

Main Dish Checklist – Team Nutrition School Meals Recipe Development Grant

This checklist can be used to assess if your recipe for a main dish meets the criteria to be considered for the taste test event. Definitions are provided for the underlined words at the bottom of this page.

Ingredients

The following ingredient criteria must be met for each recipe:

- | | |
|---|---|
| <input type="checkbox"/> Contains a creditable amount of vegetables (at least 1/8 cup) | <input type="checkbox"/> Contains a <u>local vegetable</u> as a <u>main ingredient</u> |
| <input type="checkbox"/> Vegetable(s) included in the recipe falls within a National School Lunch Program <u>vegetable subgroup</u> | <input type="checkbox"/> Contains a creditable amount of <u>meat/meat alternate</u> (at least 1/4 ounce equivalent) |
| <input type="checkbox"/> Does not contain an <u>unallowable ingredient</u> | <input type="checkbox"/> Recipe is not considered a <u>dessert</u> item |
| <input type="checkbox"/> Grain ingredients included are <u>whole grain-rich</u> (if applicable) | |

Nutrients

The following nutrient criteria must be met for each recipe:

- | | |
|---|--|
| <input type="checkbox"/> Contains ≤ 450 milligrams (mg) of sodium per serving | <input type="checkbox"/> Less than 10% of calories come from saturated fat |
| <input type="checkbox"/> Contains 0 grams (g) of trans fat | |

Optional

The following recipe criteria is optional, but encouraged:

- | |
|--|
| <input type="checkbox"/> Recipe and local vegetable(s) featured are unique from others already in existence (optional) |
| <input type="checkbox"/> Incorporates cultural or regional food preparation practices and customs (optional) |

Supporting Materials

The following materials must be submitted with each recipe*:

- | | | |
|--|---|--|
| <input type="checkbox"/> Recipe ingredients and directions | <input type="checkbox"/> Nutrient analysis | <input type="checkbox"/> One-day sample menu |
| <input type="checkbox"/> Vegetable description | <input type="checkbox"/> Cultural and/or regional recipe description (optional) | |

*The above list is met when using the [Recipe Development Template](#).

Definitions

Dessert – For the purposes of this grant, desserts include cookies, dessert pies, cobblers, fruit turnovers, doughnuts, sweet rolls, toaster pastries, cereal bars, granola bars, brownies, and cake

Local Vegetable – Produced within the state of Illinois

Main Ingredient – One of the top four ingredients by weight or volume

Meat/Meat Alternate – Food product that is considered a protein that contributes to the National School Lunch Program meat/meat alternate component, such as beef, poultry, fish, tofu, beans/peas, cheese, eggs, and nuts/seeds

Unallowable Ingredients – For the purposes of this grant, unallowable ingredients include:

- Non-nutritive sweeteners – Artificial, low-calorie, and no-calorie sweeteners that offer no nutritional benefits
- Non-domestic fruits and vegetables – Fruits and vegetables produced outside of the U.S.

Vegetable Subgroups – Dark green, Red/orange, Legumes (beans/peas), Starchy, and Other (additional information [here](#))

Whole Grain-Rich – Grain products containing at least 50% whole grains, with any remaining grains being enriched