Anatomy of a Standardized Recipe: Finding and Creating School Recipes for Success with USDA Foods

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How to Create a Standardized Recipe

Malissa Marsden, SNS

Sources for Recipes

Dayle Hayes, MS, RD
COMBINE

Vision + Math + Science + Art

= Recipe
Create or Modify or Update

- New recipe ideas
- **Build** the recipe
  - FBG
- Standardized on your equipment
- Tested on your students

- Other source’s recipe
- **Build** the recipe
  - FBG
- Standardized on your equipment
- Tested on your students
Recipe → Standardized

1. Concept
2. Recipe
3. Test
4. Sample
5. Tweak
6. Test
7. Serve

Repeat as necessary
Acceptance

• All Students
• All Meal Times
• Appearance
• Spice level
• Size of portion
Consistency

• Every Site
• Every Time
• Every Cook
Control

• Cost
  • Logical quantities
  • 10 lb. increments for raw ground beef
  • “As Purchased” in the real world

• HACCP

• Portions
Standardized

**Accountability**
- Managers
- Staff

**Auditable**
- District
  - Traceable: Recalls
- State
Standardized Recipe Includes

- Pre-prep
- Prep
- Cook
- Hold
- Serve

- Yield
- Utensil
  - Size
  - Type
- Plating
Detailed

- Ingredient Specific
- Weights and measures
- HACCP
- SOP
- Equipment to produce
- Packaging
**Spaghetti Sauce**

**Recipe:** R-1637  
**HACCP Process:** Same Day Service  
**# of Servings:** 98.00  
**Serving Size:** 4.44 Ounces Per Serving  
**Grams Per Serving:** 125.94  
**Meat Components:** 1/2 Cup Red/Orange Vegetable  
**Source:** LaSalle Coop

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED GOLD® Nutritionally Enhanced Spaghetti, LS, Italian Seasoning Mix, Pan Spray</td>
<td>4 #10 CAN, 1 CUP, 1 OZ</td>
<td>1. Ingredients:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Day of Service: Pre-Prep. Clean and sanitize workstation. Pull 4 full shallow steam table pans and place at workstation. Spray pans lightly. Pull 4 #10 cans of Red Gold's Nutritionally Enhanced Spaghetti Sauce from dry storage. Wipe off lids, open and carefully discard lids. Wash hands thoroughly. Empty 1 can of sauce into each steamtable pan. Add 1/2 cup Italian Seasoning to each pan. Wisk seasoning into sauce. Cover. CCP: Process foods at room temperature in two hours or less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Cook: Heat sauce in a convection oven at 350°F for 30 minutes or until it has reached 140°F. CCP: Heat until an internal temperature is reached of 140°F for 15 seconds</td>
</tr>
</tbody>
</table>
Ingredients

Nutritionally Enhanced Spaghetti Sauce, LS  4 - #10 CAN
Italian Seasoning Mix  1 CUP
Pan Spray  1 OZ
Notes in Recipe

Production Notes:
Red Gold Nutritionally Enhanced Spaghetti Sauce can be heated in a steamer or combi oven. Each can of sauce provides **24 - ½ cup servings by volume**.
Each ½ cup of sauce by volume provides ¾ cup red/orange vegetables according to the FBG.
Product formulation statements can be found at [http://k12tomatoes.com/products.php#94](http://k12tomatoes.com/products.php#94)

Serving Notes:
Each ½ cup (by volume) Red Gold Nutritionally Enhanced Spaghetti Sauce provides ¾ cup red/orange vegetable.
Serve the spaghetti sauce over your favorite whole grain stuffed pasta.
You can serve the warm spaghetti sauce for dipping a warm cheese filled breadstick into.
Serve over un-breaded chicken tenders for an easy chicken parmesan.
Market Analysis

• Define Goals
• Where are we lacking?
  • In participation?
• Replace low participation menus
• Create a new venue
• Create a new themed line
• Start grab & go or vended meals
Who are the customers?

- High School
- Middle School
- Elementary
- Vegetarian
- Kosher
- Multiple Age Groups
What meal?

- Breakfast
- Lunch
- Snack
- Supper
- Summer Feeding
- Smart Snack
What are the nutrition targets?

• Gluten and Allergens
  • Gluten added “unnecessarily”
  • Nut Free District
• Nutritional Impact
  • Reduce sodium
  • Reduce fat
  • Increase whole grains
• Local products
What are the ingredients?

- In house
  - Use it 3 times or 3 ways
- USDA Foods Available
  - Plan for it
- USDA Foods Ordered
  - Be ready to incorporate
- In Season
  - Available from DoD
  - Available Farm to School
  - Locally Sourced
What are the trends?

- Flavor profile
  - Spice level
- Ethnic application
  - Specific district population
- Form
  - Wraps
- Format
  - Pre-packaged
What are the meal components?

- **By Number of oz. equivalents**
  - Meat/Meat Alternate
  - Grain
    - 0.25 oz. increments

- **By Volume**
  - Vegetable
  - Fruit
    - 1/8 cup and up
How is it served?

- Hot
- Cold
- Satellite
- BIC
- Kiosk
- Vended
How it is consumed?

• Spork

• Hand Held

• Finger Fun
What equipment is needed?

- **Equipment needed to prepare**
  - Food Processor

- **Equipment needed to cook/hold**
  - Convection Oven
  - Steamer

- **Packaging Required to Serve**
  - No new packaging
  - Reuse package in new way
Ready to Do the Math

- Yield = Input
- Input = Yield
Food Buying Guide

• Starting point
• Establishes base quantity for ingredients
  • Portions based on **raw product** used
  • Portions based on **finished product** created

• If lacking in FBG
  • In house established yield
Commercial Ingredients

- CN Label
- Meal Component Credits
- USDA approved

- Product Formulation Statement (PFS)
- Provided by manufacturer
- Not approved by USDA
USDA Foods

- USDA Foods Product Information Sheets
  - Updating all
  - Average info
  - Use most current version from web

- In house yield of USDA Foods
- May not match USDA Spec sheets
- Heading to a system of access to manufacturer specific info
Children who eat school breakfast are more likely to:

School breakfast is associated with:

- Reach higher levels of achievement in reading and math
- Reduced absenteeism
- Concentrate better
- Reduced tardiness
- Be more alert
- Reduced behavior problems
- Retain more of what they learn
- Reduced nurse's office visits
- Participate in class
- Increased standardized test achievement scores
- Earn higher grades
- Positive learning environments

**PRODUCT DESCRIPTION**

This item is U.S. Grade A broccoli in short spears or florets. This product contains six 5-pound bags per case.

**CREDITING/YIELD**

- One case yields about 164 ½-cup servings cooked drained broccoli.
- CN Crediting: ½ cup cooked broccoli credits as ½ cup dark green vegetable.

**CULINARY TIPS AND RECIPES**

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>26</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>22mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>3g</td>
</tr>
</tbody>
</table>
Use the **Item Description** to select the desired food item for your planned menu. For crediting, choose oz. for Meat/Meat Alternates (M/MA), cups for Vegetables/Fruits (V/F), or servings for Grains/Breads (G/B). Additional measures could be used for recipes or salad bars.

<table>
<thead>
<tr>
<th>Item Description (AP)</th>
<th>Purchase Unit</th>
<th>Serving Description (EP)</th>
<th>Notes</th>
<th>Serving Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, fresh, spears, trimmed, ready-to-use</td>
<td>lb</td>
<td>Ready-to-cook broccoli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh, spears, trimmed, ready-to-use</td>
<td>lb</td>
<td>cooked broccoli, drained</td>
<td>1 lb = 1 lb ready-to-cook or cooked broccoli, drained</td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>cooked broccoli, drained</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>raw spears</td>
<td>1 medium spear = about 1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>cooked drained spears</td>
<td>1 medium spear = about 1/2 cup</td>
<td>cup</td>
</tr>
<tr>
<td>Broccoli, fresh, untrimmed</td>
<td>lb</td>
<td>cuts cooked drained broccoli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli, ready-to-cook broccoli</td>
<td>lb</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli, frozen, cut or chopped</td>
<td>lb</td>
<td>cooked broccoli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli, frozen, Spears</td>
<td>lb</td>
<td>cooked broccoli</td>
<td>1 lb = 0.81 lb cooked broccoli</td>
<td>cup</td>
</tr>
</tbody>
</table>

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If you are a person with a disability and you are having difficulty accessing the information on this site, please contact the NFMI Webmaster at 800-321-9963 or E-mail at nfm@olemiss.edu.
Test

• Sandwich
  • Does it fit in the bun?
  • Does the wrap hold all ingredients?
  • Do the flavors blend?

• Salad
  • Does the bed hold the toppings?
  • Are the toppings bite size?
  • Do the flavors blend?

• Hold: duplicate real times

• Taste Tests
Test Production

- One steamtable pan
  - Full or half
  - Shallow or Deep
  - 2”, 4” or 6”
- Sheet pan
- Necessary for cook times
- Necessary for hold tolerance
Be Specific

• In handling of ingredients
  • Use from frozen
  • Thaw overnight
  • Thaw for 2 days

• In processing
  • Diced
  • Minced
  • Chopped
Details

• HACCP Process
• CCP’s
• SOP’s
• Equipment Used
• Serving Utensil Used
  • Disher, Spoodle, Ladle
    • Size of each
  • Portion Size Yield
Incorporate

• Into cycle menu
• Into alternative offerings
• Modify name
  • Update recipe, update perception too
• Update Packaging

• Promote
Sources for Standardized Recipes

Dayle Hayes, MS, RD
Sources for Recipes

Kittery, Maine
Sources for Recipes

USE YOUR SEARCH ENGINE

USDA recipe Herbed Broccoli Cauliflower

Herbed Broccoli and Cauliflower Polonaise

Makes: 50 or 100 Servings

**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trans fat-free margarine</td>
<td>8 oz</td>
<td>1 cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td><em>Fresh onions, diced 1/4'</em></td>
<td>5 oz</td>
<td>3/4 cup 2 Tbsp</td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>Dehydrated onions</td>
<td>1 oz</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Dried basil</td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Dried parsley</td>
<td>2 Tbsp</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

1. Heat margarine in a stock pot until browned.
2. Turn off heat and add lemon juice.
3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine. Mix, then set aside.
USDA: What’s Cooking?

www.whatscooking.fns.usda.gov/search/quantity
**USDA: What’s Cooking?**

www.whatscooking.fns.usda.gov/fdd/household-material-fact-sheets

![Image of USDA Foods Fact Sheets](image.png)

**Household & Material Fact Sheets**

Search here to find product information sheets for USDA Foods available to households through the Food Distribution Program on Indian Reservations (FDPIR), the Commodity Supplemental Food Program (CSFP), and The Emergency Food Assistance Program (TEFAP). Staff who operate USDA Foods programs and participants often use this information to help prepare healthy meals. Each fact sheet includes a description of the USDA Foods product, storage tips, nutrition facts, and two recipes that use the product.

Within the table below, 'X's to the right of a USDA Food indicate that the food is associated with that particular program. For example, ‘Apples Fresh’ is a part of FDPIR (Food Distribution Program on Indian Reservations).

Note: links on this page will open in Adobe Acrobat PDF format. Make sure you have Adobe Reader installed on your computer. You will need this program to view food fact sheets. To request alternative formats for PDF content, visit the contact page.

<table>
<thead>
<tr>
<th>Codes</th>
<th>USDA Foods</th>
<th>Product</th>
<th>CSFP</th>
<th>FDPIR</th>
<th>TEFAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>F510, F511, F514, F515</td>
<td>Apples, Fresh</td>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100207</td>
<td>Applesauce, Canned, Unsweetened</td>
<td>Fruits</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>100210</td>
<td>Apricots, Canned</td>
<td>Fruits</td>
<td>X</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>100918</td>
<td>Bakery Mix, Biscuit Type, Low-Fat</td>
<td>Grains</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>100378</td>
<td>Beans, Baby Lima, Dry</td>
<td>Beans</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>110020</td>
<td>Beans, Black, Low-Sodium, Canned</td>
<td>Beans</td>
<td>X</td>
<td>x</td>
<td>x</td>
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<tr>
<td>100380</td>
<td>Beans, Great Northern, Dry</td>
<td>Beans</td>
<td>X</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>100385</td>
<td>Beans, Light Red Kidney, Dry</td>
<td>Beans</td>
<td>X</td>
<td>x</td>
<td>x</td>
</tr>
</tbody>
</table>
# USDA Foods Available List for School Year 2017 for Schools and Institutions

**May 2016**

## USDA Foods Description

### Fruits

<table>
<thead>
<tr>
<th>USDA Foods Description</th>
<th>WBSCM ID</th>
<th>PACK SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, Braeburn, Fresh</td>
<td>100523</td>
<td>40 lb case</td>
</tr>
<tr>
<td>Apples, Empire, Fresh</td>
<td>100517</td>
<td>40 lb case</td>
</tr>
<tr>
<td>Apples, Fuji, Fresh</td>
<td>100522</td>
<td>40 lb case</td>
</tr>
<tr>
<td>Apples, Gala, Fresh</td>
<td>100521</td>
<td>40 lb case</td>
</tr>
<tr>
<td>Apples, Granny Smith, Fresh</td>
<td>110543</td>
<td>40 lb case</td>
</tr>
<tr>
<td>Apples, Red Delicious, Fresh</td>
<td>100514</td>
<td>40 lb case</td>
</tr>
<tr>
<td>Apple Slices, Unsweetened, Canned</td>
<td>100206</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Apple Slices, Unsweetened, Frozen QF</td>
<td>100258</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Apple Slices, Unsweetened, Frozen (QF)</td>
<td>110470</td>
<td>12/2.5 lb pkg</td>
</tr>
<tr>
<td>Applesauce, Unsweetened, Canned</td>
<td>110541</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Applesauce, Unsweetened, Cups, Shelf-Stable</td>
<td>110361</td>
<td>36/4.5 oz cups</td>
</tr>
<tr>
<td>Apples, For Processing</td>
<td>110149</td>
<td>Bulk Pounds</td>
</tr>
<tr>
<td>Apricots, Diced, Cuts, Frozen</td>
<td>100261</td>
<td>96/4 oz canets</td>
</tr>
<tr>
<td>Apricots, Diced, Extra Light Syrup, Canned*</td>
<td>100216</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Apricots, Halves, Extra Light Syrup, Canned*</td>
<td>100209</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Apricots, Sliced, Frozen</td>
<td>100259</td>
<td>20 lb ctn</td>
</tr>
<tr>
<td>Blueberries, Wild, Unsweetened, Frozen</td>
<td>100243</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Blueberries, Unsweetened, Frozen</td>
<td>110624</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Blueberries, Unsweetened, Frozen (QF)</td>
<td>110625</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Cherries, Dried</td>
<td>100299</td>
<td>4/4 lb ctn</td>
</tr>
<tr>
<td>Cherries, Red, Unsweetened, Canned</td>
<td>110028</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Cherries, Tart, Unsweetened, Frozen (QF)</td>
<td>100237</td>
<td>40 lb ctn</td>
</tr>
<tr>
<td>Cranberries, Dried</td>
<td>110031</td>
<td>5/5 lb pkg</td>
</tr>
<tr>
<td>Cranberries, Dried, Individual Portion</td>
<td>110732</td>
<td>300/1.16 oz</td>
</tr>
<tr>
<td>Fruit Mix, Dried</td>
<td>110161</td>
<td>5/4.4 oz pkg</td>
</tr>
<tr>
<td>Mixed Fruit, Extra Light Syrup, Canned*</td>
<td>100212</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Oranges, Fresh</td>
<td>110028</td>
<td>34.39 lb ctn</td>
</tr>
<tr>
<td>Orange Juice, Unsweetened, Cartons, Frozen</td>
<td>100277</td>
<td>70/4 oz ctn</td>
</tr>
<tr>
<td>Orange Juice, Unsweetened, Cups, Frozen</td>
<td>110651</td>
<td>96/4 oz ctn</td>
</tr>
<tr>
<td>Orange Juice Concentrate, For Processing</td>
<td>100204</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Peaches, Diced, Extra Light Syrup, Canned*</td>
<td>100220</td>
<td>6/#10 can</td>
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<tr>
<td>Peaches, Diced, Cuts, Frozen</td>
<td>100221</td>
<td>96/#10 can</td>
</tr>
<tr>
<td>Peaches, Sliced, Frozen</td>
<td>100239</td>
<td>20 lb ctn</td>
</tr>
<tr>
<td>Peaches, Sliced, Extra Light Syrup, Canned*</td>
<td>100219</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Pears, Bartlett, Fresh</td>
<td>100282</td>
<td>45 lb ctn</td>
</tr>
<tr>
<td>Pears, Bosc, Fresh</td>
<td>100280</td>
<td>45 lb ctn</td>
</tr>
<tr>
<td>Pears, D'Anjou, Fresh</td>
<td>100279</td>
<td>45 lb ctn</td>
</tr>
<tr>
<td>Pears, Diced, Extra Light Syrup, Canned*</td>
<td>100225</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Pears, Halves, Extra Light Syrup, Canned*</td>
<td>100226</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Pears, Sliced, Extra Light Syrup, Canned*</td>
<td>100224</td>
<td>6/#10 can</td>
</tr>
<tr>
<td>Raisins, Unsweetened, Individual Portion</td>
<td>100293</td>
<td>144/1.33 oz pkg</td>
</tr>
<tr>
<td>Raisins, Unsweetened</td>
<td>110556</td>
<td>6/5 lb basa</td>
</tr>
<tr>
<td>Strawberries, Diced, Cup, Frozen</td>
<td>100256</td>
<td>96/4.5 oz</td>
</tr>
<tr>
<td>Strawberries, Sliced, Frozen</td>
<td>100254</td>
<td>30 lb ctn</td>
</tr>
<tr>
<td>Strawberries, Whole, Unsweetened, Frozen (QF)</td>
<td>100253</td>
<td>30 lb ctn</td>
</tr>
</tbody>
</table>

## Vegetables

<table>
<thead>
<tr>
<th>USDA Foods Description</th>
<th>WBSCM ID</th>
<th>PACK SIZE</th>
<th>SUBGROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Green, Low-sodium, Canned</td>
<td>100307</td>
<td>6/#10 can</td>
<td>OTH</td>
</tr>
<tr>
<td>Beans, Green, No Salt Added, Frozen</td>
<td>100351</td>
<td>30 lb ctn</td>
<td>OTH</td>
</tr>
<tr>
<td>Broccoli Florets, No Salt Added, Frozen</td>
<td>110473</td>
<td>30 lb ctn</td>
<td>OTH</td>
</tr>
<tr>
<td>Carrots, Diced, No Salt Added, Frozen</td>
<td>100480</td>
<td>30 lb ctn</td>
<td>RO</td>
</tr>
<tr>
<td>Carrots, Diced, No Salt Added, Frozen (QF)</td>
<td>110481</td>
<td>12/2.5 lb</td>
<td>RO</td>
</tr>
<tr>
<td>Carrots, Sliced, No Salt Added, Frozen</td>
<td>100309</td>
<td>6/#10 can</td>
<td>RO</td>
</tr>
<tr>
<td>Corn, Whole Kernel, No Salt Added, Canned</td>
<td>100313</td>
<td>6/#10 can</td>
<td>ST</td>
</tr>
<tr>
<td>Corn, Whole Kernel, No Salt Added, Frozen (QF)</td>
<td>100348</td>
<td>30 lb ctn</td>
<td>ST</td>
</tr>
<tr>
<td>Mushrooms, Diced, No Salt Added, Frozen</td>
<td>110421</td>
<td>40 lb ctn</td>
<td>OTH</td>
</tr>
<tr>
<td>Peas, Green, Low-sodium, Canned</td>
<td>100315</td>
<td>6/#10 can</td>
<td>ST</td>
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<tr>
<td>Peas, Green, No Salt Added, Frozen</td>
<td>100350</td>
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</tr>
<tr>
<td>Peas, Green, No Salt Added, Frozen (QF)</td>
<td>110763</td>
<td>12/2.5 lb</td>
<td>ST</td>
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<tr>
<td>Pepper/Onion Strips, Blended, No Salt Added, Frozen</td>
<td>100724</td>
<td>30 lb ctn</td>
<td>OTH</td>
</tr>
<tr>
<td>Potatoes, French-Cut, Low-sodium, Frozen</td>
<td>100357</td>
<td>6/5 lb pkg</td>
<td>ST</td>
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<tr>
<td>Potatoes, Russet, Fresh</td>
<td>100340</td>
<td>50 lb ctn</td>
<td>ST</td>
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<tr>
<td>Potatoes, Wedges, Fat Free, Low-sodium, Frozen (QF)</td>
<td>100356</td>
<td>6/5 lb pkg</td>
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<tr>
<td>Potatoes, Wedges, Low-sodium, Frozen (QF)</td>
<td>100355</td>
<td>6/5 lb pkg</td>
<td>ST</td>
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<tr>
<td>Potatoes, For Processing to Frozen</td>
<td>100506</td>
<td>Bulk Pounds</td>
<td>ST</td>
</tr>
<tr>
<td>Potatoes, For Processing to Dehydrated</td>
<td>110227</td>
<td>Bulk Pounds</td>
<td>ST</td>
</tr>
<tr>
<td>Salsa, Low-sodium, Canned</td>
<td>100330</td>
<td>6/#10 can</td>
<td>RO</td>
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<tr>
<td>Salsa, Low-sodium, Pouch</td>
<td>110186</td>
<td>6/10 oz pouch</td>
<td>RO</td>
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<tr>
<td>Spaghetti Sauce, Low-sodium, Canned</td>
<td>100336</td>
<td>6/#10 can</td>
<td>RO</td>
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<tr>
<td>Spaghetti Sauce, Low-sodium, Pouch</td>
<td>110177</td>
<td>6/10 oz pouch</td>
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<tr>
<td>Spinach, Chopped, No Salt Added, Frozen (QF)</td>
<td>100425</td>
<td>12/#2 lb</td>
<td>DG</td>
</tr>
<tr>
<td>Spinach, Chopped, No Salt Added, Frozen</td>
<td>110391</td>
<td>12/2 lb</td>
<td>DG</td>
</tr>
<tr>
<td>Sweet Potatoes, Fresh</td>
<td>100343</td>
<td>40 lb ctn</td>
<td>RO</td>
</tr>
<tr>
<td>Sweet Potatoes, Chunks, No Salt Added, Frozen</td>
<td>110562</td>
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<tr>
<td>Sweet Potatoes, Crinkle Cut, Low-sodium, Frozen</td>
<td>110721</td>
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</tr>
<tr>
<td>Sweet Potatoes, Light Syrup, No Salt Added, Frozen</td>
<td>100317</td>
<td>6/#10 can</td>
<td>RO</td>
</tr>
<tr>
<td>Tomato Paste, No Salt Added, Canned</td>
<td>100327</td>
<td>6/#10 can</td>
<td>RO</td>
</tr>
<tr>
<td>Tomato Paste, No Salt Added, Pouch</td>
<td>110189</td>
<td>6/11 oz pouch</td>
<td>RO</td>
</tr>
<tr>
<td>Tomato Paste, For Processing</td>
<td>100980</td>
<td>Bulk Pounds</td>
<td>RO</td>
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<tr>
<td>Tomato Sauce, Low-sodium, Canned</td>
<td>100334</td>
<td>6/#10 can</td>
<td>RO</td>
</tr>
<tr>
<td>Tomato Sauce, Low-sodium, Pouch</td>
<td>110187</td>
<td>6/10 oz pouch</td>
<td>RO</td>
</tr>
<tr>
<td>Tomatoes, Diced, No Salt Added, Canned</td>
<td>100329</td>
<td>6/#10 can</td>
<td>RO</td>
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</tbody>
</table>

**Key:**
- **DG:** Dark Green vegetable subgroup
- **OTH:** Other vegetable subgroup
- **RO:** Red/Orange vegetable subgroup
- **ST:** Starchy vegetable subgroup
- **Bulk product for further processing**

**Note:** This list is subject to change based on market availability. Please reference the [USDA Foods catalog](https://www.fns.usda.gov/tns/tns-products-school-meals) for the most up-to-date list of available USDA Foods.
Georgia Grown School Recipes

http://feedmyschool.org/FMS/recipes/
Michigan Team Nutrition

www.michigan.gov/documents/mde/Meeting_the_Challenge_Recipe_Book_403050_7.pdf

Videos demonstrating these recipes can be found at:

www.youtube.com/user/miteamnutrition1
Oklahoma Cooking for Kids

http://cookingforkids.ok.gov/recipes?&recipeCategory=Cafeteria

- **VEGGIE DIPPERS**
  - Serve these veggie dippers with fat-free ranch dip for a cute and tasty snack.

- **VEGETARIAN CHILI**
  - The recipe makes a large pot of chili that’s chock-full of color and flavor.

- **SIDE GARDEN SALAD**
  - A fresh bed of chopped romaine lettuce, topped with carrots, cucumbers, and grape tomatoes.

- **SAUTÉED KALE AND QUINOA MEDLEY**
  - The kale and quinoa dish is packed with good-for-you grains and greens.

- **ROASTED AUTUMN VEGETABLES**
  - Roasted Autumn Vegetables are an easy and colorful vegetable side dish.

- **LENTIL SALAD**
  - This healthy lentil salad is packed with fiber & protein.

- **HUMMUS**
  - This is a simple hummus recipe that can be made with or without tahini.
# 000643 - CORN & EDAMAME SALAD

**Source:** CHEF V  
**Number of Portions:** 13  
**Size of Portion:** 1/2 CUP

## Components:
- **Meat/Alt:**
- **Grains:**
- **Fruit:**
- **Vegetable:** 0.5 cup
- **Milk:**

## Recipe Subgroups:
- **Vegetable, Other**

## Attributes:
- **HACCP Process:** #1 No Cook

## Ingredients

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Measure</th>
<th>Quantity</th>
<th>Instructions</th>
</tr>
</thead>
</table>
| 902838       | EDAMAME, SHELLED, FROZEN                        | 1 lb     | 1         | To Prepare:  
1. Steam edamame for 4 minutes until bright green and tender. Drain in and rinse under cold water.  
2. Clean bell pepper and dice.  
3. Chop garlic.  
4. Clean basil and chop.  

5. Make dressing by whisking together olive oil, vinegar, garlic, Italian herbs, salt, and pepper.  
6. Combine dressing with edamame, corn, red bell pepper, and basil.  
7. Refrigerate at least 1 hour to allow flavors to blend.  

To Serve:  
1. Serve 1/2 cup corn & edamame salad to each customer.  
CCP: Hold for cold service at 41°F or lower.  
CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.  
CCP: Refrigerate until served.  

## Measures

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Measure</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>004053</td>
<td>OIL, OLIVE, SALAD OR COOKING</td>
<td>3 Tbsp</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>902837</td>
<td>VINEGAR, RED WINE</td>
<td>1/8 TSP</td>
<td>1/8 tsp</td>
</tr>
<tr>
<td>902839</td>
<td>SPICES, ITALIAN HERBS, DRIED</td>
<td>1 TBSP</td>
<td>(leaves)</td>
</tr>
<tr>
<td>902826</td>
<td>SALT, KOSHER</td>
<td>1/8 tsp</td>
<td>(ground)</td>
</tr>
<tr>
<td>002030</td>
<td>PEPPER, BLACK</td>
<td>1/2 CUP</td>
<td>(chopped)</td>
</tr>
</tbody>
</table>
Vermont FEED: New School Cuisine

http://vtfeed.org/resource-library
American Egg Board

www.aeb.org/foodservice/schools/83-school-nutrition/242-d-egg-recipes
Beef Foodservice K-12

www.beeffoodservice.com/k-12foodservice.aspx
Add Tart Cherries to School Meals

Montmorency tart cherries are included on the USDA Foods Available list, offering school nutrition professionals endless opportunities to add a burst of bright color and on-trend taste to school meals. Frozen IQF, dried and unsweetened canned tart cherries have wide applications in school meals – including breakfasts, lunches, snacks, suppers and summer food service programs.

We’ve created new resources to make it easy to add tart cherries to your school foodservice program. These versatile, kid-pleasing and easy-to-use fruits have year-round appeal.

You’ll find purchasing and handling information, fun facts, four kid-tested recipes and more than two dozen other ideas for serving tart cherries in school meals.

Check out these easy and delicious ways to use these USDA foods on school meals:

- **Pancake Parfait with Tart Cherries** is a unique and versatile new concept for K-12 school breakfast programs, including cafeteria, grab-and-go and breakfast in the classroom service.
- **Tart Cherry Pancake Bar** is a super simple, speed-scratch recipe with the fruit and syrup built into the bar.
- **Tart Cherry Chicken Salad** is a tasty combination of chicken and cherries for a sandwich or entrée salad.
- **Cherry-Q Dipping Sauce** is a cherry-infused low-sodium BBQ sauce for chicken fingers or nuggets.
Mushrooms in Schools

www.mushroomsinschools.com

Try the
MARGHERITA & MUSHROOM PIZZA

USDA IQF diced mushrooms, fresh diced tomatoes and mozzarella cheese atop a whole grain pizza crust.

VIEW THE RECIPE
National Dairy Council BREAKFAST

www.nationaldairycouncil.org/School-Breakfast-Recipes
Potatoes USA

http://potatoesraisethebar.com

**Potato Goodness**

**MY POTATOES**  **RECIPES**  **NUTRITION**  **ALL ABOUT**

---

**KID-FRIENDLY RECIPES & HEALTHY IDEAS!**

Potatoes are the perfect healthy canvas for everything from global salads and sides to simple herbs on oven-roasted spuds. Check out our main dishes, salads and sides to sides. Potatoes are sure to be a hit with your students.

**MAIN DISHES**

- Taco Tater Rocket
- Lomo Saltado
- Potato Pepper Pizza
- Mashed Potato Bowl
- Potato Wedge Nachos
- Denver Omelet Brunch Bowl

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USA Rice

http://thinkrice.com/foodservice/k-12/recipe-ideas/
PINTEREST: School Meals That Rock

www.pinterest.com/schoolmealsrock/school-recipes-that-rock/
Tips for FINDING Recipes

1. Search diligently.
2. Source carefully.
3. Adapt as necessary.
QUESTIONS??
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@malissamarsden

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www.pinterest.com/schoolmealsrock/
@SchoolMealsRock