CONNECTING USDA FOODS TO USDA STANDARDIZED RECIPES
Agenda

- Standardized Recipes (General)
- USDA Foods (General)
- USDA Foods in USDA Standardized 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
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
USDA Recipe Standardization Process

Title, description, servings, crediting statement

Nutrition information, yield, notes

Ingredients, measures, weights, directions
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.

<table>
<thead>
<tr>
<th></th>
<th>😍 On point!</th>
<th>😊 Pretty good!</th>
<th>😞 Adequate.</th>
<th>😞 Meh.</th>
<th>😞 Not for me.</th>
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**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

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<th>VEGETABLES CND/DRY</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
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<th>Jan</th>
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<td>Beans Garbanzo (100360)</td>
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- This chart can be helpful for menu planning and storage needs
QUESTIONS ABOUT USDA FOODS?

https://www.isbe.net/fdp

FDP@isbe.net

217-782-2491
USDA FOODS IN USDA STANDARDIZED 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)
A Couple Notes

Incorporating food trends into K-12 menus boosts meal program participation

- Some current trends include:
  - Global foods, spices & heat, plant-forward, combinations (e.g. bowls, smoothies), comfort foods
  - Look to food service publications, restaurants, social media, and your students to find out what’s popular
GLOBAL FOODS
Stir-Fry Fajita Chicken, Squash, & Corn

Serving Size: ¾ cup stir-fry mixture over ½ cup brown rice

Crediting Information
1 ¼ oz eq meat/meat alternate, 3/8 cup red/orange vegetables, 1/8 cup starchy vegetables, ¼ cup other vegetables, & 1 oz eq grain

Nutrition Information
Calories: 396.34      Sodium: 574.4 mg
Saturated fat: 1.69 g

USDA Foods
• Rice, Brown, Long Grain, Parboiled
• Chicken, Fajita Seasoned Strips, Cooked, Frozen
• Corn, Whole Kernel, No Salt Added, Frozen
• Tomatoes, Diced, No Salt Added, Canned

Chicken Tamale Pie

*Serving Size:* 1 piece (25 pieces for a 12” x 20” x 2 ½” pan)

**Crediting Information**

2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, ¼ cup additional vegetable, and 1 oz equivalent grains

**Nutrition Information**

Calories: 238  
Sodium: 421 mg  
Saturated fat: 2 g

**USDA Foods**

- Chicken, Diced, Cooked, Frozen
- Corn, Whole Kernel, No Salt Added, Frozen
- Tomatoes, Diced, No Salt Added, Canned
- Beans, Black, Low-Sodium, Canned
- Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled
- Eggs, Liquid Whole, Frozen

[https://theicn.org/cnrb/recipes-for-schools/recipes-for-schools-main-dishes/chicken-or-turkey-tamale-pie-usda-recipe-for-schools/](https://theicn.org/cnrb/recipes-for-schools/recipes-for-schools-main-dishes/chicken-or-turkey-tamale-pie-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/
Chicken Curry Casserole

**Serving Size:** ¾ cup

**Crediting Information**
1¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains

**Nutrition Information**
- Calories: 220.32
- Sodium: 563.78 mg
- Saturated fat: 1.34 g

**USDA Foods**
- Rice, Brown, Long Grain, Parboiled
- Chicken, Fajita Seasoned Strips, Cooked, Frozen

[https://theicn.org/cnrb/recipes-for-schools-main-dishes/chicken-curry-casserole-usda-recipe-for-schools/](https://theicn.org/cnrb/recipes-for-schools-main-dishes/chicken-curry-casserole-usda-recipe-for-schools/)
Chili Con Carne with Beans

**Serving Size:** ½ cup

**Credit Information**
1.75 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable

**Nutrition Information**
- Calories: 107
- Sodium: 294 mg
- Saturated fat: 1 g

**USDA Foods**
- Beef, Fine Ground, 100%, 85/15, Frozen
- Tomatoes, Diced, No Salt Added, Canned
- Beans, Pinto, Low-sodium, Canned
- Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled (optional)

https://theicn.org/cnrb/recipes-for-schools/recipes-for-schools-main-dishes/chili-con-carne-with-beans-usda-recipe-for-schools/
PLANT-FORWARD
Vegetable Chili Boat

Serving Size: ¾ cup

Crediting Information
¾ oz equivalent meat alternate, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains OR ¼ oz equivalent meat alternate, ⅛ cup legume vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains

Nutrition Information
Calories: 141.07       Sodium: 159.49 mg
Saturated fat: 1.16 g

USDA Foods
• Tomatoes, Diced, No Salt Added, Canned
• Beans, Black, Low-sodium, Canned
• Beans, Pinto, Low-Sodium, Canned
• Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled

https://theicn.org/cnrb/recipes-for-schools-soups/vegetable-chili-boat-usda-recipe-for-schools/
Smokin’ Powerhouse Chili

**Serving Size:** 1 cup chili and ¼ cup quinoa

**Crediting Information**
½ oz eq meat/meat alternate, ½ cup red/orange vegetables, ⅛ cup other vegetables, ¼ cup additional vegetables, & ½ oz eq grain **OR** ⅛ cup legume vegetables, ½ cup red/orange vegetables, ⅛ cup other vegetables, ¼ cup additional vegetables, and ½ oz eq grain

**Nutrition Information**
Calories: 183.6  
Sodium: 255.97 mg  
Saturated fat: 0.18 g

**USDA Foods**
- Tomatoes, Diced, No Salt Added, Canned
- Beans, Black, Low-sodium, Canned
- Corn, Whole Kernel, No Salt Added, Frozen

[https://theicn.org/cnrb/recipes-for-schools/recipes-for-schools-main-dishes/smokin-powerhouse-chili-usda-recipe-for-schools/](https://theicn.org/cnrb/recipes-for-schools/recipes-for-schools-main-dishes/smokin-powerhouse-chili-usda-recipe-for-schools/)
Bean Burrito Bowl

**Serving Size:** 1 burrito bowl (layer ½ cup rice, ½ cup beans, ¼ cup pico de gallo, & 1 Tbsp cheese)

**Crediting Information**
1.5 oz equivalent meat alternate, 3/8 cup red/orange vegetable, ⅛ cup other vegetable, ⅛ cup additional vegetable, and 1 oz equivalent grains **OR** 0.5 oz equivalent meat alternate, ¼ cup

**Nutrition Information**
Calories: 236  
Sodium: 352 mg  
Saturated fat: 1 g

**USDA Foods**
- Rice, Brown, Long Grain, Parboiled
- Beans, Pinto, Low-Sodium, Canned
- Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled

https://theicn.org/cnrb/recipes-for-schools/recipes-for-schools-main-dishes/bean-burrito-bowl-usda-recipe-for-schools/
Spanish Chickpea Stew

**Serving Size:** 1 cup

**Crediting Information**
1½ oz equivalent meat alternate, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit **OR** 3/8 cup legume vegetable, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ¼ cup fruit

**Nutrition Information**
- Calories: 241
- Sodium: 156.06 mg
- Saturated fat: 1.1 g

**USDA Foods**
- Beans, Garbanzo, Low-Sodium, Canned
- Tomatoes, Diced, No Salt Added, Canned

COMFORT FOODS
Chic’ Penne

Serving Size: ½ cup

Crediting Information
1 oz eq meat/meat alternate, 3/8 cup dark green vegetables, & 1 ¾ oz eq grain

Nutrition Information
Calories: 299.26  Sodium: 417.56 mg
Saturated fat: 2.16 g

USDA Foods
• Pasta, Penne, Whole Grain-Rich Blend
• Chicken, Diced, Cooked, Frozen
• Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled

https://theicn.org/cnrb/recipes-for-schools-grains-breads/chic-penne/
Chicken Tomato Bake

**Serving Size:** 1 cup

**Crediting Information**
2 oz equivalent meat/meat alternate, ½ cup red/orange vegetable, and 1 oz equivalent grains

**Nutrition Information**
- Calories: 230
- Sodium: 356 mg
- Saturated fat: 1 g

**USDA Foods**
- Tomatoes, Diced, No Salt Added, Canned
- Chicken, Diced, Cooked, Frozen
- Pasta, Macaroni, Whole Grain-Rich Blend

https://theicn.org/cnrb/recipes-for-schools-main-dishes/chicken-tomato-bake/
Turkey & Beef Macaroni

**Serving Size:** 1 cup

**Crediting Information**
2 oz equivalent meat/meat alternate, ½ cup vegetable, and 1 oz equivalent grains

**Nutrition Information**
- Calories: 230
- Sodium: 377 mg
- Saturated fat: 2 g

**USDA Foods**
- Pasta, Macaroni, Whole Grain-Rich Blend
- Beef, Fine Ground, 100%, 85/15, Frozen
- Tomatoes, Diced, No Salt Added, Canned
- Cheese, Cheddar, Yellow, Reduced Fat, Shredded, Chilled

[https://theicn.org/cnrb/recipes-for-schools/recipes-for-schools-main-dishes/turkey-and-beef-macaroni-usda-recipe-for-schools/]
Harvest Stew

Serving Size: ¾ cup

Credit Information
1½ oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ⅛ cup additional vegetable OR ½ oz equivalent meat, ¼ cup legume vegetable, ¼ cup red/orange vegetable and ⅛ cup additional vegetable

Nutrition Information
Calories: 123.71 Sodium: 57.37 mg
Saturated fat: 0.27 g

USDA Foods
- Tomatoes, Diced, No Salt Added, Canned
- Chicken, Diced, Cooked, Frozen
- Beans, Great Northern, Low-Sodium, Canned

https://theicn.org/cnrb/recipes-for-schools-soups/harvest-stew-usda-recipe-for-schools/
Cherry Berry Sunrise

**Serving Size:** ½ cup and Tbsp oat topping

**Credit 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/
The Numbers (From Today)

14 USDA Standardized Recipes

17 Different USDA Foods

46 Total USDA Foods
The Numbers (From Today)

Most Used Foods

Number of Recipes

- Diced Tomatoes
- Cheddar Cheese
- Frozen Corn
- Fajita Chicken
- Diced Chicken
- Black Beans
- Pinto Beans
- Brown Rice
The Numbers (Big Picture)

- **222**: Number of USDA standardized recipes
- **85**: Total number of USDA Foods offered in Illinois
- **4**: NSLP meal pattern components included in USDA Standardized Recipes
- **4**: NSLP meal pattern components included in USDA Foods
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/cnrb/
Child Nutrition Recipe Box

For Schools
Click here!!

For Child Care Centers
Click here!!

For Family Child Care
Click here!!

BROWSE OUR RECIPES

For CACFP (Adult Portions)
Click here!!

For Spanish Recipes
Click here!!
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=eyJwYWdlIljoxLCJzZW1lbnRpbmsgdW5kZXg7IiwiaXNzIjoicmF2ZiJ9](https://www.thelunchbox.org/recipes-menus/recipes?s=eyJwYWdlIljoxLCJzZW1lbnRpbmsgdW5kZXg7IiwiaXNzIjoicmF2ZiJ9)
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](https://snp.gadoe.org/SCE/Pages/K-12-Recipes.aspx)
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’

The Office of Superintendent of Public Instruction in Washington developed *Washington State Schools Scratch Cooking Recipe Book* in collaboration with schools around the state.

Do you have standardized recipes that incorporate USDA Foods?

Please share with us!

CNP@isbe.net
THANK YOU!

Contact Information
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CNP@ISBE.NET