

# Manager's Corner

## Ingredient Calculations

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# Institute of Child Nutrition

## The University of Mississippi

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### **PURPOSE**

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

### **VISION**

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

### **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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## Professional Standards

### FOOD PRODUCTION – 2100

**Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.**

2110 – Understand and effectively prepare food using a standardized recipe.

## Introduction

*Manager's Corner: Ingredient Calculations* is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Ingredient Calculations* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

## Lesson Overview—Questions

**Objective:** To identify how to adjust ingredient quantities for production needs.

**Why it is important:** In an effort to minimize waste and food and labor costs, it is important to accurately plan the quantity to prepare.

**Materials included in this document:**

- **USDA Foods Product Information Sheet**
- **Ingredient Calculations Worksheet**
- **Ingredient Calculations Worksheet Answer Key**
- **Materials needed**
  - **Calculator (Optional)**

**Instruction:**

Ask the staff to answer the questions included in this training. Facilitate the activity.

**Questions for the staff:**

- **What happens when the production records require more or less servings than what is identified on the standardized recipe?**  
**Answer:** The ingredients in the recipe will need to be decreased or increased based on the number of servings to prepare as noted on the production record.
- **If the production record indicates 60 servings and the recipe is for 50 or 75 servings, what impact on the operation will it have if 50 servings are prepared?**  
**Answer:** If fewer servings are prepared than the amount indicated on the production record, a substitute item will need to be prepared to meet the customers' demand. The substitution may impact the calories, fat, and other nutritional requirements of a reimbursable meal. In addition, some customers may be disappointed, and it may increase food and labor costs, which impacts inventory control. The substitute menu item and quantity will need to be recorded on the production record.

- **If the production record indicates 60 servings and the recipe is for 50 or 75 servings, what impact on the operation will it have if 75 servings are prepared?**

**Answer:** If additional servings are prepared, the amount of leftovers will increase, which directly relates to inventory control and food and labor costs. In addition, food safety procedures, such as cooling, will need to be recorded, and a plan for the leftovers and the quantity will need to be recorded on the production record.

**Activity Instructions:**

- Ask staff to complete recipe calculations using the **USDA Foods Product Information Sheet** and **Ingredient Calculations Worksheet**. At the conclusion of the activity, review **Ingredient Calculations Worksheet Answer Key**.

# USDA Foods Product Information Sheet

UNITED STATES DEPARTMENT OF AGRICULTURE  
**USDA Foods Product Information Sheet**  
 For Child Nutrition Programs

## 100101—Chicken, Diced, Cooked, Frozen

### PRODUCT DESCRIPTION

This item is fully cooked, diced chicken meat. This product is diced into approximately ½-inch cubes and is a natural proportion product that contains a minimum of 50% white meat. This item is shipped frozen in 40 pound cases containing eight 5-pound or four 10-pound packages.

### CREDITING/YIELD

- One case of diced chicken provides approximately 640 1-ounce portions.
- CN Crediting: Approximately 1 ounce of diced chicken credits as 1 ounce equivalent meat/meat alternate. Confirm individual product crediting by using the CN Label of product formulation statement.

### CULINARY TIPS AND RECIPES

- Diced chicken is a versatile ingredient that can be used in a variety of different dishes such as burritos, chicken salad, wraps, soups, casseroles, or as a topping on the salad bar.
- For more culinary techniques and recipe ideas, visit the ICN at [www.theicn.org](http://www.theicn.org) or Team Nutrition at <https://healthymeals.fns.usda.gov/recipes/recipes-school-food-service>.

### 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 at: [https://www.fns.usda.gov/sites/Default/files/Food\\_Safety\\_HACCPGuidance.pdf](https://www.fns.usda.gov/sites/Default/files/Food_Safety_HACCPGuidance.pdf).

### NUTRITION FACTS

Serving size 1 ounce (28 g)/1 MMA diced chicken

#### Amount Per Serving

**Calories** 36

**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 21mg

**Sodium** 28g

**Total Carbohydrate** 0g

Dietary Fiber 0g

Sugars 0g

**Protein** 6g

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.

## Ingredient Calculations Worksheet

**Instructions:** Using the **USDA Foods Product Information Sheet**, answer the following questions.

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**Calculate:** One 40 lb case of Diced Chicken provides approximately 640 - 1 oz portions. How many 2.5 oz servings are in one 40 lb case of USDA Foods Diced Chicken?

**ANSWER:**

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**Calculate:** You usually prepare 100 servings; today you realize you only need 60 servings. How many pounds of USDA Foods Diced Chicken are needed for 60 - 2.5 oz servings?

**ANSWER:**

## Ingredient Calculations Worksheet Answer Key

**Instructions:** Using the **USDA Foods Product Information Sheet**, answer the following questions.

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**Calculate:** One 40 lb case of diced chicken provides approximately 640 - 1 oz portions. How many 2.5 oz servings are in one 40 lb case of USDA Foods Diced Chicken?

**ANSWER:** 256 - 2.5 oz servings are in one 40 lb case of USDA Diced Chicken  
(640 oz. ÷ 2.5 oz = 256 - 2.5 oz servings)

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**Calculate:** You usually prepare 100 servings; today you realize you only need 60 servings. How many pounds of USDA Foods Diced Chicken are needed for 60 - 2.5 oz servings?

**ANSWER:** 9.375 lb of USDA Foods Diced Chicken will provide 60 - 2.5 oz servings  
(2.5 oz x 60 = 150 oz  
150 oz ÷ 16 oz (1 lb) = 9.375 lb)

**Note:** Depending on the type of scale in your operation, you may need to round to the next whole pound.

## References

Institute of Child Nutrition. (2018). *School nutrition S.T.A.R. procurement and inventory management instructor's manual*. University, MS: Author.

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United States Department of Agriculture. (2016). *USDA foods product information sheets*. Retrieved from <https://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>



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