



# Standardize Recipe Training

Evergreen Food Program  
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# What is a Standardize Recipe?

- According to the United States Department of Agriculture (USDA), a standardized recipe is a complete, specific set of written instructions for cooks to produce consistent, high-quality recipes every time!

# When is it required and how often?

- All Child Care Centers that is part of the Child and Adult Care Food Program (CACFP) are required to have standardize recipes on files for ANY food items, made from scratch, that requires more than 1 ingredient.
- Example: Peanut Butter and Jelly Sandwich OR Beef Stew.

# When is it required and how often?

- It is important to know that standardize recipes are used everyday in child nutrition operations as a guide to preparing foods served to children.
- They are used to ensure the correct portion sizes are being served and that the food items served to the children are creditable in CACFP.
- When you create a standardize recipe for a food item in your menu, remember it has to only be created ONCE.

# Menu for lunch

- Cheese Quesadilla
- Cheddar Cheese
- WW Guerrero Tortilla
- Pinto Beans
- Apple Sauce
- 1% milk
  
- DOES THIS MENU REQUIRE A STANDARDIZE RECIPE?
  - YES

# Food Buying Guide (FBG)

- <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
- Ensure you have created an account or you can go under guest user.
- Food item search

# Food Buying Guide (FBG)

|                                    |   |
|------------------------------------|---|
| Meal Component                     | Meats/Meat Alternates <sup>1</sup>  |
| Meal Category                      | Cheese, Eggs, Yogurt  |
| Subcategory                        | CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)            |
| Food As Purchased, AP              | <b>Cheese, American, Cheddar, Mozzarella, or Swiss<sup>16</sup></b><br><i>Natural or Process, Includes USDA Foods</i> |
| Purchase Unit                      | Pound   |
| Servings per Purchase Unit, EP     | 16.00   |
| Serving Size per Meal Contribution | 1 oz Cheese   |
| Purchase Units for 100 Servings    | 6.30  |
| Additional Information             | 1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese   |



# MENU PRODUCTION RECORDS

|              |                      |      |       |         |          |           |        |
|--------------|----------------------|------|-------|---------|----------|-----------|--------|
| <b>Lunch</b> |                      | 1 Yr | 2 Yrs | 3-5 Yrs | 6-12 Yrs | 13-18 Yrs | Adults |
|              | Estimated Attendance | 0    | 0     | 30      | 0        | 0         |        |
|              | Actual Attendance    |      |       |         |          |           |        |

| Component | Food Served/Planned | Rqd Serving Size By Age |         |          |        |        | Qty Needed Per |                |
|-----------|---------------------|-------------------------|---------|----------|--------|--------|----------------|----------------|
|           |                     | 1                       | 2       | 3-5      | 6-12   | 13-18  | Adult          | Est Attendance |
| Brd/Alt   | Flour Tortillas(WG) | 1/2 ser                 | 1/2 sen | 1/2 sen  | 1 serv | 1 serv | 2 serv         | 15 serv        |
| Veg       | Pinto Beans         | 1/8 c                   | 1/8 c   | 1/4 c    | 1/2 c  | 1/2 c  | 1/2 c          | 7 1/2 c        |
| Fruit     | Applesauce          | 1/8 c                   | 1/8 c   | 1/4 c    | 1/4 c  | 1/4 c  | 1/2 c          | 7 1/2 c        |
| Meat/Alt  | Cheddar Cheese      | 1 oz                    | 1 oz    | 1 1/2 oz | 2 oz   | 2 oz   | 2 oz           | 2.82 lb        |
| Milk      | Whole Milk          | 1/2 c                   |         |          |        |        |                |                |
| Milk      | 1%/Skim Milk        |                         | 1/2 c   | 3/4 c    | 1 c    | 1 c    | 1 c            | 1.41 gal       |
| Milk      | Milk Substitute     | 1/2 c                   | 1/2 c   | 3/4 c    | 1 c    | 1 c    | 1 c            |                |

# Measurements

- Always remember that (1 lb = 16 oz) and (1 cup = 8oz).
- Lets say your center has 30 (3-5 yr old) children.
- You purchase 3 lbs of shredded cheddar cheese.
- And use about 30 WW Guerrero tortillas to make your quesadillas.

# Calculations

- Calculations for meat alternate portion:
- $3 \text{ lbs} \times 16 \text{ oz} = 48 \text{ oz} / 30 \text{ kids} = 1.6 \text{ oz}$  of m/ma portion.
- $30 \text{ WW Guerrero tortilla} / 30 = 1$  whole tortilla per child = 1 slice portion per child
- based on the menu your portions sizes meets the CACFP Meal pattern requirements:
  - 1.6 oz M/MA and 1 WW Guerrero tortilla per child.

## Child and Adult Care Food Program (CACFP) Standardized Recipe Form

|  |                            |                            |
|--|----------------------------|----------------------------|
| <b>Recipe Name:</b> Cheese Quesadillas | <b>Category:</b> Main Dish | <b>Recipe Number:</b> 1234 |
|--|----------------------------|----------------------------|

| Ingredients               | For <u>30</u> Servings |                     | Directions   |
|---------------------------|------------------------|---------------------|--|
|                           | Weight                 | Measure             |  |
| Cheddar cheese (shredded) | 3 <u>lbs</u>           | 12 cups             | Take one WW tortilla and add 1/8 cup of shredded cheese on one side of the tortilla      |
|                           |                        |                     | Fold over the tortilla so it looks like half a circle                                    |
| WW Guerrero Tortilla      | 30 Tortillas           | 1 serving/per child |  |
|                           |                        |                     | Turn on stove to medium heat, add 1 <u>tsp</u> of oil to frying pan                      |
| Canola oil                | <u>na</u>              | <u>na</u>           |  |
|                           |                        |                     | Lay fold over tortilla onto the pan and <u>sauttee</u> it bottom of tortilla is toasted. |
|                           |                        |                     | Flip over and do the same  |
|                           |                        |                     |  |
|                           |                        |                     | <u>Cheddar cheese 1lb = 4 cups</u>   |
|                           |                        |                     | <u>3lbs x 16 oz = 48 oz/30 servings = 1.6 eq to 1.6 oz of mma</u>                        |
|                           |                        |                     |  |
|                           |                        |                     | <u>30 tortilla = 1 serving or slice per child</u>  |

| Serving Size and Yield |  | Cooking Time and Temperature |                    | Meal Pattern Contribution (Based on Serving Size) |                                |               |
|------------------------|--|------------------------------|--------------------|---|--------------------------------|---------------|
| <b>Serving Size:</b>   | Yield 30 servings with M/MA is minimum 1.6 <u>oz</u> |                              | <b>Temperature</b> | <b>Time</b>                                       | Meat/Meat Alternates (ounces): | 1.6 <u>oz</u> |
|                        |  | <b>Conventional:</b>         |                    |   | Grains :                       | 1 slice       |
| <b>Yield:</b>          | 30 servings  | <b>Convection:</b>           |                    |   | Fruits (cups):                 | <u>na</u>     |
|                        |  |                              |                    |   | Vegetables (cups):             | <u>na</u>     |

## Food Item Details

|                                    |   |
|------------------------------------|---|
| Meal Component                     | Meats/Meat Alternates <sup>1</sup>  |
| Meal Category                      | Beef and Beef Products  |
| Subcategory                        | BEEF CHUCK ROAST, fresh or frozen   |
| Food As Purchased, AP              | <b>Beef Chuck Roast, fresh or frozen<sup>7</sup></b><br><i>Roll, Without bone, Practically-free-of-fat, (Like IMPS #116A)</i>   |
| Purchase Unit                      | Pound   |
| Servings per Purchase Unit, EP     | 4.37  |
| Serving Size per Meal Contribution | 1-1/2 oz cooked lean meat   |
| Purchase Units for 100 Servings    | 22.90   |
| Additional Information             | 1 lb AP = 0.41 lb cooked, trimmed, sliced, lean meat  |
|                                    | <sup>1</sup> Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226.<br><sup>7</sup> If you do not know the specific cut of beef chuck roast without bone you |

|              |                      |       |         |          |           |   |
|--------------|----------------------|-------|---------|----------|-----------|---|
| <b>Lunch</b> | 1 Yr                 | 2 Yrs | 3-5 Yrs | 6-12 Yrs | 13-18 Yrs |   |
|              | Estimated Attendance | 0     | 0       | 32       | 0         | 0 |
|              | Actual Attendance    |       |         |          |           |   |

| Component | Food Served/Planned | Rqd Serving Size By Age |       |          |       |       |       | Qty Needed |
|-----------|---------------------|-------------------------|-------|----------|-------|-------|-------|------------|
|           |                     | 1                       | 2     | 3-5      | 6-12  | 13-18 | Adult | Est Attend |
| Brd/Alt   | Brown Rice          | 1/4 c                   | 1/4 c | 1/4 c    | 1/2 c | 1/2 c | 1 c   | 8 c        |
| Veg       | Corn                | 1/8 c                   | 1/8 c | 1/4 c    | 1/2 c | 1/2 c | 1/2 c | 8 c        |
| Fruit     | Baked Potato        | 1/8 c                   | 1/8 c | 1/4 c    | 1/4 c | 1/4 c | 1/2 c | 8 c        |
| Meat/Alt  | Chuck Roast         | 1 oz                    | 1 oz  | 1 1/2 oz | 2 oz  | 2 oz  | 2 oz  | 3 lb       |
| Milk      | Whole Milk          | 1/2 c                   |       |          |       |       |       |            |
| Milk      | 1%/Skim Milk        |                         | 1/2 c | 3/4 c    | 1 c   | 1 c   | 1 c   | 1.5 gal    |
| Milk      | Milk Substitute     | 1/2 c                   | 1/2 c | 3/4 c    | 1 c   | 1 c   | 1 c   |            |

# Calculations

- Calculations for meat alternate portion:
- $8 \text{ lbs} \times 16\text{oz} = 128 \text{ oz} \times 0.41 = 52.48 / 32 \text{ kids} = 1.64 \text{ oz}$  or 1.5 of m/ma portion.
- based on the menu your portions sizes meets the CACFP Meal pattern requirements:
  - 1.5 oz M/MA per child.

## Child and Adult Care Food Program (CACFP) Standardized Recipe Form

|                                |                            |                           |
|--------------------------------|----------------------------|---------------------------|
| <b>Recipe Name:</b> Roast Beef | <b>Category:</b> Main Dish | <b>Recipe Number:</b> 003 |
|--------------------------------|----------------------------|---------------------------|

| Ingredients                 | For <u>32</u> Servings |                | Directions  |
|-----------------------------|------------------------|----------------|---|
|                             | Weight                 | Measure        |   |
| 3 large onion (chopped)     | 3 <u>lbs</u>           | 4 cups chopped | 1. In a small bowl, put the bouillon cube in about 2 quarts of hot water. Stir it until the bouillon cube dissolves. This will make 2 cups of beef broth. |
| water                       | 1/2 cup                | 8 <u>tbsp</u>  |   |
| beef chuck roast (boneless) | 8 <u>lbs</u>           | 128 <u>oz</u>  | 2. In a medium bowl, stir together the broth, orange juice, allspice, and pepper.   |
| water (hot)                 | 9 cups                 | 2 1/4 quarts   |   |
| 1 beef bouillon (cube)      | 1 cube                 | 1 cube         | 3. Peel and chop the onion, to make 4 cup chopped onion.  |
| orange juice                | 1/4 cup                |                |   |
| allspice                    | 1 cup                  | 1 cup          | 4. Put 1/2 cup of water in the skillet. Heat on medium.   |
| pepper                      | To taste               | 1/2 <u>tsp</u> |   |
|                             |                        |                | 5. Put the onion in the skillet. Simmer it until tender.  |
|                             |                        |                | 6. Add the roast to the skillet. Brown it on all sides.   |
|                             |                        |                | 7. Pour the broth mix over the meat in the skillet.   |
|                             |                        |                | <b><u>Chuck Roast : 1 lb AP yield 0.41 cooked</u></b>   |
|                             |                        |                | <b><u>8 lbs x 16 oz = 128 oz X 0.41 cooked = 52.48 / 32 children = 1.64 or 1.5 oz mma</u></b>   |

| Serving Size and Yield |                             | Cooking Time and Temperature |             |      | Meal Pattern Contribution (Based on Serving Size) |                                |
|------------------------|-----------------------------|------------------------------|-------------|------|---|--------------------------------|
| Serving Size:          | Yield 32 servings with M/MA |                              | Temperature | Time |   | Meat/Meat Alternates (ounces): |
|                        |                             |                              |             |      |   | 1.5 <u>oz</u>                  |



# Questions???

- If you have any questions or concerns, feel free to contact me. Monday – Friday 8:30am-5:00pm
- Rina Larida
- Email: [Joinecci@gmail.com](mailto:Joinecci@gmail.com)
- Phone: 213-380-3850 ext. 202
- THANK YOU!

# USDA STANDARDIZE RECIPES

- <https://www.fns.usda.gov/usda-standardized-recipe>



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