

Component Crediting

South Dakota Department of Education
Child & Adult Nutrition Services



<http://doe.sd.gov/cans/memos.aspx>

80

Standardized Recipes
 Standardized Recipe Form
 Standardized Spaghetti
 Recipe Analysis Spaghetti
 Recipe Analysis Worksheet

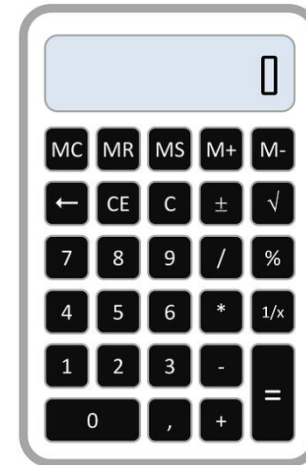


RECIPE ANALYSIS PRACTICE WORKSHEET

Recipe Name: _____ Portions per Recipe: _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
F/V						
G/B						
Totals					(1/4 c)	
Portions per recipe						

(page numbers refer to 2001 Food Buying Guide)
 NOTES:
 - On the conversion chart on page...



Starting Out

Practice recipe only – not standardized

CHILI w/BEANS – 50 1 cup servings

- 7 lb raw ground beef
- 1/2 lb fresh onions, chopped
- 1 Tbsp ground black pepper
- 3 T chili powder
- 1/2 #10 canned diced tomatoes w/ juice
- 2 quarts water
- 1/4 #10 can tomato paste
- 1/2 #10 canned pinto beans, drained

Brown ground beef. Drain. Add onions, chili powder, paprika, onion powder and cook for 5 minutes.

Stir in tomatoes, water, and tomato paste; mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly stirring occasionally until thickened, about 40 minutes.

Stir in beans. Cover & simmer. Stir occasionally.

CCP: Heat to 155° or higher for 15 seconds. Pour into serving pans.
 CCP: Hold for hot service at 140° or higher. Portion with 4 oz and 8 oz ladle.

Yield: about 3 gallons

- K-3 1/2 cup svg - 40 1/2 cups
- 4-12 1 cup svg - 30 cups

What is the component contribution of meat/meat alternate for 1 cup and 1/2 cup servings?

RECIPE ANALYSIS PRACTICE WORKSHEET

Recipe Name: _____

Portions per Recipe: _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
F/V						
G/B						
Totals					(1/4 c)	
Portions per recipe						

(page numbers refer to 2001 *Food Buying Guide*)

NOTES:

• Oz to lb conversion chart on page

Quantity and Purchase Unit

Practice recipe only – not standardized

CHILI w/BEANS – 50 1 cup servings

- 7 lb raw ground beef
- 1/2 lb fresh onions, chopped
- 1 Tbsp ground black pepper
- 3 T chili powder
- 1/2 #10 canned diced tomatoes w/ juice
- 2 quarts water
- 1/4 #10 can tomato paste
- 1/2 #10 canned pinto beans, drained

COMPONENT CONTRIBUTION WORKSHEET

Recipe Name: Chili with Beans

Portions per Recipe: 50 cups

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit Food Buying Guide (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Ground beef	7	Lb				
Pinto beans	1/2	#10 can				
F/V						
Diced tomatoes	1/2	#10				
Tomato paste	1/4	#10				
Fresh onion	1/2	lb				
G/B						

Arithmetic – Ground Beef

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) 2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Ground beef	7	Lb	11.8	82.6		
Pinto beans	1/2	#10 can	37.2	18.6		

Section 1-Meat/Meat Alternates					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Beef, Ground, fresh or frozen ^{7,8} <i>no more than 20% fat</i> <i>Includes USDA Foods</i> <i>(Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	

Arithmetic – Pinto Beans

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Ground beef Pinto beans	7 ½	Lb #10 can	11.8 37.2	82.6 18.6		

Section 1-Meat/Meat Alternates					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEANS, PINTO					
Beans, Pinto, dry, canned <i>Whole Includes USDA</i>	No. 10 can (108 oz)	37.20	1/4 cup heated, drained beans	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans

Arithmetic - Vegetables

F/V				
Diced tomatoes	½	#10	49.2	24.6
Tomato paste	¼	#10	192	48
Fresh onion	½	lb	7.9	3.95

Tomatoes, canned <i>Diced</i> <i>Includes</i> <i>USDA Food</i>	No. 10 can (102 oz)	49.20	1/4 cup heated vegetable and juice	2.1	1 No. 10 can = about 12-1/4 cups heated, tomato and juice
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Tomato Products, Canned Tomato Paste	No. 10 can (111 oz)	192.00	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste
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Onions, Mature, fresh <i>All sizes</i> <i>Whole</i>	Pound	7.90	1/4 cup cooked vegetable pieces	12.7	1 lb AP = 0.78 lb cooked onion
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Arithmetic – Vegetables, continued

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
F/V						
Diced tomatoes	½	#10	49.2		24.6	
Tomato paste	¼	#10	192		48	
Fresh onion	½	lb	7.9		3.95	

Totals – Top

COMPONENT CONTRIBUTION WORKSHEET ANSWER						
Recipe Name: <u>Chili with Beans</u>			Portions per Recipe: <u>50 cups</u>			
Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
Ground beef	7	Lb	11.8	82.6		
Pinto beans	½	#10 can	37.2	18.6		
F/V						
Diced tomatoes	½	#10	49.2		24.6	
Tomato paste	¼	#10	192		48	
Fresh onion	½	lb	7.9		3.95	
G/B						
				Totals	101.20	76.55(1/4 c)
				Portions per recipe	50	50

(page numbers refer to 2001 Food Buying Guide)

NOTES:

• Oz to lb conversion chart is on page

Totals – Bottom

<p>(page numbers refer to 2001 <i>Food Buying Guide</i>)</p> <p>NOTES:</p> <ul style="list-style-type: none"> • Oz to lb conversion chart is on page I-36 <i>FBG</i>. • Remember to convert ready-to-use products to their "as purchased" amount. • The values for Col. 5, 6, & 7 are found by multiplying the value of Col. 2 by the value in Col. 4. • Remember to divide the total ¼ servings of F/V by 4 to get the cups of that component. • Grains/bread in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data or that same size. • Grains/bread in numbers of servings: use the yield data provided for 1 grains/breads serving. 	Totals	101.20	76.55(1/4 c		
	Portions per recipe	50	50		
	Calculations <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> ¼ cup = 1 oz mma </div>	total divided by number of portions	total divided by number of portions	total divided by 4 (to get units in cups), then divided by number of portions	total divided by number of portions
		$101 \div 50 = 2.02$	$76.55 \div 4 = 19.13 \div 50 = .38$		
This recipe provides ___ portions.	Each Portion Contributes	2 oz meat/meat alternate	3/8 cups(s) fruit/vegetables	servings grains/breads	

Let's try it again!

STANDARDIZED RECIPE FORM

Your School USA

(School Name)

Recipe Title: Tuna & Noodles Recipe Number: M-#8 Source: Modified USDA Recipe D-37
 Serving Size: 1 cup Portion Utensil: 8 oz ladle Contribution per serving: M/MA 2 (oz)
 Total Yield 6.5 gallons (loaves, buns, cups, gallons, etc.) F/V 1/4 (cup)
 G/B 1 (svg)

Ingredients	<u>100</u> Servings		____ Servings		Preparation Instructions
	Weight	Measure	Weight	Measure	
Water		4 gallons			Heat water to rolling boil. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Melt margarine. Cook over medium heat for 5-6 minutes. Add flour & stir until smooth. Add milk, chicken stock, pepper, parsley flakes, & salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes. Add cooked noodles, tuna & frozen peas. Stir gently to combine. Cook over medium heat for 6-8 minutes or until heated through. Pour into 6 half steamtable pans. Hold for 30 minutes on a 180-190° steamtable to allow sufficient mixture to set up properly. Portion with 8 oz ladle (1 cup)
WW enriched noodles	5 lbs				
Margarine	1 lb				
All purpose flour	1 lb				
Reconstituted nonfat dry milk		2 gallons			
Chicken Stock		2 gallons			
Ground black pepper		1 Tbsp			
Dried parsley flakes		1 cup			
Salt		2 tsp			
Tuna, water-packed, chunk light, drained & flaked		4 – 66 ½ oz cans			
Peas, frozen		10.5 lbs			

Special Instructions:

Component Contribution

COMPONENT CONTRIBUTION WORKSHEET							
Recipe Name: <u>Tuna and Noodles</u>			Portions per Recipe: <u>100 1 cup servings</u>				
Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)	
M/MA							
Tuna, water packed, chunk light, drained and flaked	4 – 66 1/2 cans	66 1/2 can	(1 oz <u>svg</u>)	(1 oz <u>svg</u>)			
F/V							
Peas, frozen	10.5 lb	Pound	(1/4 cup <u>svg</u>)		(1/4 cup <u>svg</u>)		
G/B							
Noodles, egg, medium, dry	5 lb	Pound	(1/2 cup <u>svg</u>)			(1/2 cup <u>svg</u>)	
(page numbers refer to 2001 Food Buying Guide)			Totals		(oz)	(1/4 c)	servings
NOTES: • Oz to lb conversion chart is on page			Portions per recipe		100	100	100

Food Buying Guide Info

Seafood, canned Tuna <i>Chunk style</i> <i>Water packed</i>		51.20		2.0	66-1/2 oz can = about 51.2 oz drained tuna
Peas, Green, frozen <i>Includes USDA</i>		9.59		10.5	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked, drained peas
Pasta (Group H) <i>Noodles, Egg</i> <i>Medium, Enriched¹</i> <i>Dry</i>		20.10		5.0	

Doing a little math

COMPONENT CONTRIBUTION WORKSHEET ANSWER

Recipe Name: Tuna and Noodles Portions per Recipe: 100 1 cup servings



Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA Tuna, water packed, chunk light, drained and flaked	4 – 66 1/2 cans	66 1/2 can	51.2 <small>(1 oz <i>svq</i>)</small>	205 <small>(1 oz <i>svq</i>)</small>		
F/V Peas, frozen	10.5 lb	Pound	9.59 <small>(1/4 cup <i>svq</i>)</small>		101 <small>(1/4 cup <i>svq</i>)</small>	
G/B Noodles, egg, medium, dry	5 lb	Pound	20.1 <small>(1/2 cup <i>svq</i>)</small>			101 <small>(1/2 cup <i>svq</i>)</small>
(page numbers refer to 2001 <i>Food Buying Guide</i>) NOTES: • Oz to lb conversion chart is on page			Totals	205 (oz)	101 (1/4 c)	101 servings
			Portions per recipe	100	100	100

COMPONENT CONTRIBUTION WORKSHEET ANSWER

Recipe Name: Tuna and Noodles

Portions per Recipe: 100 1 cup servings



Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)	
M/MA Tuna, water packed, chunk light, drained and flaked	4 – 66 1/2 cans	66 1/2 can	$\frac{51.2}{(1 \text{ oz syg})}$	$\frac{205}{(1 \text{ oz syg})}$			
F/V Peas, frozen	10.5 lb	Pound	$\frac{9.59}{(1/4 \text{ cup syg})}$		$\frac{101}{(1/4 \text{ cup syg})}$		
G/B Noodles, egg, medium, dry	5 lb	Pound	$\frac{20.1}{(1/2 \text{ cup syg})}$			$\frac{101}{1/2 \text{ cup syg}}$	
(page numbers refer to 2001 <i>Food Buying Guide</i>) NOTES: • Oz to lb conversion chart is on page			Totals		205 (oz)	101 (1/4 c)	101 servings
			Portions per recipe		100	100	100

Tuna & Noodles Answer

<p>(page numbers refer to 2001 <i>Food Buying Guide</i>)</p> <p>NOTES:</p> <ul style="list-style-type: none"> • Oz to lb conversion chart is on page I-36 <i>FBG</i>. • Remember to convert ready-to-use products to their "as purchased" amount. • The values for Col. 5, 6, & 7 are found by multiplying the value of Col. 2 by the value in Col. 4. • Remember to divide the total ¼ servings of <i>F/V</i> by 4 to get the cups of that component. • Grains/bread in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data or that same size. • Grains/bread in numbers of servings: use the yield data provided for 1 grains/breads serving. 	Totals	205 (oz)	101 (1/4 c)	101 servings
	Portions per recipe	100	100	100
	Calculations	total divided by number of portions	total divided by 4 (to get units in cups), then divided by number of portions	total divided by number of portions
		$205 \div 100 = 2.05 \text{ oz}$	$101 \div 4 = 25.25 \text{ cups} \div 100 = .25 \text{ cups}$	$101 \div 100 = 1 \text{ serving (1/2 cup)}$
This recipe provides 100 portions.	Each Portion Contributes	2 oz meat/meat alternate	1/4 cups(s) fruit/vegetables	1 servings grains/breads

Thank You!

Please feel free to contact the CANS office with any questions!

605-773-3413

DOE.SchoolLunch@state.sd.us

Component Crediting Training

Professional Standards Training Credit

Print, sign & date this certificate for your records.

- This training credits for 30 minutes of training in
Key Area 1 - Menu Planning
1150 - Menu Planning - Menu Analysis
Key Area 2 - Operations
2150 - Operations - CN Labeling, Crediting

Your Name:

Date of Training: