Food Buying Guide

Chad Langston, Education Specialist
2023 New Managers’ Training
July 18-19, 2023
ALSDE CNP School Programs
Food Buying Guide Mobile App

The Food Buying Guide (FBG) is the essential resource for food yield information for all Child Nutrition Programs (CNP). The FBG assists CNP operators, food manufacturers, and other stakeholders with:

- Purchasing the correct amounts of foods for Child Nutrition meal programs
- Determining the contribution that each food makes toward meal pattern requirements

Search and locate yield information for foods typically served in Child Nutrition Programs.

Compare yield information to determine the foods that best meet your program needs.

Create a favorites list of food items!

Email and print search results, food comparisons, and favorites list.

The Food Buying Guide Mobile App also includes access to narrative content which provides:

- Child Nutrition Program-specific information for meeting meal pattern requirements
- Helpful information related to food purchasing and how to utilize food yield information in the FBG
- Additional resources related to meal pattern requirements and menu planning for CNPs

The FBG Mobile App is currently available on the iOS and Android platforms.
An Essential Resource

FBG
Food Buying Guide

https://foodbuyingguide.fns.usda.gov/Home/Home
Download Food Buying Guide

Food Buying Guide Introduction (last updated on 7/05/2019)
Section 1: Meats/Meat Alternates (last updated on 5/23/2018) and Yield Table (last updated on 6/13/2019)
Section 2: Vegetables (last updated on 7/17/2018) and Yield Table (last updated on 5/14/2019)
Section 3: Fruits (last updated on 5/23/2018) and Yield Table (last updated on 5/14/2019)
Section 4: Grains (last updated on 5/23/2018) and Yield Table (last updated on 6/13/2019)
Section 5: Milk (last updated on 5/23/2018) and Yield Table (last updated on 7/12/2016)
Section 6: Other Foods (last updated on 7/05/2019) and Yield Table (last updated on 5/10/2019)
Appendix A: Recipe Analysis Workbook (last updated on 3/28/2019)
Appendix C: The USDA Child Nutrition (CN) Labeling Program (last updated on 3/28/2019) and Food Items for Further Processing Yield Table (last updated on 8/1/2019)
Appendix D: The Food Purchasing Process (last updated on 3/28/2019)
Appendix E: Grains/Breads Component. The Summer Food Service Program (SFSP) and National School Lunch Program (NSLP) Afterschool Snack Service (last updated on 3/28/2019)
Appendix F: Resources (last updated on 8/15/2019)
Meats/Meat Alternates

- Meats and Meat Alternates Component for the Child Nutrition Programs
- Optional Best Practices for All Child Nutrition Programs
- Definitions
- Yields
- Explanation of the Columns

Search Meats/Meat Alternates Food Items  View Yield Table PDF  Export Yield Table
Vegetables

- Vegetable Component for the Child Nutrition Programs
- Crediting of Vegetables
- Crediting of Vegetable Concentrates (Tomato Paste and Tomato Puree)
- Factors Affecting Yields
- Definitions
- Products that Do Not Meet Requirements
- Information Included in this Section
- Explanation of the Columns
Fruits

- Fruits Component for the Child Nutrition Programs
- Crediting of Fruits
- Crediting of Fruit Juice Concentrates, How to Use Information on Concentrates
- Factors Affecting Yields
- Definitions
- Products That Do Not Meet Requirements
- Information Included In This Section
- Explanation of the Columns
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
Milk

- Fluid Milk Component for the Child Nutrition Programs
- School Breakfast Program and National School Lunch Program
- Summer Food Service Program
- Child and Adult Care Food Program
- Medical/Non-Dairy
Other Foods

Description of Other Foods that DO NOT Meet the Meal Pattern Requirements
**Column 1:**

- Tells you the name of the food item and the form(s) in which it is purchased.

- Foods are arranged in alphabetical order.

---

### Section 3 - Fruits

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples, fresh</td>
<td>Pound</td>
<td>14.80</td>
<td>1/4 cup raw, unpeeled fruit (about 1/4 apple)</td>
<td>6.80</td>
<td>1 lb AP = 0.91 lb (3-2/3 cups) ready-to-serve or -cook raw, cored, unpeeled apples</td>
</tr>
<tr>
<td></td>
<td>Pound</td>
<td>3.00</td>
<td>1 baked apple (about 1/2 cup cooked fruit)</td>
<td>33.40</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pound</td>
<td>11.40</td>
<td>1/4 cup raw, cored, peeled fruit</td>
<td>8.80</td>
<td>1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples</td>
</tr>
<tr>
<td></td>
<td>Pound</td>
<td>6.80</td>
<td>1/4 cup cored, peeled, cooked, unsweetened fruit</td>
<td>14.80</td>
<td>1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples; 1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples</td>
</tr>
</tbody>
</table>
Use care in selecting the food you are using. Look for details on how the product is packed.

<table>
<thead>
<tr>
<th>Broccoli, fresh - BROCCOLI</th>
<th>Pound</th>
<th>1/4 cup raw vegetable spears</th>
<th>10.30</th>
<th>1 lb AP = 0.81 lb ready-to-cook broccoli</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, fresh Untrimmed</td>
<td>Pound</td>
<td>1/4 cup cooked, drained vegetable spears</td>
<td>10.70</td>
<td>1 lb AP = 0.81 lb ready-to-cook broccoli; 1 medium spear = about 1/4 cup broccoli</td>
</tr>
<tr>
<td>Broccoli, fresh Florets</td>
<td>Pound</td>
<td>1/4 cup cut, cooked, drained vegetable</td>
<td>9.90</td>
<td>1 lb AP = 0.81 lb ready-to-cook broccoli</td>
</tr>
<tr>
<td>Broccoli, fresh Florets, Trimmed, Ready-to-use</td>
<td>Pound</td>
<td>1/4 cup trimmed cooked vegetable</td>
<td>8.70</td>
<td>1 lb AP = 0.63 lb (about 2-7/8 cups) trimmed cooked, broccoli florets</td>
</tr>
<tr>
<td>Broccoli, fresh Florets, Trimmed, Ready-to-use</td>
<td>Pound</td>
<td>1/4 cup cut raw vegetable</td>
<td>3.50</td>
<td>1 lb AP = 1.00 lb (about 7-1/8 cups) ready-to-cook broccoli</td>
</tr>
<tr>
<td>Broccoli, fresh Spears, Trimmed, Ready-to-use</td>
<td>Pound</td>
<td>1/4 cup raw vegetable spears</td>
<td>5.90</td>
<td>1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli</td>
</tr>
<tr>
<td>Broccoli, fresh Spears, Trimmed, Ready-to-use</td>
<td>Pound</td>
<td>1/4 cup cooked, drained vegetable spears</td>
<td>7.70</td>
<td>1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccoli; 1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli</td>
</tr>
<tr>
<td>Broccoli, fresh Slaw, Ready-to-use</td>
<td>Pound</td>
<td>1/4 cup raw vegetable</td>
<td>4.80</td>
<td>1 lb AP = 1.00 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw</td>
</tr>
</tbody>
</table>
Column 2:

- Tells you the basic unit of purchase for the food.

- Most food items in the Food Buying Guide, “Pound” is the purchase unit.

- Other examples of common purchase units include but are not limited to gal, No. 10 can, No. 2 can, and No. 300 can.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Black-eyed (or Peas), dry - BEANS, BLACK-EYED (or PEAS)</td>
<td>Pound</td>
<td>28.30</td>
<td>1/4 cup cooked vegetable</td>
<td>3.60</td>
<td>1 lb dry = about 2-3/4 cups dry beans</td>
</tr>
<tr>
<td>Beans, Black-eyed (or Peas), dry Whole, Includes USDA Foods</td>
<td>No. 10 Can (108 oz)</td>
<td>37.70</td>
<td>1/4 cup heated, drained vegetable</td>
<td>2.70</td>
<td>1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans</td>
</tr>
<tr>
<td></td>
<td>No. 10 Can (108 oz)</td>
<td>46.00</td>
<td>1/4 cup drained, unheated vegetable</td>
<td>2.20</td>
<td>1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans</td>
</tr>
<tr>
<td></td>
<td>No. 300 Can (15 oz)</td>
<td>4.91</td>
<td>1/4 cup heated, drained vegetable</td>
<td>20.40</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pound</td>
<td>9.37</td>
<td>1/4 cup drained, unheated vegetable</td>
<td>10.70</td>
<td></td>
</tr>
</tbody>
</table>
**Column 3:**

- Shows the number of servings of a given size from each purchase unit, Edible Portion (EP).

### Section 2 - Vegetables

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Green, canned Whole, Includes USDA Foods</td>
<td>No. 10 Can (101 oz)</td>
<td>39.50</td>
<td>1/4 cup heated, drained vegetable</td>
<td>2.60</td>
<td>1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans</td>
</tr>
<tr>
<td></td>
<td>No. 10 Can (101 oz)</td>
<td>52.20</td>
<td>1/4 cup drained vegetable</td>
<td>2.00</td>
<td>1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans</td>
</tr>
<tr>
<td></td>
<td>No. 2-1/2 Can (28 oz)</td>
<td>14.40</td>
<td>1/4 cup heated, drained vegetable</td>
<td>7.00</td>
<td>1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans</td>
</tr>
<tr>
<td></td>
<td>No. 300 Can (14-1/2 oz)</td>
<td>4.58</td>
<td>1/4 cup heated, drained vegetable</td>
<td>21.90</td>
<td>1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans; 1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans</td>
</tr>
<tr>
<td></td>
<td>No. 300 Can (14-1/2 oz)</td>
<td>6.95</td>
<td>1/4 cup drained vegetable</td>
<td>14.40</td>
<td>1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans</td>
</tr>
<tr>
<td></td>
<td>Pound</td>
<td>8.20</td>
<td>1/4 cup drained vegetable</td>
<td>12.20</td>
<td></td>
</tr>
</tbody>
</table>
**Column 4:**

- Describes a serving by weight, measure, or number of pieces or slices.
- Quantities given in columns 3 and 5 change when the serving size in Column 4 is adjusted.

### Section 3 - Fruits

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BLUEBERRIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries, fresh</td>
<td>Pint (14-1/4 oz)</td>
<td>10.70</td>
<td>1/4 cup raw fruit</td>
<td>9.40</td>
<td>1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries</td>
</tr>
<tr>
<td>Whole, Includes USDA Foods</td>
<td>Pound</td>
<td>11.90</td>
<td>1/4 cup raw fruit</td>
<td>8.50</td>
<td>1 lb AP = 0.96 lb ready-to-serve raw blueberries</td>
</tr>
<tr>
<td>Blueberries, canned</td>
<td>No. 10 Can</td>
<td>47.60</td>
<td>1/4 cup fruit and liquid</td>
<td>2.20</td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>(105 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No. 10 Can</td>
<td>37.00</td>
<td>1/4 cup drained fruit</td>
<td>2.71</td>
<td>1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries</td>
</tr>
<tr>
<td></td>
<td>(105 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No. 300 Can</td>
<td>6.80</td>
<td>1/4 cup fruit and liquid</td>
<td>14.80</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(15 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No. 300 Can</td>
<td>5.50</td>
<td>1/4 cup drained fruit</td>
<td>18.20</td>
<td>1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries</td>
</tr>
<tr>
<td></td>
<td>(15 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pound</td>
<td>7.20</td>
<td>1/4 cup fruit and liquid</td>
<td>13.90</td>
<td></td>
</tr>
</tbody>
</table>
## Column 5: Purchase Units for 100 Servings

### Peas, Field, canned - PEAS, FIELD

- **No. 10 Can (111 oz)**
  - Purchase Unit: 37.60
  - Servings per Purchase Unit, EP: 1/4 cup heated, drained vegetable
  - Serving Size: 2.70
  - Additional Information: 1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps; 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps

- **No. 10 Can (111 oz)**
  - Purchase Unit: 46.30
  - Servings per Purchase Unit, EP: 1/4 cup drained vegetable
  - Serving Size: 2.20
  - Additional Information: 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps

- **No. 300 Can (15 oz)**
  - Purchase Unit: 5.12
  - Servings per Purchase Unit, EP: 1/4 cup heated, drained vegetable
  - Serving Size: 19.60
  - Additional Information: 1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps; 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps

- **No. 300 Can (15 oz)**
  - Purchase Unit: 5.59
  - Servings per Purchase Unit, EP: 1/4 cup drained vegetable
  - Serving Size: 17.90
  - Additional Information: 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
Column 6:

- Provides other information to help you calculate the amount of food needed to purchase and/or prepare.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas, Field, canned - PEAS, FIELD</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas, Field, canned With snaps</td>
<td>No. 10 Can (111 oz)</td>
<td>37.60</td>
<td>1/4 cup heated, drained vegetable</td>
<td>2.70</td>
<td>1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps; 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps</td>
</tr>
<tr>
<td></td>
<td>No. 10 Can (111 oz)</td>
<td>46.30</td>
<td>1/4 cup drained vegetable</td>
<td>2.20</td>
<td>1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps</td>
</tr>
<tr>
<td></td>
<td>No. 300 Can (15 oz)</td>
<td>5.12</td>
<td>1/4 cup heated, drained vegetable</td>
<td>19.60</td>
<td>1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps; 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps</td>
</tr>
<tr>
<td></td>
<td>No. 300 Can (15 oz)</td>
<td>5.59</td>
<td>1/4 cup drained vegetable</td>
<td>17.90</td>
<td>1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps</td>
</tr>
</tbody>
</table>
To calculate how much of any food to purchase you should begin by asking yourself the following questions:

- How many servings will you need?
- Will different serving sizes be used for various age/grade groups?
- What is your planned serving size for this food?
- What serving size is listed in *Serving Size per Meal Contribution*?
  - Is the listed serving size the same as your planned serving size?
- In what form will you purchase this food?
- How many purchase units of the food will you need to buy?
Factors That Affect Yield

- Quality and condition of the food As Purchased (AP)
- Storage conditions and handling
- Equipment used in preparation
- Cooking method and time cooked
- Serving utensils used & portion control
- Form in which the food is served (example, raw spinach or cooked spinach)
### FBG Calculator - Create Shopping List

**Instructions**

Asterisks (*) denote required information.

#### Shopping List Name

- **Shopping List Name**: 
- **Date**: 

#### Meats/Meat Alternates

- **Item keywords**: 

#### Vegetables

- **Number of Purchase Units on Hand**: 
- **Number of Servings**: 
- **Exact Quantity**: 
- **Buy Purchase Units**: 

#### Food Item Description

- **Purchase Unit**: 

#### Action

- **Save**
- **Back to List**

---

You must save the Shopping List prior to printing it. Use the "Back to List" button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.
### FBG Calculator - Create Shopping List

**Instructions**

Astrosks (*) denote required information.

**Shopping List Name**

**Date**

**Item keywords:** Broccoli

<table>
<thead>
<tr>
<th>Action</th>
<th>Food As Purchased, AP</th>
<th>Purchase Unit</th>
<th>Servings per Unit</th>
<th>Serving Size per Meal Contribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add</td>
<td>Broccoli, fresh, Untrimmed</td>
<td>Pound</td>
<td>9.8</td>
<td>1/4 cup raw vegetable spears</td>
</tr>
<tr>
<td>Add</td>
<td>Broccoli, fresh, Untrimmed</td>
<td>Pound</td>
<td>9.4</td>
<td>1/4 cup cooked, drained vegetable spears</td>
</tr>
<tr>
<td>Add</td>
<td>Broccoli, fresh, Untrimmed</td>
<td>Pound</td>
<td>10.2</td>
<td>1/4 cup cut, cooked, drained vegetable</td>
</tr>
</tbody>
</table>

**Food Item Description**

**Purchase Unit**

**Number of Purchase Units on Hand**

**Number of Servings**

**Exact Quantity**

**Buy Purchase Units**

**Action**

You must save the Shopping List prior to printing it. Use the "Back to List" button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.
### FBG Calculator - Create Shopping List

**Instructions**

Asterisks (*) denote required information.

**Shopping List Name**

**Date**

**Meats/Meat Alternates**  **Vegetables**  **Fruit**  **Grains**  **Milk**  **Other Foods**  **Shopping List**

**Item keywords:**  

<table>
<thead>
<tr>
<th>Add</th>
<th>Broccoli, fresh, Untrimmed</th>
<th>Purchase Unit</th>
<th>Number of Purchase Units on Hand</th>
<th>Number of Servings</th>
<th>Exact Quantity</th>
<th>Buy Purchase Units</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Broccoli, fresh, Florets</td>
<td>Pound</td>
<td>10.2</td>
<td>1/4 cup cut, cooked, drained vegetable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Broccoli, fresh, Florets, Trimmed, Ready-to-use</td>
<td>Pound</td>
<td>11.5</td>
<td>1/4 cup trimmed, cooked vegetable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Broccoli, fresh, Spares, Trimmed, Ready-to-use</td>
<td>Pound</td>
<td>20.8</td>
<td>1/4 cup cut, raw vegetable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Broccoli, fresh, Spares, Trimmed, Ready-to-use</td>
<td>Pound</td>
<td>17.1</td>
<td>1/4 cup raw vegetable, spare</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Food Item Description**  

<table>
<thead>
<tr>
<th>X</th>
<th>Broccoli, fresh, Florets, Trimmed, Ready-to-use, cut raw vegetable</th>
<th>Purchase Unit</th>
<th>Number of Purchase Units on Hand</th>
<th>Number of Servings</th>
<th>Exact Quantity</th>
<th>Buy Purchase Units</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>Broccoli, fresh, Florets, Trimmed, Ready-to-use, cut raw vegetable</td>
<td>Pound</td>
<td>0.00</td>
<td>0</td>
<td>0.0000</td>
<td>0.00</td>
<td>Add Serving Size</td>
</tr>
</tbody>
</table>
### FBG Calculator - Create Shopping List

**Instructions**

* Asterisks (*) denote required information.

**Shopping List Name**: 

**Date**: 

#### Shopping List

**Meats/Meat Alternates** | **Vegetables** | **Fruit** | **Grains** | **Milk** | **Other Foods** | **Shopping List**
---|---|---|---|---|---|---

**Item keywords**: broccoli

<table>
<thead>
<tr>
<th>Add</th>
<th>Item</th>
<th>Purchase Unit</th>
<th>Number of Purchase Units on Hand</th>
<th>Number of Servings</th>
<th>Exact Quantity</th>
<th>Buy Purchase Units</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add</td>
<td>Broccoli, fresh, Untrimmed</td>
<td>Pound</td>
<td>2.0</td>
<td>300</td>
<td>26.8334</td>
<td>19.00</td>
<td>Add Serving Size</td>
</tr>
</tbody>
</table>

**Number of Servings**

<table>
<thead>
<tr>
<th>#</th>
<th>Serving Size</th>
<th>Number of Servings</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/2 cup</td>
<td>300</td>
<td>Remove Serving Size</td>
</tr>
</tbody>
</table>
Create Recipe Analysis Workbook (RAW)

Instructions

* Asterisks (*) denote required information.

<table>
<thead>
<tr>
<th>Recipe Name*</th>
<th>Servings per Recipe*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recipe Number*</th>
<th>Serving Size*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Select Creditable Ingredient


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).

Search Food Ingredients

Keywords:

Meal Component:

- All Meal Components

Category:

- All Categories

Search  Reset

Search Results

<table>
<thead>
<tr>
<th>Meal Component</th>
<th>Category / Subcategory</th>
<th>Food As Purchased, AP</th>
<th>Purchase Unit</th>
<th>Servings per Purchase Unit, EP</th>
<th>Serving Size per Meal Contribution</th>
<th>Add to RAW</th>
</tr>
</thead>
</table>
Determining Meal Pattern Contribution

Five .68 oz. fully cooked, breaded chicken breast pattie nuggets with rib meat provide 1.50 oz. equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06/05).
APPENDIX C
The USDA Child Nutrition (CN) Labeling Program

- Common Questions
- Helpful Resources
- Food Items for Further Processing

A: Recipe Analysis Workbook
B: Using “Additional Information” Column of the Food Buying Guide Yield Tables
C: The USDA Child Nutrition (CN) Labeling Program
D: The Food Purchasing Process
E: Grains/Breads Component for the Summer Food Service Program (SFSP) and NSLP Afterschool Snack Service
F: Resources

Last updated on 02/28/2020
How Does the Program Work?

1. Foods must be produced in a federally inspected establishment.
2. Food processing firms must have an approved Quality Control (QC) Program.
3. Food processing firms must allow Federal personnel to perform verification services.
4. Food processing firms must sign a service agreement with the AMS, CN Labeling Office.
5. AMS or NMFS will conduct an evaluation of a product’s formulation to determine its contribution towards meal pattern requirements. Once approved, the manufacturer may state the contribution on the product’s label.
To Carry CN Labels, Eligible Products Must:

1. Be produced under Federal inspection.

2. Have the contribution toward meal pattern requirements determined using yields in the USDA Food Buying Guide for Child Nutrition Programs.

3. Have the product formulation.
What are the Advantages of Using CN labeled Products?

- Clearly identifies the contribution of a product toward the meal pattern requirements.
- Provided a warranty against audit claims if the CN labeled product is used according to the manufacturer’s directions.
- Simplifies cost comparison of similar products.
The CN Label Tells Us What We Cannot Determine for Ourselves

Ready-to-Eat, Frozen-Prepared, and Refrigerated-Prepared Pizzas all need documentation for crediting.

Ingredients cannot be separated to weight and measure.
An Authentic CN Label Contains

Logo With Distinct Border

6-Digit Product Identification Number

This 5.00 oz pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz equivalent meat/meat alternate, 1/8-cup serving of vegetable, and 1-1/2 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 XX-XX**)

Month and Year of Approval

Statement Specifying CN Label Was Authorized by FNS

Meal Pattern Contribution Statement
CN Label Examples

Each 4.48 oz. Pizza with Fat Reduced Pepperoni provides 2.00 oz. equivalent meat/meat alternate, 2.00 oz. equivalent grains, and 1/8 cup red/orange vegetable for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-15).
### Nutrition Facts

**Serving Size:** 1 biscuit (1 g)

| Serving Per Container: 210 |

#### Calories
- **Amount Per Serving**
  - Calories from Fat
  - Total Fat 5g
  - Trans Fat 0g
  - Cholesterol 0mg
  - Sodium 250mg
  - Total Carbohydrate 15g
  - Dietary Fiber 1g
  - Sugars 1g
  - Protein 3g
- **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

| Values may be higher or lower depending on your calorie needs. |

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less Than 45g</td>
<td>Less Than 60g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less Than 5g</td>
<td>Less Than 6g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Less Than 2g</td>
<td>Less Than 2.5g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less Than 300mg</td>
<td>Less Than 375mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less Than 2,400mg</td>
<td>Less Than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
<tr>
<td>Sugars</td>
<td>35g</td>
<td>35g</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
<td>7g</td>
</tr>
</tbody>
</table>

**CHRILD NUTRITION PROGRAM:** 1 BISCUIT = 1 OZ EQ GRAIN

**Questions? Call 1-800-767-5484**

**GENERAL MILLS • P.O. Box 200 • FS • MINNEAPOLIS, MINNESOTA 55440**

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling
Questions and Answers

Are manufacturers required to CN label products? [NO]

Are schools required to buy CN labeled products? [NO]

Are CN labeled products more nutritious? [NO]

Are CN labeled products higher quality? [NO]
Standardized Recipes
A standardized recipe is one that has been tested to provide an established yield and quantity using ingredients that remain constant in both measurements and preparation methods.
Importance of Standardized Recipes

**Cost:**
Recipes are developed with specific ingredients; when used incorrectly, cost can increase.

**Nutrients Per Serving:**
When a recipe is not followed, it alters the nutrient content.

**Customer Satisfaction:**
Customers know what to expect each time a product is served.
Components of a Standardized Recipe

- **Recipe Title**: Name that adequately describes the recipes.

- **Recipe Category**: Recipe classification based on USDA or operation-defined categories, i.e., main dishes, grains/breads, how it would be credit to meet the new meal pattern.

- **Ingredients**: Products used in recipe.

- **Weight/Volume of each ingredient**: The quantity of each ingredient listed in weight and/or volume.

- **Preparation Instructions**: Directions for preparing the recipe.
Components of a Standardized Recipe

• **Cooking Temperatures & Time**: The cooking temperature and time, if appropriate.

• **Serving Size**: The amount of a single portion in volume and/or weight.

• **Recipe Yield**: The amount (weight or volume and number of servings) of product at the completion of production that is available for service.

• **Equipment & Utensils**: The cooking and serving equipment to be used in preparing and serving the recipe.

• **HACCP**: CCP information

• **Nutrient Analysis**: Nutrients per serving.
Benefits of Standardized Recipes

• Consistent Food Quality
• Predictable Yield
• Customer Satisfaction
• Consistent Nutrient Content
• Food Cost Control
• Efficient Purchasing Procedures
• Inventory Control
• Labor Cost Control
• Confident Employees
• Reduced Record Keeping

Standardized recipes help ensure that the best possible food items are produced every time.
Consistent Food Quality

- Ensures that menu items will be consistent in quality each time they are prepared and served.
- Students and staff expect to be served a delicious, well-prepared meal each time they eat in the cafeteria.

It should not matter who is cooking.

Benefits of Standardized Recipes
Predictable Yield

• Produces the planned number of servings.

• Knowing how much of an item the recipe will produce helps prevent food waste and shortages on the serving line.

• Inconsistency in portion sizes causes customer dissatisfaction.
Well developed recipes are an important factor in maintaining and increasing student participation levels.

Providing consistency in recipe can result in increased customer satisfaction.
Consistent Nutrient Content

Ensures that nutritional values per serving are valid and consistent.
When the same ingredients and quantities of ingredients per serving are used each time the recipe is prepared, the Food Cost or Plate Cost will be consistent.
The quantity of food needed for production is easily calculated from the information on each Standardized Recipe.
Labor Cost Control

• Provides procedures that make efficient use of labor time
• Reduces training costs
Workers can feel more confident and satisfied because eliminating guesswork decreases the likelihood of mistakes and poor food quality.

No one likes to feel incapable.
• Standardized Recipes include the ingredients and amounts of food used for a menu item. This will reduce the amount of information required on a daily food production record.

• The food production record will only need to reference the recipe, number of planned servings, and leftover amounts.
Avoid Using Unclear Recipes

# Spaghetti and Meat Sauce

**Meat-Vegetable-Bread Alternate**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 400 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
<td>For 400 Servings</td>
</tr>
<tr>
<td>Raw ground beef . . . . . .</td>
<td>8 lb 10 oz.</td>
<td>17 lb 4 oz.</td>
<td>42 lb 8 oz.</td>
<td>1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.</td>
</tr>
<tr>
<td>(no more than 24% fat)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dehydrated onions . . . . .</td>
<td>6 oz</td>
<td>12 oz</td>
<td>32 oz</td>
<td>2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour.</td>
</tr>
<tr>
<td>OR Fresh onions, chopped</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>Garlic powder</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>Black pepper . . . . . . .</td>
<td>4 lb 4 oz.</td>
<td>8 lb 8 oz.</td>
<td>20 lb 16 oz.</td>
<td>3. Heat water to rolling boil. Add salt.</td>
</tr>
<tr>
<td>Canned tomatoes, with</td>
<td>1 lb 12 oz.</td>
<td>3 lb 8 oz.</td>
<td>8 lb 16 oz.</td>
<td>4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK! Drain well.</td>
</tr>
<tr>
<td>liquid, chopped</td>
<td>1 1/2 tsp</td>
<td>1 1/2 tsp</td>
<td>3 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Tomato paste</td>
<td>1 1/2 tsp</td>
<td>3 1/2 tsp</td>
<td>6 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>1 1/2 tsp</td>
<td>2 1/2 tsp</td>
<td>5 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Seasonings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plated salt</td>
<td>3 Tbsp 2 tsp</td>
<td>6 Tbsp 2 tsp</td>
<td>15 Tbsp 2 tsp</td>
<td>5. Stir into meat sauce.</td>
</tr>
<tr>
<td>Plated oregano</td>
<td>3 Tbsp 2 tsp</td>
<td>6 Tbsp 2 tsp</td>
<td>15 Tbsp 2 tsp</td>
<td></td>
</tr>
<tr>
<td>Plaked marjoram</td>
<td>2 Tbsp 2 tsp</td>
<td>4 Tbsp 2 tsp</td>
<td>8 Tbsp 2 tsp</td>
<td>6. Pour into serving pans.</td>
</tr>
<tr>
<td>Plaked thyme</td>
<td>1 1/2 tsp</td>
<td>2 1/2 tsp</td>
<td>4 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>3 gal</td>
<td>6 gal</td>
<td>15 gal</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
<td>4 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Spaghetti, broken into thirds</td>
<td>3 lb 1 oz.</td>
<td>6 lb 2 oz.</td>
<td>15 lb 2 oz.</td>
<td>7. Portion 1/4 cup per serving.</td>
</tr>
</tbody>
</table>

**SERVING**: 4 1/4 cup provides 2 ounces of cooked lean meat, 3/8 cup of vegetables, and 1 serving of bread alternate.

**YIELD**: 50 servings: about 2 1/4 gallons 100 servings: about 5 gallons

*See marketing guide on back.

Italian Seasoning Mix (see G-1 Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1 cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1 1/4 cups Italian Seasoning Mix.
Whipped Sweet Potatoes

Brighten your plate with the perfect side dish. This quick and easy-to-prepare sweet potato recipe will become a menu favorite.

CACFP CREDITING INFORMATION
1/4 cup (No. 16 scoop) provides 1/4 cup vegetable.

SOURCE
Team Nutrition CACFP Multicultural Recipe Project.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>*Sweet potatoes, fresh, peeled, cut into quarters</td>
<td>3 lb 10 1/2 oz</td>
<td>3 qt 1 cup</td>
<td>7 lb 4 1/2 oz</td>
</tr>
<tr>
<td>Milk, low-fat (1%)</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>1. Place the potatoes in a commercial mixer with wire whip attachment; mix on low speed. Slowly add milk, margarine, salt, and pepper until potatoes are smooth and free of lumps. Stir in hot, well drained potatoes, milk, margarine, salt, and pepper to a bowl. Use an electric mixer, mix on medium speed until potatoes are smooth and fluffy.</td>
</tr>
<tr>
<td>Margarine, trans-fat free</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Salt, table</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>2. Serve 1/4 cup (No. 16 scoop). Critical Control Point: Hold for hot service 149°F or higher.</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td></td>
</tr>
</tbody>
</table>
## WHIPPED SWEET POTATOES

### NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>For ¼ cup (No. 16 scoop)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>131 mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>15 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Total Sugars</td>
<td>5 g</td>
<td></td>
</tr>
<tr>
<td>Added Sugars included</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>26 mg</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>

N/A = data not available.

### MARKETING GUIDE

<table>
<thead>
<tr>
<th>Food as Purchased for</th>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet potato</td>
<td>3 lb 11 oz</td>
<td>7 lb 5 oz</td>
</tr>
</tbody>
</table>

### YIELD/VOLUME

<table>
<thead>
<tr>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lb 4 oz</td>
<td>6 lb 8 oz</td>
</tr>
<tr>
<td>3 qt ½ cup</td>
<td>1 gal 2 qt 1 cup</td>
</tr>
</tbody>
</table>
Resources for Recipes

- Institute of Child Nutrition: www.theicn.org
- Team Nutrition: www.fns.usda.gov/tn/team-nutrition
- American Egg Board: www.AEB.org/SchoolRecipes
- Dayle Hayes, MS, RD: https://schoolmealsthatrock.org/
- Other Districts
Menu Planning: Chapters

• Child Nutrition and School Meals
• Food-Based Menu Planning
• Menu Development
• Meal Preparation Documentation
• Procurement and Inventory Management
• Meal Modifications and Dietary Restrictions
• Marketing School Meals for Success
USDA Non-Discrimination Statement

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: [USDA Program Discrimination Complaint Form](#) from any USDA office, by calling (866) 632-9992, 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; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

*This language was added pursuant to the May 5, 2022, USDA memorandum. However, the inclusion and applicability of this language is currently under challenge in the matter of The State of Tennessee, et al. v. USDA, et al., Case No. 3:22-cv-00257, and may be subject to change.
Ask Us