steps to Determine Ounce Equivalents for Homemade Recipes



USDA Worksheet

1. Creditable Grain Ingredient	2. Quantity (pounds, ounces, cups)	3. Convert to Grams (reference conversion chart)	Grams
		X	=
		X	=
		X	=
		X	=
4. Total Grams			=

5. Total grams divided by number of portions in recipe.

$$\frac{\text{Total grams creditable grains from Step 4}}{\text{Number of portions per recipe}} = \text{Number of grams creditable grains per portion}$$

6. Divide the number of grams per portion by 16.0 or 28.0

$$\frac{\text{Number of grams credible grains per portion from Step 5}}{16.0 \text{ or } 28.0} = \text{oz eq grains}$$

7. Round down to the nearest 0.25 oz eq grains.

$$\text{oz eq from Step 6} = \text{oz eq grains}$$

Standard Measurements for Grains

Conversions

Number of pounds of ingredient	x 453.6 grams
Number of ounces of ingredient	x 28.35 grams
Number of cups of enriched white flour	x 125 grams
Number of cups of regular rolled oats	x 81 grams
Number of cups of quick-cooking oats	x 81 grams
Number of cups of degermed, enriched cornmeal	x 138 grams
Number of cups of wheat bran	x 58 grams
Number of cups of wheat germ	x 115 grams
Number of cups of whole wheat flour	x 120 grams

Ounce Equivalent Calculation

When serving homemade grain products, you must determine the amount of creditable grains per serving.

YIELD:		VOLUME:			
50 Servings:	4 lb 14 oz (batter) 1 half-sheet pan	50 Servings:	about 2 quarts 2 cups (batter) 50 pieces		
100 Servings:	9 lb 12 oz (batter) 2 half-sheet pans	100 Servings:	1 gallon 1 quart (batter) 100 pieces		
Ingredients		Weight	Measure		
Flour, enriched bleached		1 lb	3 ³ / ₄ cups		
Flour, whole-wheat		½ lb	2 cups		
Cornmeal, whole-grain		1 lb	3 ³ / ₄ cups		
Salt			1 ¹ / ₄ tsp		
Eggs, whole		5 ¹ / ₄ oz	² / ₃ cup		
Baking powder			2 Tbsp 2 tsp		
Sugar		5 ¹ / ₄ oz	³ / ₄ cup		
Instant nonfat dry milk, reconstituted			3 ³ / ₄ cups		
Vegetable oil			½ cup		
Nutrients Per Serving					
Calories	108	Saturated Fat	0.45 g	Iron	0.90 mg
Protein	2.65 g	Cholesterol	13 mg	Calcium	68 mg
Carbohydrate	18.03 g	Vitamin A	51 IU	Sodium	151 mg
Total Fat	2.82 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g

Steps 1-4: Convert Grains to Grams

1. Creditable Grain Ingredient	2. Quantity (pounds, ounces, cups)	3. Convert to Grams (reference conversion chart)	Grams
Flour, Enriched	3.75 cups	x 125 g	= 468.75 g
Flour, Whole Wheat	2 cups	x 120 g	= 240 g
Flour, Corn Meal	3.75 cups	x 138 g	= 517.5 g
		x	=
		4. Total Grams	= 1,226.25 g

Step 5: Divide Number of Grams by Number of Portions

Total grams divided by number of portions in recipe.

$$\begin{array}{r} \text{Total grams creditable grains} \\ \text{from Step 4} \\ \hline 1,226.25 \text{ g} \\ \text{Number of portions per recipe} \\ \hline 50 \end{array} = \boxed{24.525 \text{ g}} \quad \begin{array}{l} \text{Number of grams} \\ \text{creditable grains} \\ \text{per portion} \end{array}$$

Step 6: Divide Number of Grams per Portion by Standard Portion Size

6. Divide the number of grams per portion by 16.0.

$$\begin{array}{l} \text{Number of grams credible} \\ \text{grains per portion from Step 5} \end{array} \frac{24.525 \text{ g}}{16.0} = \boxed{1.53} \text{ oz eq grains}$$

Step 7: Round Down to the Nearest $\frac{1}{4}$ Ounce

7. Round down to the nearest 0.25 oz eq grains.

oz eq from Step 6

1.53

=

1.50

oz eq grains

Questions



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