



# 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



# 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

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**

USDA Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

**Recipe Title**  
Brief recipe description

**Image of Recipe**

AGES:  
PREP TIME:  
COOK TIME:

REDITING INFORMATION

SOURCE

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	

Food and Nutrition Service Page 1 of X

**Nutrition information, yield, notes**

USDA Food and Nutrition Service  
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INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	

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Ingredients, measures, weights, directions

USDA Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

**NUTRITION INFORMATION**

NUTRIENTS	AMOUNT
Calories	
Total Fat	
Saturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Total Sugars	
Includes Added Sugars	N/A
Protein	
Vitamin D	N/A
Calcium	
Iron	
Potassium	N/A
N/A = Data not available	

**NOTES**

**YIELD/VOLUME**

50 Servings	100 Servings

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# 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

## 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

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

## 3

### *Quantity Adjustment Phase*

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



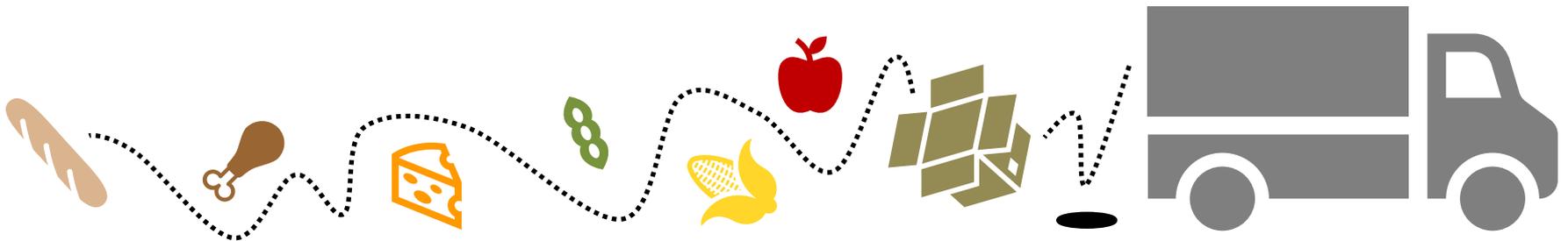
# USDA FOODS





## 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

<b>VEGETABLES CND/DRY</b>	<b>Aug</b>	<b>Sept</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>
Beans Black Turtle (100359)		X			X				X
Beans Garbanzo (100360)						X			
Beans Great Northern (100373)									
Beans Green (100307)	X	X	X	X	X	X	X	X	X
Beans Pinto (100365)					X				
Beans Refried (100362)	X		X			X			
Beans Small Red (100366)			X						
Beans Vegetarian (100364)	X	X	X			X			X
Carrots Slc (100309)	X		X					X	X
Corn Whole Kernel (100313)	X	X	X	X	X	X	X		X
Peas (100315)				X			X		
Salsa Pouch (110186)		X							X
Spaghetti Sauce Pouch (110177)	X							X	
Sweet Potatoes Can (100317)				X					
Tomatoes Diced Cnd (100329)				X					
Tomato Sauce Pouch (110187)	X								

- This chart can be helpful for menu planning and storage needs
- Webpage: <https://www.isbe.net/Documents/2020-21usdafoodsfactsheet.pdf#search=usda%20foods>



## QUESTIONS ABOUT USDA FOODS?



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



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# 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:**  $\frac{3}{4}$  cup stir-fry mixture over  $\frac{1}{2}$  cup brown rice

### **Crediting Information**

1  $\frac{1}{4}$  oz eq meat/meat alternate,  $\frac{3}{8}$  cup red/orange vegetables,  $\frac{1}{8}$  cup starchy vegetables,  $\frac{1}{4}$  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

<https://theicn.org/cnrb/recipes-for-schools-main-dishes/stir-fry-fajita-chicken-squash-and-corn-usda-recipe-for-schools-2nd-place-winner/>





## 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/>



## 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/cnr/recipes-for-schools-breakfast/breakfast-burrito-with-salsa-usda-recipe-for-schools/>





# Chicken Curry Casserole



**Serving Size:**  $\frac{3}{4}$  cup

## **Crediting Information**

1 $\frac{1}{4}$  oz equivalent meat/meat alternate,  $\frac{1}{4}$  cup other vegetable, and  $\frac{3}{4}$  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/cnr/recipes-for-schools-main-dishes/chicken-curry-casserole-usda-recipe-for-schools/>



## Chili Con Carne with Beans



**Serving Size:** ½ cup

### **Crediting 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:**  $\frac{3}{4}$  cup

### **Crediting Information**

$\frac{3}{4}$  oz equivalent meat alternate,  $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable, and  $\frac{1}{4}$  oz equivalent grains **OR**  $\frac{1}{4}$  oz equivalent meat alternate,  $\frac{1}{8}$  cup legume vegetable,  $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable, and  $\frac{1}{4}$  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/cnr/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/>





## 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, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains **OR** 0.5 oz equivalent meat alternate, 1/4 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



<https://theicn.org/cnrb/recipes-for-schools-vegetables/spanish-chickpea-stew-usda-recipe-for-schools/>



# 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:**  $\frac{3}{4}$  cup

### **Crediting Information**

1½ oz equivalent meat/meat alternate,  $\frac{1}{4}$  cup red/orange vegetable, and  $\frac{1}{8}$  cup additional vegetable **OR**  $\frac{1}{2}$  oz equivalent meat,  $\frac{1}{4}$  cup legume vegetable,  $\frac{1}{4}$  cup red/orange vegetable and  $\frac{1}{8}$  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

### **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/>



# The Numbers (From Today)

14

USDA Standardized Recipes

17

Different USDA Foods

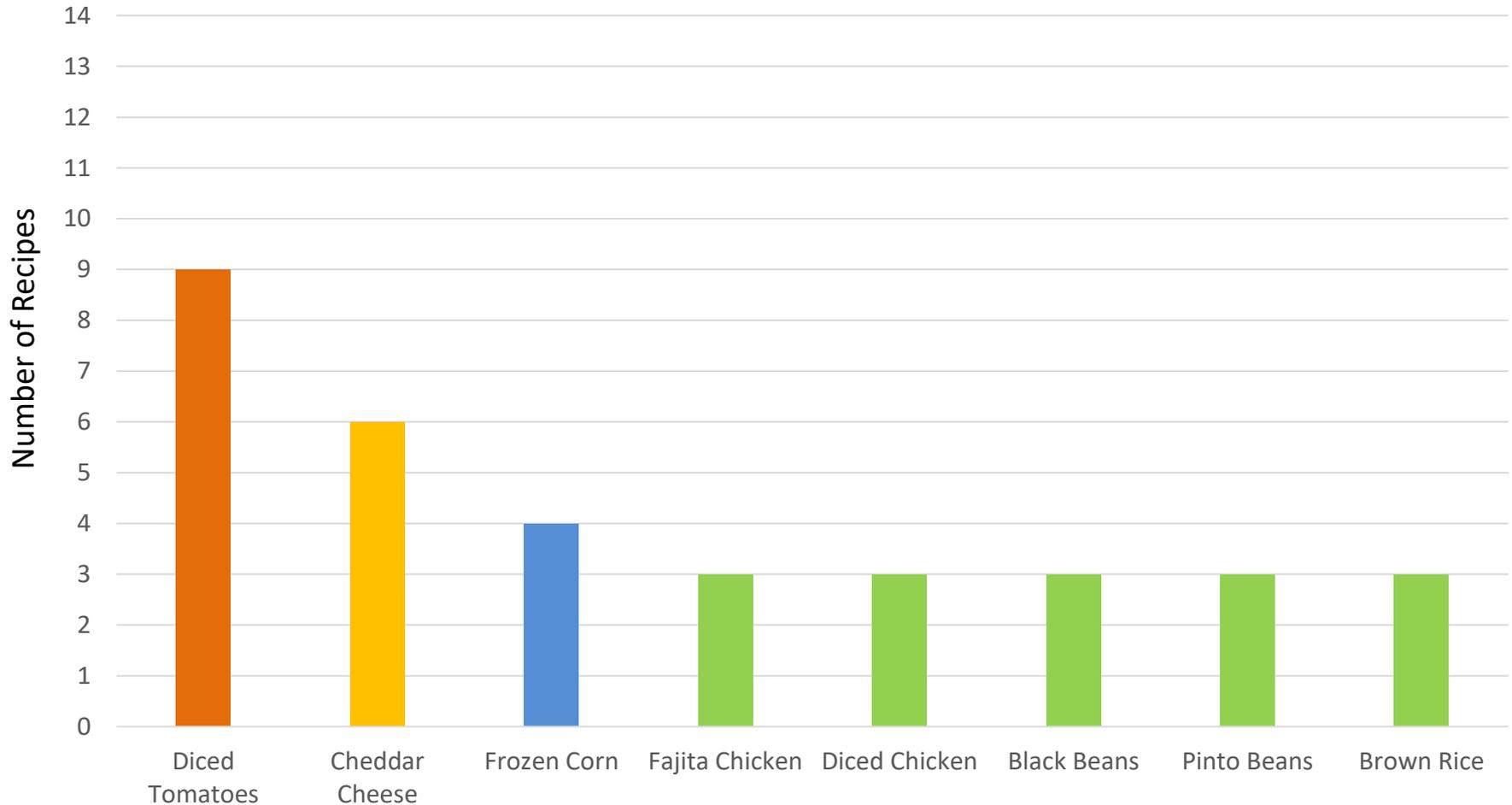
46

Total USDA Foods



# The Numbers (From Today)

Most Used Foods





# 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



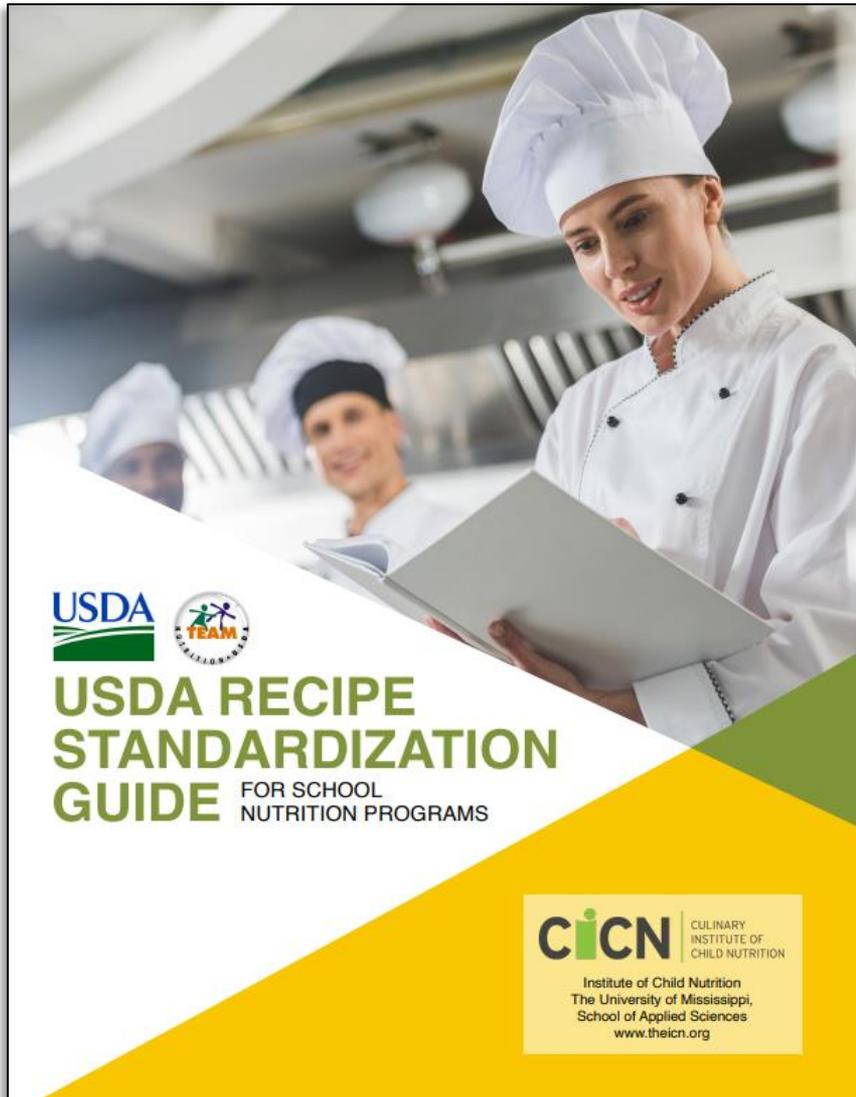
4

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/>



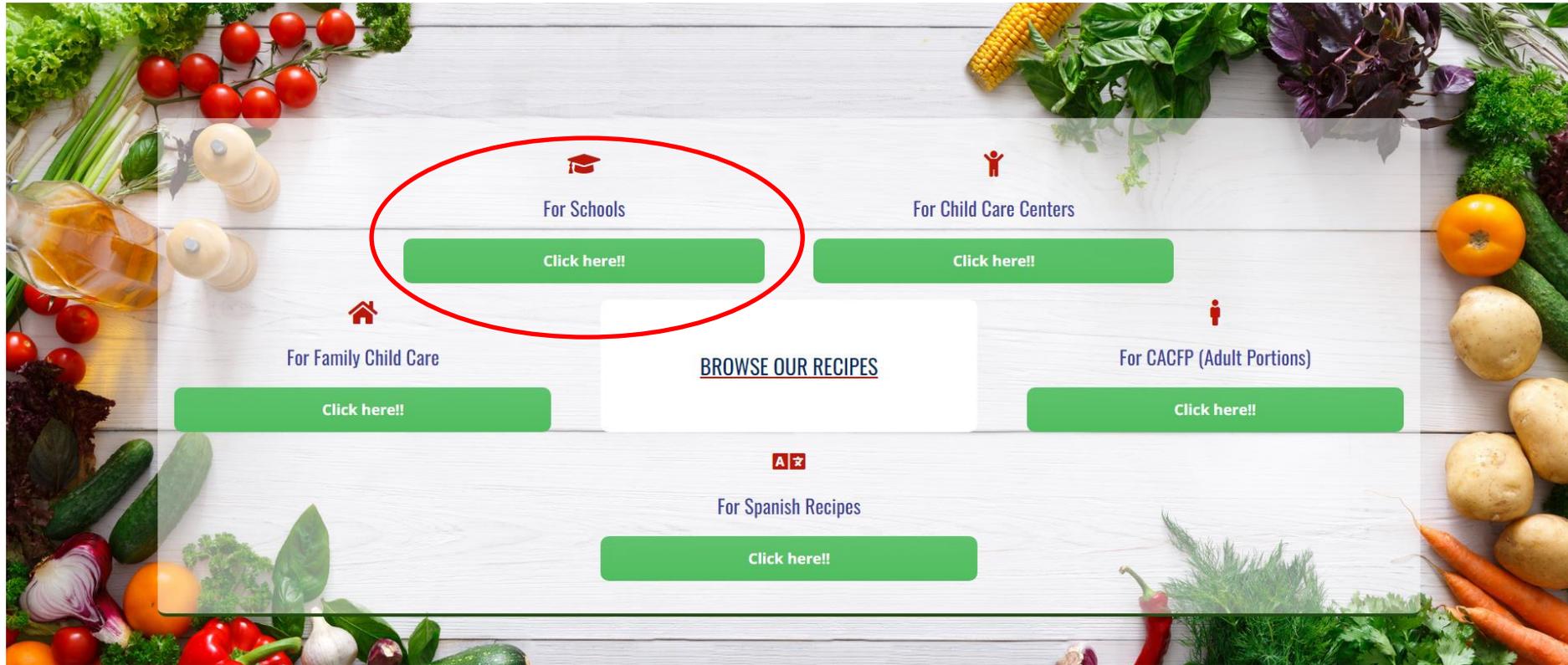
## Child Nutrition Recipe Box

Healthy Recipes for Child Nutrition Professionals

- 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





## MORE GREAT RECIPE RESOURCES

*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>



## Washington State Schools

# “Scratch Cooking”

Recipe Book



- The Office of Superintendent of Public Instruction in Washington developed *Washington State Schools Scratch Cooking Recipe Book* in collaboration with schools around the state
- Webpage: <https://www.k12.wa.us/sites/default/files/public/childnutrition/programs/nsibp/pubdocs/childnutritionrecipebook.pdf>



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

**Please share with us!**

**[CNP@isbe.net](mailto:CNP@isbe.net)**



THANK

YOU!

## Contact Information

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