



1

USDA Funding and Non-Discrimination Statements:

*This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-6892, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:
(833) 256-1665 or (202) 690-7442; or

3. email:
Program.intake@usda.gov

This institution is an equal opportunity provider.

2

Welcome!

OFFICE OF
SCHOOL NUTRITION PROGRAMS
VIRGINIA DEPARTMENT OF EDUCATION

3

Objectives

- Define standardized recipes and explain why we need them in school nutrition programs.
- Describe the process for bringing a non-school recipe to the school meal tray.
- Utilize tools and resources to ensure new recipes are compliant with the meal pattern.
- Identify steps for conducting a yield test.



4

Standardized Recipes

Chocolate Breakfast Nachos			
Yield	24 servings	Category	Optional
			Optional
Ingredients		Amount	Directions
	Weight	Measure	
Strawberry Preserves, Sweetened		1/4 c	1. Preheat convection oven to 425°F convection. CCP: All have hand content with ready to eat foods. 2. Wash strawberries under running water. Remove stem and cut into quarters. 3. Cut frozen apples in half, and then half again to create triangles. Place 24 on a full size sheet pan. Bake for 7 to 8 minutes until nice chips. 4. While eggs are cooking, warm nut butter in the microwave, in a pan on the stovetop, or in the oven just until pourable. 5. Place 4 egg triangles in a paper boat. Drizzle 1 Tbsp of nut butter on top. Heat in warmer. Serve with 1/4 cup vanilla yogurt as a dip, 1/2 cup strawberries, 1/2 cup shredded coconut, 1/2 cup softflower seeds, and 1/2 cup chocolate chips. Alternatively, keep egg triangles on sheet pan, and drizzle each egg triangle with 1 Tbsp nut or seed butter until in warmer. Serve 4 triangles with 1/4 cup vanilla yogurt as a dip, 1/2 cup strawberries, 1/2 cup shredded coconut, 1/2 cup softflower seeds, and 1/2 cup chocolate chips. CCP: Hold and serve cold items at 42°F or below.
Chocolate Eggs		24 each	
Hot or seed butter		1/2 cup	
Vanilla yogurt		1/2 cup	
Shredded coconut		1/2 cup	
Softflower seeds		1/2 cup	
Chocolate chips, milk		1/2 cup	

The image shows a recipe for Chocolate Breakfast Nachos that yields 24 servings. There is an ingredients column, weights and measures columns to include the weights and/or measures of each ingredient, and a directions column that includes each step of the recipe.



5

What are they?

“... has been tried, adapted, and retried several times for use by a given food service operation and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity of ingredients.”*



6



Importance

Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

7

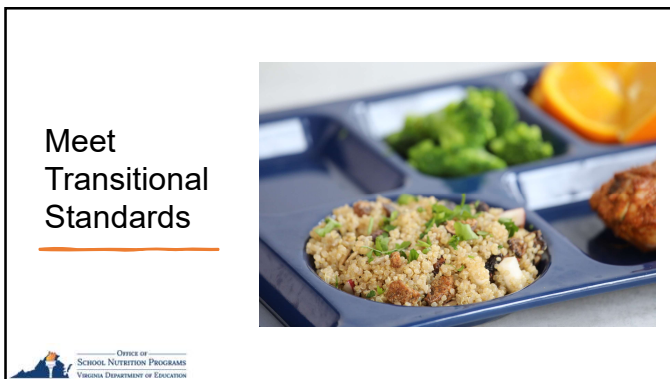


Why learn how to write them?

- Customization
- Increase participation

Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

8



Meet
Transitional
Standards

Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

9



Considerations During Development

- Multi-purpose ingredients
- Local foods
- USDA foods
- Cultural inclusiveness

Office of School Nutrition Programs
Virginia Department of Education

10

Sources of Inspiration

- [USDA](#)
- [Healthy School Recipes](#)
- [National Restaurant Association](#)

Office of School Nutrition Programs
Virginia Department of Education

11


Sources of Inspiration

- VA local foods and TNTG recipes
- Family/regional recipes
- Division staff, families, community
- Other divisions

Office of School Nutrition Programs
Virginia Department of Education

12

Sources of Inspiration



Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

13

“Schoolify”

- To convert a trendy recipe into a school friendly version, considering labor, equipment, ingredients, meal components, and nutrient standards.



14

How to Schoolify Recipes

- Determine meal components
- Simplify



Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

15




Steps to Standardization

Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

16


Steps to Standardization

- Gather tools
- Desk write recipes
- Small batch testing
- Retest and scale up
- Final nutrient analysis
- Teach staff



Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education


17



Gather Tools

Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

18



Desk Write

Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

19

Desk Write

- **A.** Combine Greek yogurt, cilantro, cucumber, red onion, cumin, salt, chili powder, and black pepper. Store covered.
- **B.** Prepare raita dip. Combine Greek yogurt, cilantro, cucumber, red onion, cumin, salt, chili powder, and black pepper in a bowl or container. Raita dip can be made one day in advance. Store covered in the refrigerator or pre-portion 2 Tbsp using a #30 disher into 2 oz cups.
- **C.** Prepare raita dip. Rinse the cucumber and cilantro in a colander under cool running water. Small dice the cucumber and chop the cilantro. Set aside. Properly measure the cumin, salt, chili powder, and black pepper. Pour into a small bowl. Combine Greek yogurt, cilantro, cucumber, red onion, cumin, salt, chili powder, and black pepper in a bowl or container. Raita dip can be made one day in advance. Store covered in the refrigerator or pre-portion 2 Tbsp using a #30 disher into 2 oz cups.

20

Component Crediting

- **Meats/meat alternates (M/MA)**
 - Crediting unit: oz eq
 - Rounding down: nearest 1/4 oz eq
- **Grains (G)**
 - Crediting unit: oz eq
 - Rounding down: nearest 1/4 oz eq
- **Vegetables (V)**
 - Crediting unit: cup
 - Rounding down: nearest 1/8 cup
- **Fruits (F)**
 - Crediting unit: cup
 - Rounding down: nearest 1/8 cup

Office of
SCHOOL NUTRITION PROGRAMS
Virginia Department of Education

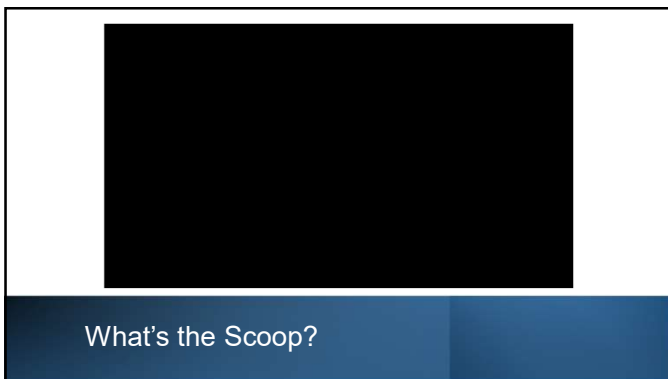
21



22



23



24




Small Batch Testing

Office of
SCHOOL NUTRITION PROGRAMS
VIRGINIA DEPARTMENT OF EDUCATION

25

Scale Up!



Office of
SCHOOL NUTRITION PROGRAMS
VIRGINIA DEPARTMENT OF EDUCATION

26

Finalize Nutrient Analysis

*Nutrients are based upon 1 Portion Size (each)

Calories	257 kcal	Cholesterol	43 mg	Sugars	*11.2* g	Calcium	24.03 mg
Total Fat	4.61 g	Sodium	405 mg	Protein	15.06 g	Iron	1.04 mg
Saturated Fat	0.37 g	Carbohydrates	37.37 g	Vitamin A	3653.8 IU	Water*	*66.06* g
Trans Fat*	*0.00* g	Dietary Fiber	2.80 g	Vitamin C	5.8 mg	Ash*	*0.56* g

The image shows a nutrient analysis report that includes the amount of each of the following nutrients: Calories, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Carbohydrates, Dietary Fiber, Sugars, Protein, Vitamin A, Vitamin C, Calcium, Iron, Water, and Ash.

Office of
SCHOOL NUTRITION PROGRAMS
VIRGINIA DEPARTMENT OF EDUCATION

27

	Prepare streusel. Melt butter, add to dry ingredients, and mix.	<h1>Teach Staff!</h1>
	Prepare muffin batter. Combine dry ingredients in one bowl and wet in another.	
	Add wet ingredients and diced apples to dry ingredients. Mix until just combined.	
	Spread batter into a sprayed and lined sheet pan. Top with streusel.	
	Bake at 325°F convection 40-45 minutes. Cut into 48 pieces, 8 x 6, for 2 oz <i>per grain service</i>	

Office of School Nutrition Programs
Virginia Department of Education

28

Recipe Video



Dairy MAX
YOUR Local Dairy Council




NUTRITION NOW
for tomorrow's leaders

Office of School Nutrition Programs
Virginia Department of Education

29

Example!



Office of School Nutrition Programs
Virginia Department of Education

30



37



38
