



POWER UP WITH BREAKFAST!

CONNECTING USDA FOODS TO
USDA STANDARDIZED
BREAKFAST RECIPES





Agenda

Standardized Recipes (General)

USDA Foods (General)

USDA Foods in USDA Standardized Breakfast Recipes

Resources



STANDARDIZED RECIPES





Standardized Recipes

General Definition

- A recipe with specific ingredients, quantities, and instructions to ensure a consistent product each time the recipe is used





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

Increased
Employee
Confidence

Successful
Completion of
the AR



Standardized Recipes

USDA Definition

- “A standardized recipe is one that has been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type equipment and the same quantity and quality of ingredients.”





USDA Recipe Standardization Process

1

Recipe Verification Phase

Identifying the recipe, sourcing ingredients, writing and reviewing the recipe in detail, preparing it in a small-batch quantity, verifying its yield, and recording changes

2

Product Evaluation Phase

Determining the acceptability of the product

3

Quantity Adjustment Phase

Used to change the recipe yield, and ingredient amounts to the desired number of servings



USDA Recipe Standardization Process



Recipe Verification Phase

Identifying the recipe, sourcing ingredients, writing and reviewing the recipe in detail, preparing it in a small-batch quantity, verifying its yield, and recording changes

1. **Soliciting recipes from the school community**—taste tests, recipe contests, surveys, advisory groups, etc.
2. **Identifying ingredient sources**—local producers, vendors, USDA Foods
3. **Writing and reviewing the recipe**—
 1. Writing: formatting, including all standardization components (e.g., title, description, ingredients, measure, directions, etc.), RAW, nutrient analysis
 2. Reviewing: feasibility, menu mix, etc.
4. **Small batch testing**—taste, texture, etc., noting any variations made
5. **Recipe yield verification**—considering AP & EP, guidelines for portioning, serving utensils
6. **Verify nutrient analysis and crediting statement**



Title, description,
servings, **crediting**
statement

Nutrition
information, yield,
notes

Ingredients,
measures, weights,
directions

9



USDA Recipe Standardization Process

1

Recipe Verification Phase

Identifying the recipe, sourcing ingredients, writing and reviewing the recipe in detail, preparing it in a small-batch quantity, verifying its yield, and recording changes

2

Product Evaluation Phase

Determining the acceptability of the product






1. **Informal**—taste testing with the recipe development team
 1. Three outcomes: rejected, changed, or accepted
2. **Formal**—taste testing with a sample group(s)
 1. Three outcomes: rejected, changed, or accepted



USDA Recipe Standardization Process

Recipe Name: _____

Please tell us how you feel about the recipe by rating each criterion below. Any other feedback you have can be provided in the space for comments.

	 On point!	 Pretty good!	 Adequate.	 Meh.	 Not for me.
Appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Texture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:



USDA Recipe Standardization Process



Recipe Verification Phase

Identifying the recipe, sourcing ingredients, writing and reviewing the recipe in detail, preparing it in a small-batch quantity, verifying its yield, and recording changes

1. **Factor method**—manually adjusting recipes through mathematical calculations
2. **Other methods**—
 1. Direct reading tables method: using tables developed for recipes that serve 25 (or multiples of 25)
 2. Percentage method: ingredients are calculated to a percentage of the total weight
 3. Computerized recipe adjustments: conversions done by computer software



Quantity Adjustment Phase

Used to change the recipe yield, and ingredient amounts to the desired number of servings



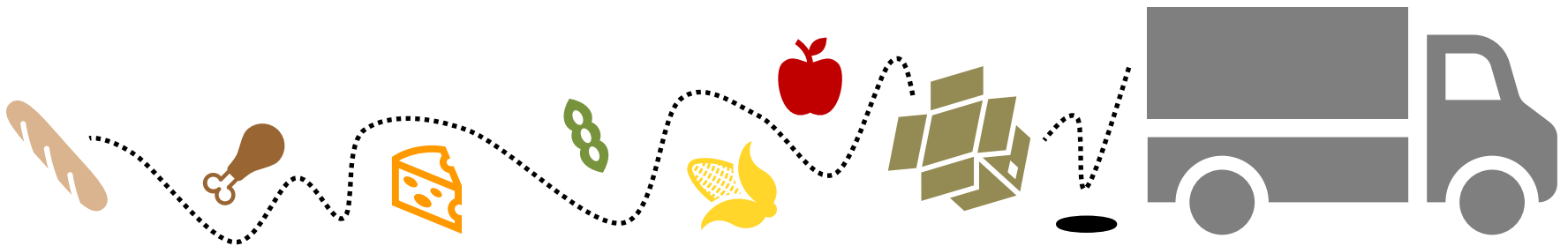
USDA FOODS





USDA Foods Basics

- USDA Foods (commodities) are one of three spending options for Food Distribution Program entitlement funds
- Participants in the National School Lunch Program (NSLP) are eligible to receive USDA Foods
- USDA offers a variety of foods based on market availability, cost, and participant preferences
- Include high quality 100% American-grown and American-produced vegetables, fruits, dairy, whole grains, lean meats, and other protein options





USDA Foods Anticipated Chart

Illinois State Board of Education
Nutrition-Food Distribution Program
USDA Foods Anticipated Chart

NOTE: Sometimes trucks come in late or get cancelled.

FRUITS CND/DRY	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr
Apple Slices (100206)				X		X		X	
Applesauce (110541)	X	X	X	X	X	X	X	X	X
Applesauce Cups (110361)	X	X	X	X	X	X	X	X	X
Apricots Diced (100216)					X				
Cherries Dried Tart Pkg-250/1.36oz				X					
Cranberries, Dried (110723)				X					
Mixed Fruit Cnd(100212)				X	X	X	X	X	X
Peaches Cling Diced (100220)	X	X	X	X	X	X	X	X	X
Peaches Cling Sliced (100219)			X		X	X	X		
Pears Diced (100225)	X	X	X	X	X	X	X	X	X
Pears Sliced (100224)		X	X	X			X		X
Raisins (100293)					X				

- This chart can be helpful for menu planning and storage needs
- Webpage: <https://www.isbe.net/Documents/anticipated-commodities.pdf>



QUESTIONS ABOUT USDA FOODS?



<https://www.isbe.net/fdp>



FDP@isbe.net



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USDA FOODS IN USDA STANDARDIZED BREAKFAST RECIPES



A Couple Notes

Standardized recipes emphasize that ingredients should be the same quality

- Ingredients in a standardized recipe include:
 - Name of the product
 - Product type/form (fresh, frozen, canned)
 - Preparation techniques (peeled, grated, diced, minced)
 - Size for preparation techniques, such as slicing and dicing (e.g. $\frac{1}{2}$ inch slices, $\frac{1}{4}$ inch diced)



Breakfast Muffins

Serving Size: 1 muffin

Crediting Information

1 muffin provides 1 oz equivalent grains

Nutrition Information

Calories: 166

Sodium: 194 mg

Saturated fat: 1 g

USDA Foods

- Frozen eggs whole, thawed
- Orange juice, chilled
- Fresh carrots, shredded
- Canned applesauce, unsweetened



<https://theicn.org/cnrb/recipes-for-schools-breakfast/breakfast-muffins-usda-recipe-for-schools/>



Seasonal Fruit and Yogurt Parfaits

Serving Size: 1 parfait

Crediting Information:

One parfait provides 1 oz equivalent meat alternate, 1/2 cup fruit, and 0.5 oz equivalent grains

Nutrition Information

Calories: 252

Sodium: 150 mg

Saturated fat: 0 g

USDA Foods

- Canned peaches, drained



<https://theicn.org/cnrb/recipes-for-schools-vegetables/seasonal-fruit-and-yogurt-parfaits-usda-recipe-for-schools/>



Breakfast Burrito with Salsa

Serving Size: 1 burrito

Crediting Information

2 oz eq meat/meat alternate, 1/8 cup additional vegetables, & 1.5 oz eq grain

Nutrition Information

Calories: 218

Sodium: 432 mg

Saturated fat: 2 g

USDA Foods

- Eggs, Liquid Whole, Frozen
- Corn, Whole Kernel, No Salt Added, Frozen
- Tortillas, Whole Grain or Whole Grain-Rich, 8 inch, Frozen

<https://theicn.org/cnrb/recipes-for-schools-breakfast/breakfast-burrito-with-salsa-usda-recipe-for-schools/>





Quiche with Self-Forming Crust

Serving Size: 1 piece

Crediting Information

1 piece provides 1 oz equivalent meat alternate, $\frac{1}{8}$ cup additional vegetable, and 0.25 oz equivalent grains

Nutrition Information

Calories: 116

Sodium: 369 mg

Saturated fat: 1 g

USDA Foods

- Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled
- Eggs, Whole



<https://theicn.org/cnrb/recipes-for-schools-vegetables/quiche-with-self-forming-crust-usda-recipe-for-schools/>



Scrambled Eggs

Serving Size: ¼ cup (No. 16 scoop)

Crediting Information

¼ cup (No. 16 scoop) provides 2 oz equivalent meat alternate

Nutrition Information

Calories: 97

Sodium: 158 mg

Saturated fat: 0 g

USDA Foods

- Eggs, Whole



<https://theicn.org/cnrb/recipes-for-schools-vegetables/scrambled-eggs-usda-recipe-for-schools/>



Cherry Berry Sunrise

Serving Size: ½ cup and Tbsp oat topping

Crediting Information

½ cup fruit

Nutrition Information

Calories: 194

Sodium: 3 mg

Saturated fat: 0.6 g

USDA Foods

- Blueberries, Unsweetened, Frozen
- Strawberries, Sliced, Frozen

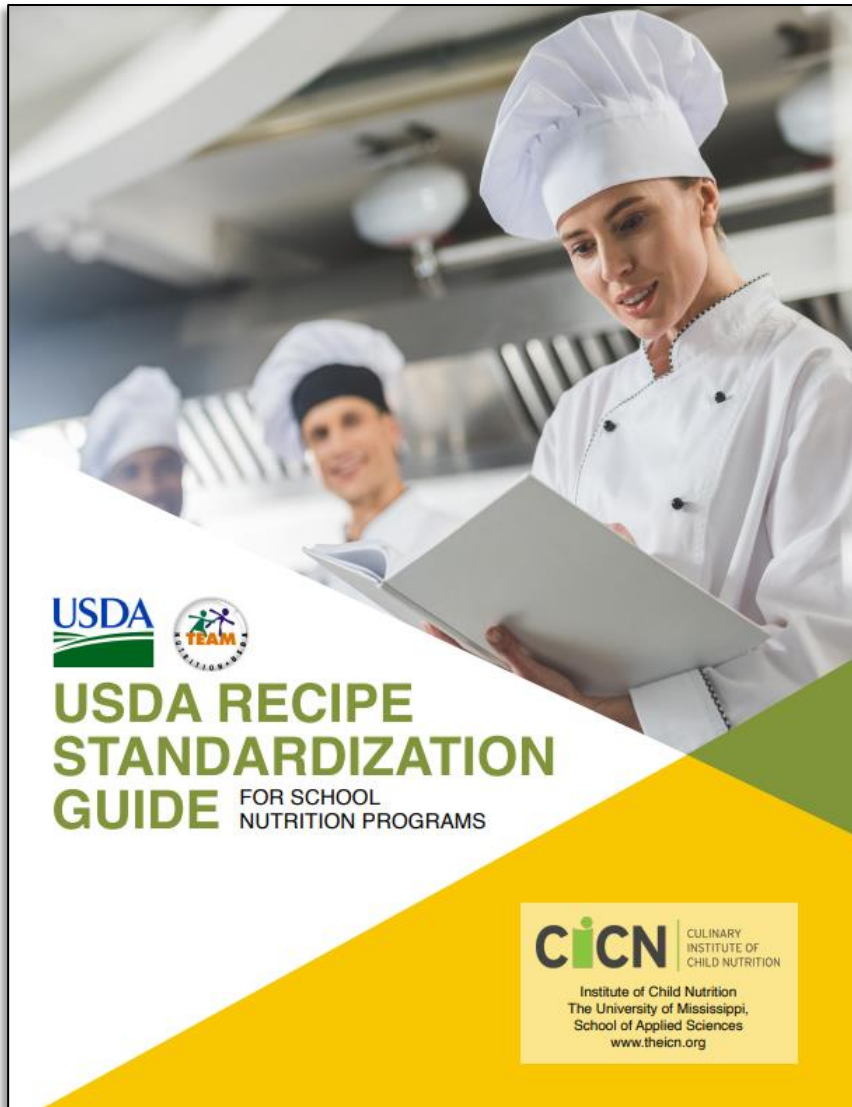


<https://theicn.org/cnrb/recipes-for-schools/cherry-berry-sunrise-usda-state-developed-recipe/>



RESOURCES





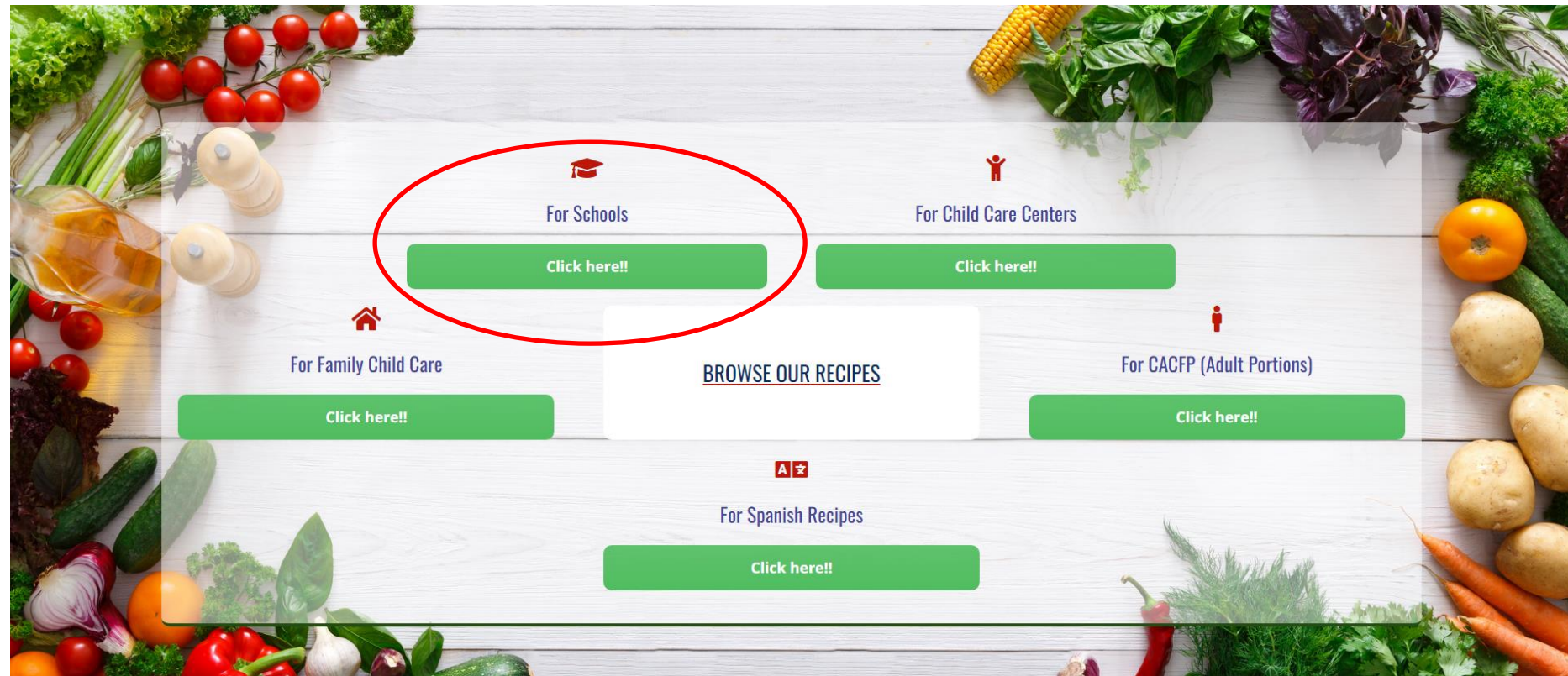
- The *USDA Recipe Standardization Guide for the School Nutrition Programs* was developed by the Institute of Child Nutrition in collaboration with USDA and is a how-to guide with examples, exercises, and resources.
- Webpage: <https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>



- The Institute of Child Nutrition's (ICN) Child Nutrition Recipe Box is the database for USDA standardized recipes for use in the Child Nutrition Programs, including the National School Lunch Program and School Breakfast Program
- Webpage: <https://theicn.org/cnr/>




Child Nutrition Recipe Box



A close-up photograph of several golden-brown bagels topped with sesame seeds and poppy seeds, resting on a dark, textured surface. Some seeds are scattered around the bagels.

MORE GREAT
RESOURCES

A large blue arrow pointing from the left towards the note text.

Note: The following resources contain recipes made for use in USDA's school nutrition programs with crediting statements and nutrition information, but are not USDA standardized recipes.



- The Chef Ann Foundation's *The Lunch Box* hosts numerous recipes and related menu planning resources. The recipes can be scaled through the website and include cost analysis information.
- Webpage: <https://www.thelunchbox.org/recipes-menus/recipes?s=eyJwYWdlIjoxLCJzZWZyY2giOm51bGwslmNhdGVnb3J5IjpudWxsLCJzb3J0IjoibmFtZSIsImZvcmlhdCI6ImNhcmQifQ%3D%3D>



K-12 RECIPES



- The Georgia Department of Education's *K-12 Recipes* is a database of school nutrition recipes that incorporates cross-utilization of ingredients
- Webpage: <https://snp.gadoe.org/SCE/Pages/K-12-Recipes.aspx>



MENUS THAT MOVE



- The Ohio Department of Education's *Menus that Move* is a collection of seasonal recipes and cycle menus that include nutrient analysis and note USDA Foods
 - Note: Ohio's available USDA Foods may differ than Illinois'
- Webpage: <https://education.ohio.gov/Topics/Student-Supports/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move>



***Do you have standardized
breakfast recipes that incorporate
USDA Foods?***

Please share with us!

CNP@isbe.net





COMING SOON!





FY 25 School Breakfast Program Expansion Grant

RFP to be released
January 2024

Must be at 40% or
higher free and reduced
eligibility percentage

Priority given to LEAs at
75% or higher

Up to \$10,000 per
school (site) to be used
to purchase equipment,
marketing materials,
staffing, etc.

1 required in person
training and multiple
virtual meetings

Recipients required to
provide data on the
impact purchases made
on their SBP



THANK

YOU!

Contact Information

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