Food Buying Guide

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2023 New Managers' Training

July 18-19, 2023

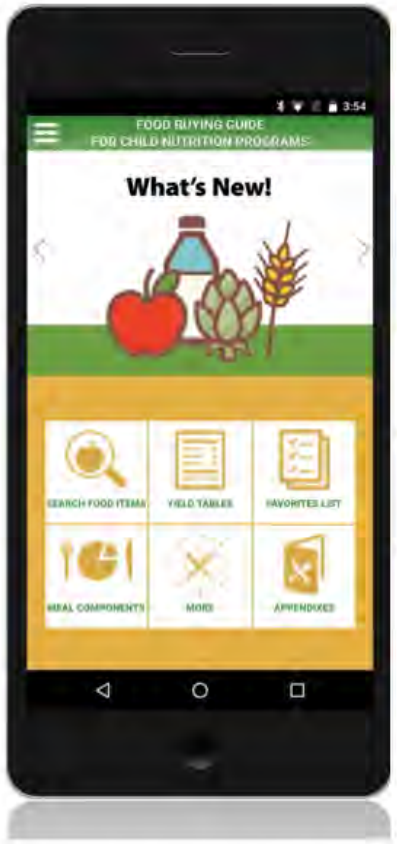
ALSDE CNP School Programs

Food Buying Guide Mobile App

Food Buying Guide Mobile App

The Food Buying Guide (FBG) is the essential resource for food yield information for all Child Nutrition Programs (CNP). The FBG assists CNP operators, food manufacturers, and other stakeholders with:

- Purchasing the correct amounts of foods for Child Nutrition meal programs
- Determining the contribution that each food makes toward meal pattern requirements



Search and locate yield information for foods typically served in Child Nutrition Programs.

Compare yield information to determine the foods that best meet your program needs.

Create a favorites list of food items!

Email and print search results, food comparisons, and favorites list

The Food Buying Guide Mobile App also includes access to narrative content which provides:

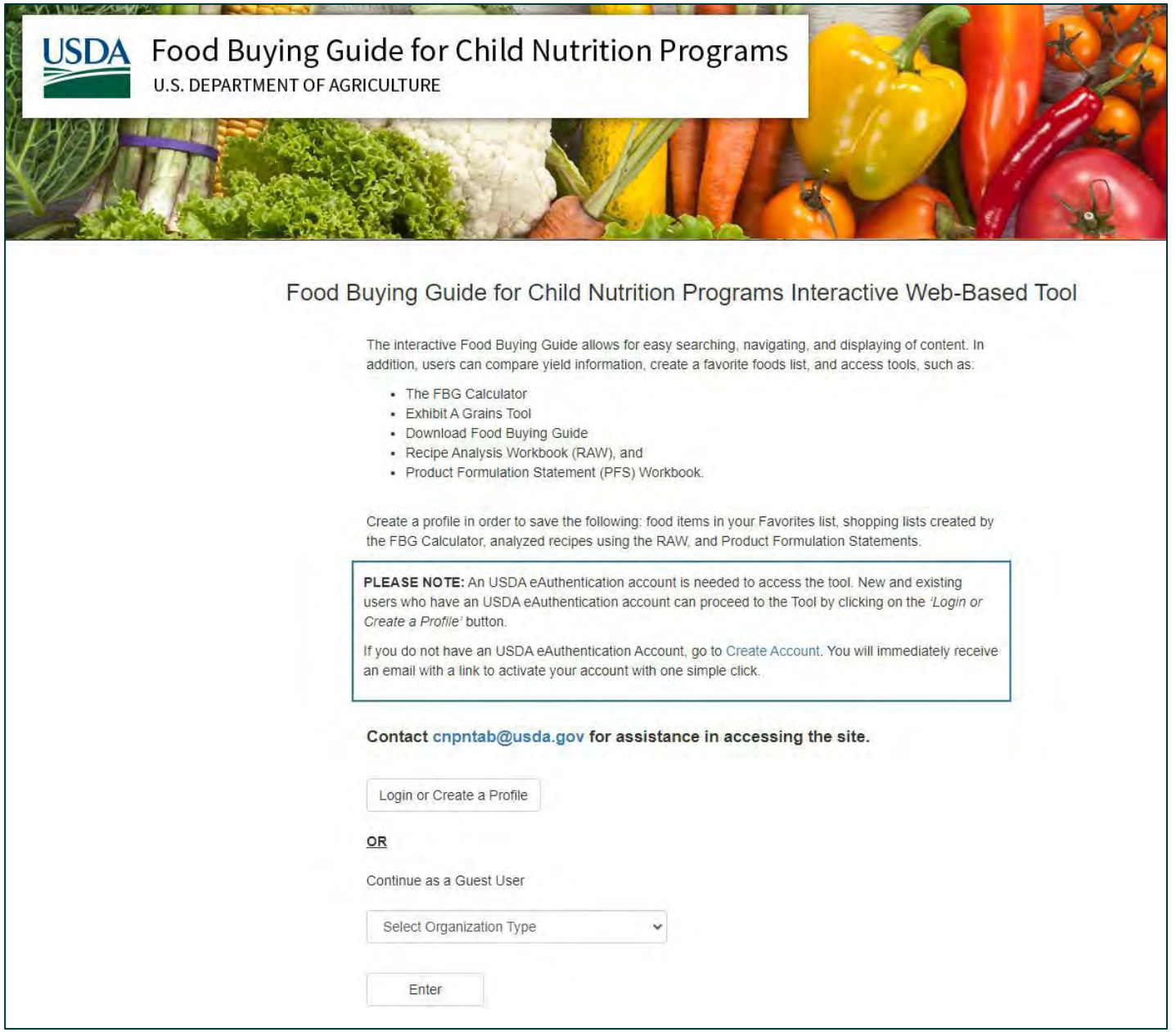
- Child Nutrition Program-specific information for meeting meal pattern requirements
- Helpful information related to food purchasing and how to utilize food yield information in the FBG
- Additional resources related to meal pattern requirements and menu planning for CNPs.

The FBG Mobile App is currently available on the iOs and Android platforms.

An Essential Resource

FBG

Food Buying Guide



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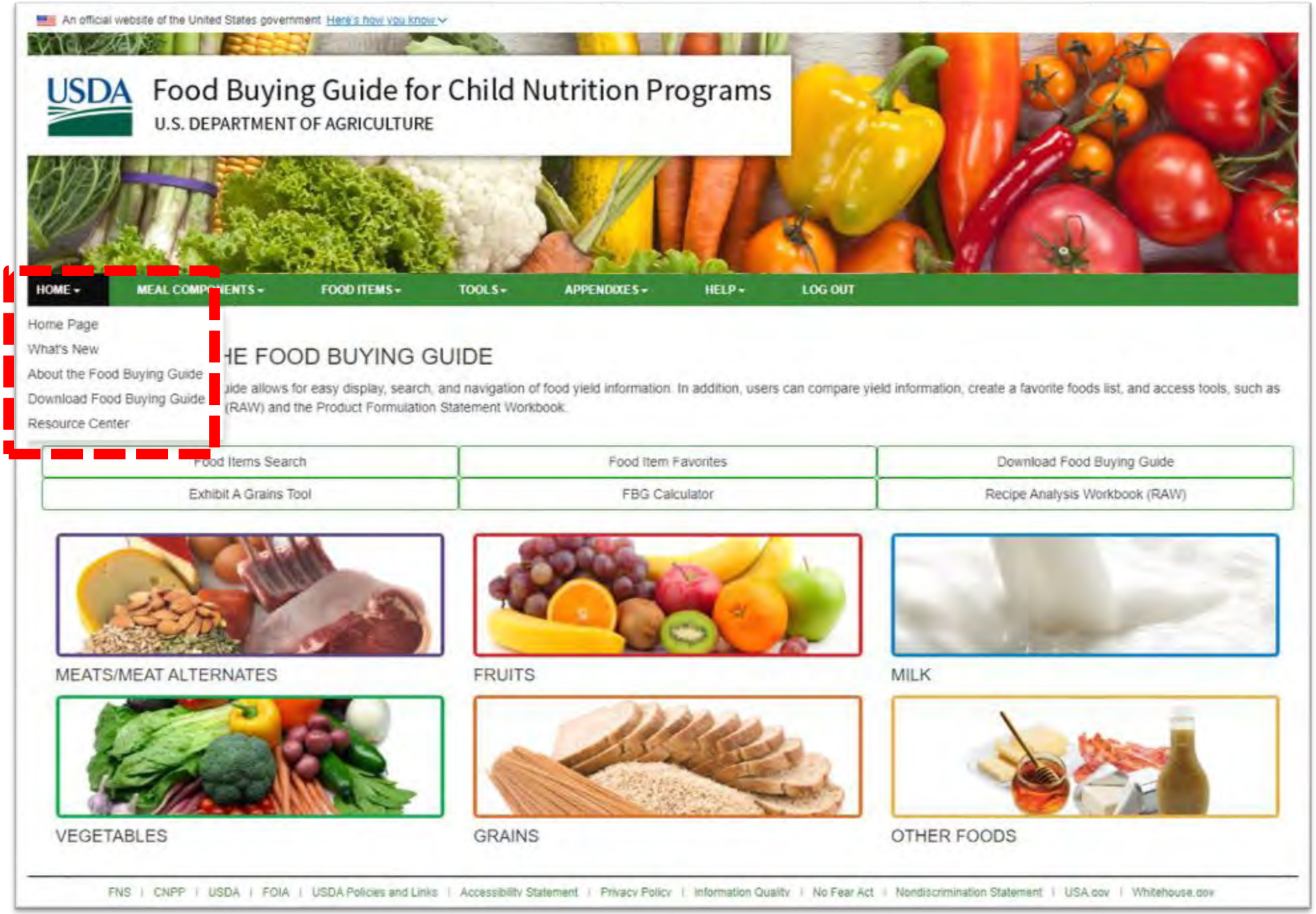
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uide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as
(RAW) and the Product Formulation Statement Workbook.
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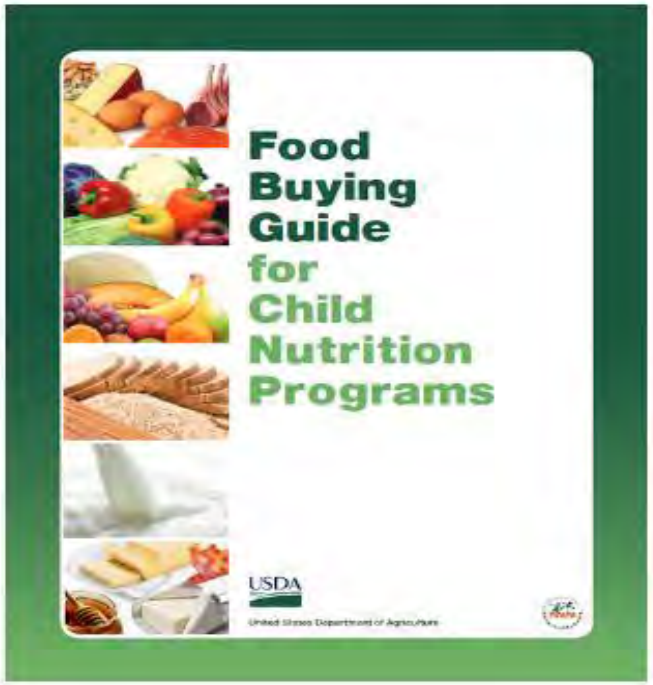

Food Buying Guide Introduction (last updated on 7/05/2019)
Section 1: Meats/Meat Alternates (last updated on 5/23/2018) and Yield Table (last updated on 8/13/2019)
Section 2: Vegetables (last updated on 7/17/2018) and Yield Table (last updated on 5/14/2019)
Section 3: Fruits (last updated on 5/23/2018) and Yield Table (last updated on 5/14/2019)
Section 4: Grains (last updated on 5/23/2018) and Yield Table (last updated on 8/13/2019)
Section 5: Milk (last updated on 5/23/2018) and Yield Table (last updated on 7/12/2016)
Section 6: Other Foods (last updated on 7/05/2019) and Yield Table (last updated on 5/10/2019)
Appendix A: Recipe Analysis Workbook (last updated on 3/28/2019)
Appendix B: Using "Additional Information" Column of the Food Buying Guide Yield Tables (last updated on 3/28/2019)
Appendix C: The USDA Child Nutrition (CN) Labeling Program (last updated on 3/28/2019) and Food Items for Further Processing Yield Table (last updated on 8/1/2019)
Appendix D: The Food Purchasing Process (last updated on 3/28/2019)
Appendix E: Grains/Breads Component: The Summer Food Service Program (SFSP) and National School Lunch Program (NSLP) Afterschool Snack Service (last updated on 3/28/2019)
Appendix F: Resources (last updated on 8/15/2019)

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- FBG Calculator - Create Shopping List
- Exhibit A Grains Tool - My Products
- Exhibit A Grains Tool - Enter Product
- Determining Creditable Grains/Breads
- Does My Product Meet the Whole Grain-Rich Criteria?

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The Interactive Food Buying Guide allows for easy display, search … compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formu…

Food Items Search

Exhibit A Grains Tool

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Recipe Analysis Workbook (RAW)

MEATS/MEAT ALTERNATES

FRUITS

MILK

VEGETABLES

GRAINS

OTHER FOODS

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- A: Recipe Analysis Workbook
- B: Using "Additional Information" Column of the Food Buying Guide Yield Tables
- C: The USDA Child Nutrition (CN) Labeling Program
- D: The Food Purchasing Process
- E: Grains/Breads Component for the Summer Food Service Program (SFSP) and NSLP Afterschool Snack Service
- F: Resources

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The Interactive Food Buying Guide allows for easy display, search, and navigation
the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Wor

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Food Items Search		
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)

MEATS/MEAT ALTERNATES

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The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Food Item Favorites	Download Food Buying Guide
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)

MEATS/MEAT ALTERNATES

FRUITS

MILK

VEGETABLES

GRAINS

OTHER FOODS

Meats/Meat Alternates

- Meats and Meat Alternates Component for the Child Nutrition Programs
- Optional Best Practices for All Child Nutrition Programs
- Definitions
- Yields
- Explanation of the Columns

Search Meats/Meat Alternates Food Items | View Yield Table PDF | Export Yield Table

Vegetables

- Vegetable Component for the Child Nutrition Programs
- Crediting of Vegetables
- Crediting of Vegetable Concentrates (Tomato Paste and Tomato Puree)
- Factors Affecting Yields
- Definitions
- Products that Do Not Meet Requirements
- Information Included in this Section
- Explanation of the Columns

Fruits

- Fruits Component for the Child Nutrition Programs
- Crediting of Fruits
- Crediting of Fruit Juice Concentrates, How to Use Information on Concentrates
- Factors Affecting Yields
- Definitions
- Products That Do Not Meet Requirements
- Information Included In This Section
- Explanation of the Columns

Search Fruit Food Items | View Yield Table PDF | Export Yield Table

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Grains

- Grains Component for the Child Nutrition Programs
- Definitions
- Examples of Foods That Are Creditable Toward the Grains Component
- Criteria for Determining Acceptable Grain Items
- What Foods Meet the Whole Grain-Rich Criteria?
- Does My Product Meet the Whole Grain-Rich Criteria?
- Criteria for Determining Ounce Equivalents
- Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains

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Milk

- Fluid Milk Component for the Child Nutrition Programs
- School Breakfast Program and National School Lunch Program
- Summer Food Service Program
- Child and Adult Care Food Program
- Medical/Non-Dairy

Search Milk Food Items | View Yield Table PDF | Export Yield Table

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Other Foods

▸ Description of Other Foods that DO NOT Meet the Meal Pattern Requirements

Search Other Food Items | View Yield Table PDF | Export Yield Table

Last updated on 02/28/2020

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FOOD ITEMS
- Search
- Favorites

Food Items Search

Search Food Items

Program - Meal:

Select Program

Keywords:

Meal Component:

All Meal Components

Category:

All Categories

Search | Reset Search

Food Items Selected for Comparison

Compare Items | Clear All

Select up to 4 food items from search results to be compared.

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
No item for Comparison.				

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
No records found.							

Column 1: Food As Purchased (AP)

Column 1:

- Tells you the name of the food item and the form(s) in which it is purchased.
- Foods are arranged in alphabetical order.

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
APPLES					
Apples, fresh *125-138 count Whole, Includes USDA Foods*	Pound	14.80	1/4 cup raw, unpeeled fruit (about 1/4 apple)	6.80	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-serve or -cook raw, cored, unpeeled apples
	Pound	3.00	1 baked apple (about 1/2 cup cooked fruit)	33.40	
	Pound	11.40	1/4 cup raw, cored, peeled fruit	8.80	1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples
	Pound	6.80	1/4 cup cored, peeled, cooked, unsweetened fruit	14.80	1 lb AP = 0.78 lb (about 1-3/4 cups) cored, peeled, cooked apples; 1 lb AP = 0.78 lb (about 2-3/4 cups) ready-to-serve or -cook raw, cored, peeled apples

Column 1: Food As Purchased (AP)

Use care in selecting the food you are using. Look for details on how the product is packed.

Broccoli, fresh - BROCCOLI					
Broccoli, fresh *Untrimmed*	Pound	9.80	1/4 cup raw vegetable spears	10.30	1 lb AP = 0.81 lb ready-to-cook broccoli
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.70	1 lb AP = 0.81 lb ready-to-cook broccoli; 1 medium spear = about 1/4 cup broccoli
	Pound	10.20	1/4 cup cut, cooked, drained vegetable	9.90	1 lb AP = 0.81 lb ready-to-cook broccoli
Broccoli, fresh *Florets*	Pound	11.50	1/4 cup trimmed cooked vegetable	8.70	1 lb AP = 0.63 lb (about 2-7/8 cups) trimmed cooked, broccoli florets
Broccoli, fresh *Florets, Trimmed, Ready-to-use*	Pound	28.80	1/4 cup cut raw vegetable	3.50	1 lb AP = 1.00 lb (about 7-1/8 cups) ready-to-cook broccoli
Broccoli, fresh *Spears, Trimmed, Ready-to-use*	Pound	17.10	1/4 cup raw vegetable spears	5.90	1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli
	Pound	13.00	1/4 cup cooked, drained vegetable spears	7.70	1 lb AP = 1.00 lb (about 3-1/4 cups) cooked broccoli; 1 lb AP = 1.00 lb (about 4-1/4 cups) ready-to-cook broccoli
Broccoli, fresh *Slaw, Ready-to-use*	Pound	21.10	1/4 cup raw vegetable	4.80	1 lb AP = 1.00 lb (about 5-1/4 cups) ready-to-serve or -cook broccoli slaw

Column 2: Purchase Unit

Column 2:

- Tells you the basic unit of purchase for the food.
- Most food items in the Food Buying Guide, "Pound" is the purchase unit.
- Other examples of common purchase units include but are not limited to gal, No. 10 can, No. 2 can, and No. 300 can.

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
Beans, Black-eyed (or Peas), dry - BEANS, BLACK-EYED (or PEAS)					
Beans, Black-eyed (or Peas), dry *Whole, Includes USDA Foods*	Pound	28.30	1/4 cup cooked vegetable	3.60	1 lb dry = about 2-3/4 cups dry beans
Beans, Black-eyed (or Peas), dry, canned *Whole, Includes USDA Foods*	No. 10 Can (108 oz)	37.70	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans; 1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 10 Can (108 oz)	46.00	1/4 cup drained, unheated vegetable	2.20	1 No. 10 can = about 78.5 oz (11-1/2 cups) drained, unheated beans
	No. 300 Can (15 oz)	4.91	1/4 cup heated, drained vegetable	20.40	
	Pound	9.37	1/4 cup drained, unheated vegetable	10.70	

Column 3: Servings per Purchase Unit (EP)

Column 3:

- Shows the number of servings of a given size from each purchase unit, Edible Portion (EP).

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
Beans, Green, fresh - BEANS, GREEN *(continued)*					
Beans, Green, canned *Whole, Includes USDA Foods*	No. 10 Can (101 oz)	39.50	1/4 cup heated, drained vegetable	2.60	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 10 Can (101 oz)	52.20	1/4 cup drained vegetable	2.00	1 No. 10 can = about 58.0 oz (13 cups) drained, unheated beans
	No. 2-1/2 Can (28 oz)	14.40	1/4 cup heated, drained vegetable	7.00	1 No. 2-1/2 can = about 16.0 oz (3-5/8 cups) drained, unheated beans
	No. 300 Can (14-1/2 oz)	4.58	1/4 cup heated, drained vegetable	21.90	1 No. 300 can = about 7.3 oz (1-1/8 cups) heated, drained beans; 1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	No. 300 Can (14-1/2 oz)	6.95	1/4 cup drained vegetable	14.40	1 No. 300 can = about 7.6 oz (1-5/8 cups) drained, unheated beans
	Pound	8.20	1/4 cup drained vegetable	12.20	

Column 4: Serving Size per Meal Contribution

Column 4:

- Describes a serving by weight, measure, or number of pieces or slices.
- Quantities given in columns 3 and 5 change when the serving size in Column 4 is adjusted.

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
BLUEBERRIES					
Blueberries, fresh *Whole, Includes USDA Foods*	Pint (14-1/4 oz)	10.70	1/4 cup raw fruit	9.40	1 pt AP = 0.87 lb (about 2-2/3 cups) ready-to-serve raw blueberries
	Pound	11.90	1/4 cup raw fruit	8.50	1 lb AP = 0.96 lb ready-to-serve raw blueberries
Blueberries, canned *Whole*	No. 10 Can (105 oz)	47.60	1/4 cup fruit and liquid	2.20	
	No. 10 Can (105 oz)	37.00	1/4 cup drained fruit	2.71	1 No. 10 can = about 55.0 oz (9-1/4 cups) drained blueberries
	No. 300 Can (15 oz)	6.80	1/4 cup fruit and liquid	14.80	
	No. 300 Can (15 oz)	5.50	1/4 cup drained fruit	18.20	1 No. 300 can = about 8.2 oz (1-3/8 cups) drained blueberries
	Pound	7.20	1/4 cup fruit and liquid	13.90	

Column 5: Purchase Units for 100 Servings

Column 5:

- Shows the number of purchase units needed for 100 servings.

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
Peas, Field, canned - PEAS, FIELD					
Peas, Field, canned *With snaps*	No. 10 Can (111 oz)	37.60	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps; 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 10 Can (111 oz)	46.30	1/4 cup drained vegetable	2.20	1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 300 Can (15 oz)	5.12	1/4 cup heated, drained vegetable	19.60	1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps; 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
	No. 300 Can (15 oz)	5.59	1/4 cup drained vegetable	17.90	1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps

Additional Information

Column 6:

- Provides other information to help you calculate the amount of food needed to purchase and/or prepare.

Section 2 - Vegetables

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
Peas, Field, canned - PEAS, FIELD					
Peas, Field, canned *With snaps*	No. 10 Can (111 oz)	37.60	1/4 cup heated, drained vegetable	2.70	1 No. 10 can = about 72.3 oz (9-3/8 cups) heated, drained field peas with snaps; 1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 10 Can (111 oz)	46.30	1/4 cup drained vegetable	2.20	1 No. 10 can = about 85.5 oz (11-1/2 cups) drained, unheated field peas with snaps
	No. 300 Can (15 oz)	5.12	1/4 cup heated, drained vegetable	19.60	1 No. 300 can = about 7.95 oz (1-1/4 cups) heated, drained field peas with snaps; 1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps
	No. 300 Can (15 oz)	5.59	1/4 cup drained vegetable	17.90	1 No. 300 can = about 8.52 oz (1-3/8 cups) drained, unheated field peas with snaps

To calculate how much of any food to purchase you should begin by asking yourself the following questions:

- How many servings will you need?
- Will different serving sizes be used for various age/grade groups?
- What is your planned serving size for this food?
- What serving size is listed in *Serving Size per Meal Contribution*?
  - Is the listed serving size the same as your planned serving size?
- In what form will you purchase this food?
- How many purchase units of the food will you need to buy?

Factors That Affect Yield

- Quality and condition of the food As Purchased (AP)
- Storage conditions and handling
- Equipment used in preparation
- Cooking method and time cooked
- Serving utensils used & portion control
- Form in which the food is served (example, raw spinach or cooked spinach

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FBG Calculator - Create Shopping List

▸ Instructions

Asterisks (*) denote required information.

Shopping List Name * **Date** (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Search | Clear Search | Display Favorites

Enter one or more keywords to perform search

Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action

You must save the Shopping List prior to printing it. Use the **"Back to List"** button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.

Save | Back to List

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FBG Calculator - Create Shopping List

▸ Instructions

Asterisks (*) denote required information.

Shopping List Name * Date (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Broccoli Search Clear Search Display Favorites

Action	Food As Purchased, AP	Purchase Unit	Servings per Unit	Serving Size per Meal Contribution
Add	**Broccoli, fresh**, *Untrimmed*	Pound	9.8	1/4 cup *raw vegetable spears*
Add	**Broccoli, fresh**, *Untrimmed*	Pound	9.4	1/4 cup *cooked, drained vegetable spears*
Add	**Broccoli, fresh**, *Untrimmed*	Pound	10.2	1/4 cup *cut, cooked, drained vegetable*

Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action

You must save the Shopping List prior to printing it. Use the **"Back to List"** button and select from the Shopping Lists list. Click the PDF link to generate a copy to print or save.

FBG Calculator - Create Shopping List

▸ Instructions

Asterisks (*) denote required information.

Shopping List Name * **Date** (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Broccoli Search Clear Search Display Favorites

Add	**Broccoli, fresh**, *Untrimmed*	Pound	10.2	1/4 cup *cut, cooked, drained vegetable*
Add	**Broccoli, fresh**, *Florets*	Pound	11.5	1/4 cup *trimmed cooked vegetable*
Add	**Broccoli, fresh**, *Florets, Trimmed, Ready-to-use*	Pound	28.8	1/4 cup *cut raw vegetable*
Add	**Broccoli, fresh**, *Spears, Trimmed, Ready-to-use*	Pound	17.1	1/4 cup *raw vegetable spears*

	Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action
X	**Broccoli, fresh** , *Florets, Trimmed, Ready-to-use* , cut raw vegetable	Pound	0.00	0	0.0000	0.00	Add Serving Size

FBG Calculator - Create Shopping List

Instructions

Asterisks (*) denote required information.

Shopping List Name * | **Date** (mm/dd/yyyy)

Meats/Meat Alternates | Vegetables | Fruit | Grains | Milk | Other Foods | Shopping List

Item keywords: Broccoli — Search | Clear Search | Display Favorites

Add	**Broccoli, fresh**, *Untrimmed*	Pound	10.2	1/4 cup *cut, cooked, drained vegetable*
Add	**Broccoli, fresh**, *Florets*	Pound	11.5	1/4 cup *trimmed cooked vegetable*
Add	**Broccoli, fresh**, *Florets, Trimmed, Ready-to-use*	Pound	28.8	1/4 cup *cut raw vegetable*
Add	**Broccoli, fresh**, *Spears, Trimmed, Ready-to-use*	Pound	17.1	1/4 cup *raw vegetable spears*

	Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action
X	**Broccoli, fresh** , *Florets, Trimmed, Ready-to-use* , cut raw vegetable	Pound	2.0	300	20.8334	19.00	Add Serving Size

#	Serving Size	Number of Servings	Action
1	1/2 cup	300	Remove Serving Size

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Create Recipe Analysis Workbook (RAW)

▸ Instructions

Asterisks (*) denote required information.

Recipe Name * | **Servings per Recipe** *

Recipe Number * | **Serving Size** *

Select Creditable Ingredient | Vegetables | Fruit | Meats/MA | Grains - Method A | Grains - Method B | Grains - Method C | Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above).

Search Food Ingredients

Keywords:

Meal Component:

All Meal Components

Category:

All Categories

Search | Reset

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to RAW

Determining Meal Pattern Contribution

CN

064199

CN

Five .68 oz. fully cooked, breaded chicken breast pattie nuggets with rib meat provide 1.50 oz. equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06/05).

CN

CN

An official website of the United States government Here's how you know

USDA Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

HOME | MEAL COMPONENTS | FOOD ITEMS | TOOLS | APPENDIXES | HELP | LOG OUT

- A: Recipe Analysis Workbook
- B: Using "Additional Information" Column of the Food Buying Guide Yield Tables
- C: The USDA Child Nutrition (CN) Labeling Program
- D: The Food Purchasing Process
- E: Grains/Breads Component for the Summer Food Service Program (SFSP) and NSLP Afterschool Snack Service
- F: Resources

APPENDIX C

The USDA Child Nutrition (CN) Labeling Program

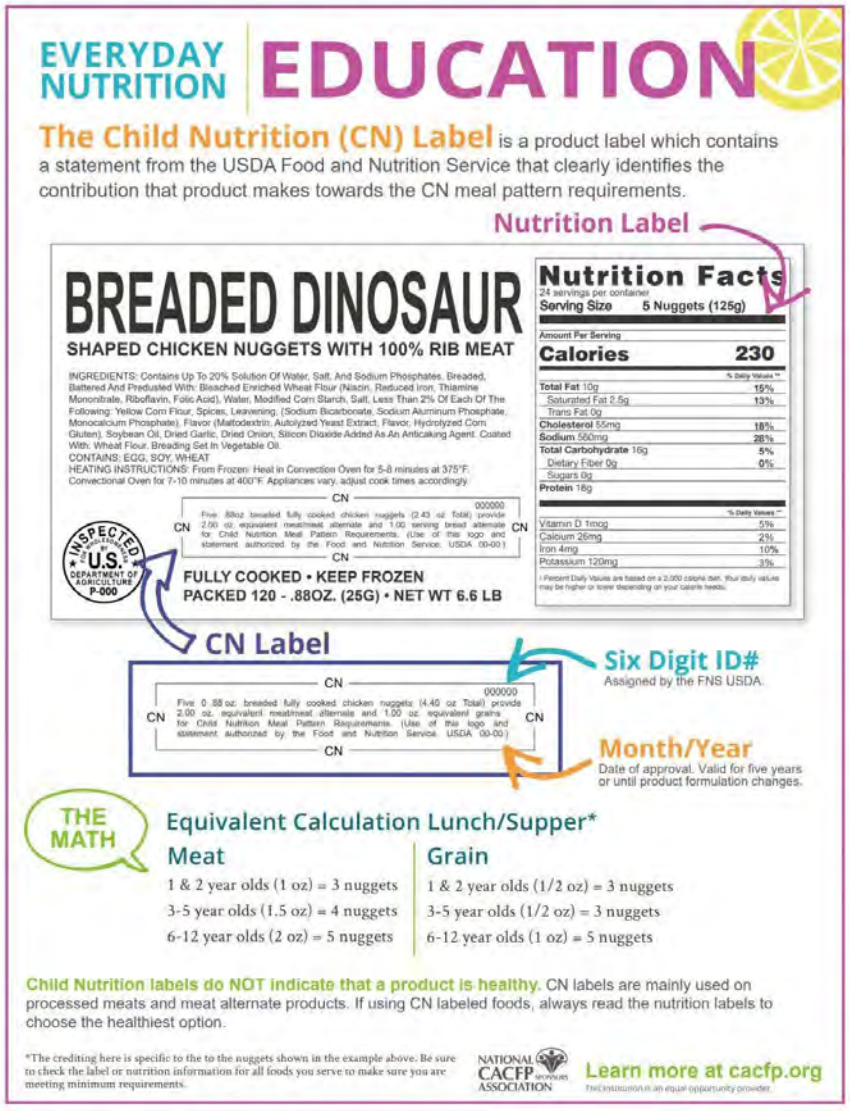
- Common Questions
- Helpful Resources
- Food Items for Further Processing

Last updated on 02/28/2020

How Does the Program Work?

1. **Foods must be produced in a federally inspected establishment.**
2. **Food processing firms must have an approved Quality Control (QC) Program.**
3. **Food processing firms must allow Federal personnel to perform verification services.**
4. **Food processing firms must sign a service agreement with the AMS, CN Labeling Office.**
5. **AMS or NMFS will conduct an evaluation of a product's formulation to determine its contribution towards meal pattern requirements. Once approved, the manufacturer may state the contribution on the product's label.**

To Carry CN Labels, Eligible Products Must:



1. Be produced under Federal inspection.
2. Have the contribution toward meal pattern requirements determined using yields in the USDA Food Buying Guide for Child Nutrition Programs.
3. Have the product formulation.

What are the Advantages of Using CN labeled Products?

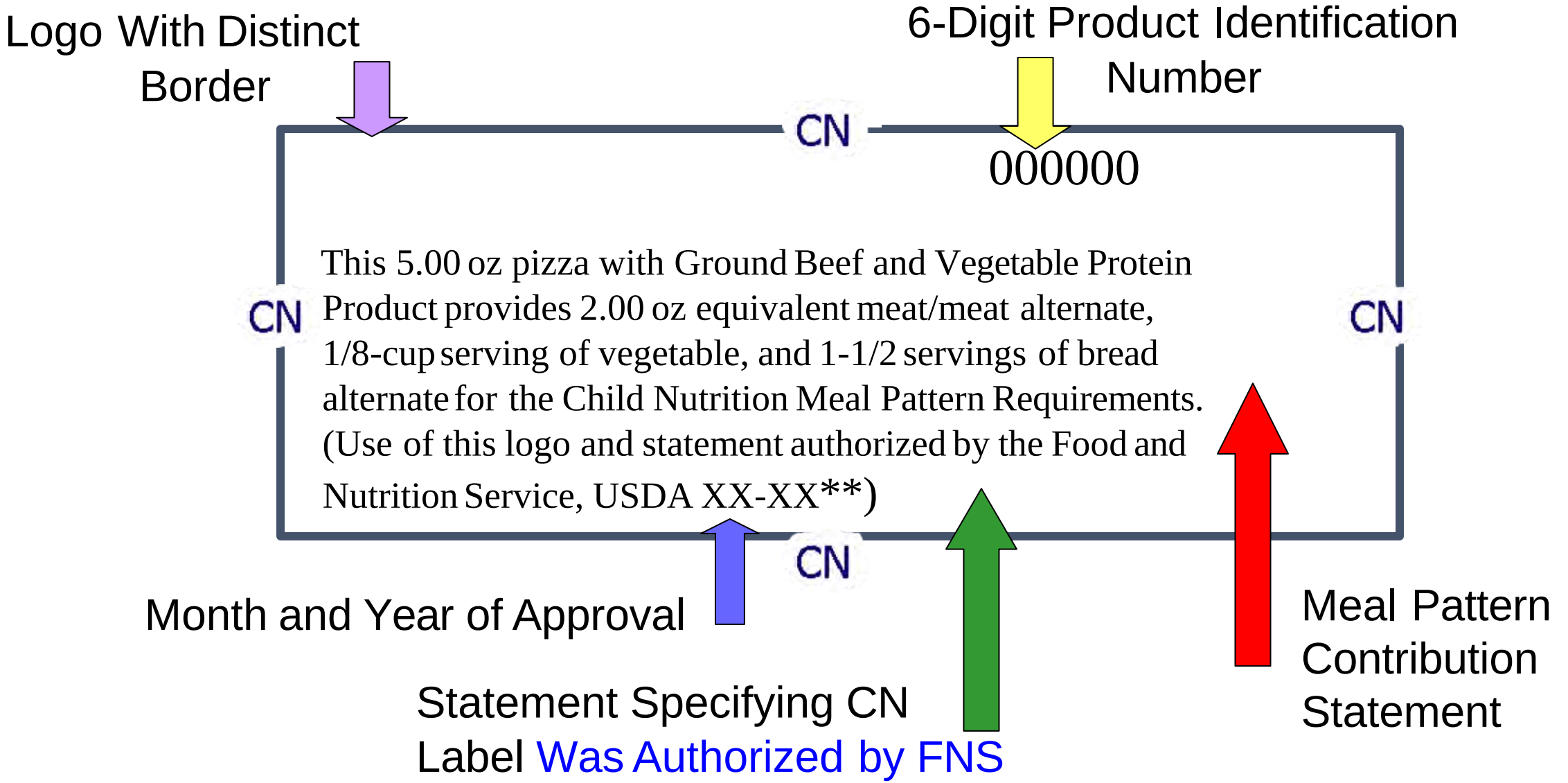
- Clearly identifies the contribution of a product toward the meal pattern requirements.
- Provided a warranty against audit claims if the CN labeled product is used according to the manufacturer's directions.
- Simplifies cost comparison of similar products.

The CN Label Tells Us What We Cannot Determine for Ourselves

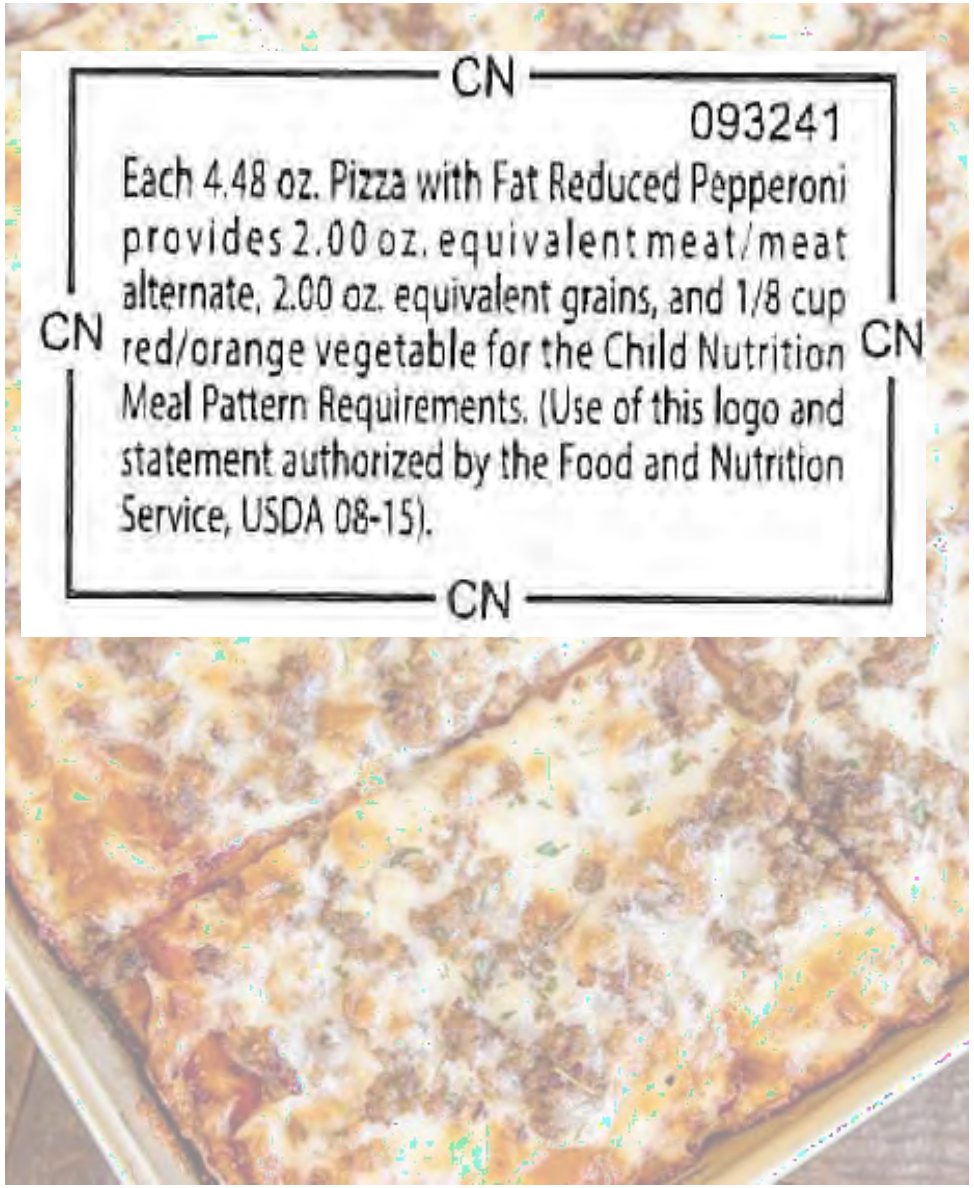
Ready-to-Eat, Frozen-Prepared, and Refrigerated-Prepared Pizzas all need documentation for crediting.

Ingredients cannot be separated to weight and measure.

An Authentic CN Label Contains



CN Label Examples



GENERAL MILLS
BAKERIES & FOODSERVICE

Printed: 04/18/2013

94562-32269
Pillsbury® 1.25 OZ Frozen Whole-Grain Rich Mini Biscuit Dough
NET WT. 16.40 LB (7.43 kg) 210 UNITS 1.25 OZ

INGREDIENTS:
WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, HYDROGENATED SOYBEAN OIL*, SUGAR, BUTTERMILK, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, SODIUM CASEINATE, DATEM, NONFAT MILK, CALCIUM ACID PYROPHOSPHATE, WHEY PROTEIN CONCENTRATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, CREAM, NATURAL FLAVOR.

*Adds A Negligible Amount of Trans Fat.

CONTAINS WHEAT AND MILK INGREDIENT

Nutrition Fac

Serving Size 1 biscuit (g)
Servings Per Container 210

Amount Per Serving	
Calories	
Calories from Fat	
Total Fat 5g	
Saturated Fat 2.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 250mg	
Total Carbohydrate 15g	
Dietary Fiber 1g	
Sugars 1g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%
Thiamin	4%	Riboflavin	2%
Niacin	2%	Folic Acid	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CHILD NUTRITION PROGRAM: 1 BISCUIT = 1 OZ EQ GRAIN

values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CHILD NUTRITION PROGRAM: 1 BISCUIT = 1 OZ EQ GRAIN

IMPORTANT: The Nutrition Facts values are accurate only if nothing has b
weight for serving size, servings per container, and net weight.

Dietary Fiber	3.2 g
Sugars	3.5 g
Protein	7.3 g
Vitamin A	0.0 IU
Vitamin C	0.0 mg
Calcium	105.0 mg
Iron	0.9 mg
Thiamin	0.2 mg
Riboflavin	0.1 mg
Niacin	1.0 mg
Folic Acid	21.0 mcg

IMPORTANT: The Nutrition Facts values are accurate only if nothing has been added (e.g., egg wash, icing, etc.) If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

IMPORTANT: The Nutrition Information is given in unrounded figures so that it can be combined with other ingredients used in making up finished products.

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling

Questions and Answers

	YES	NO
Are manufacturers required to CN label products?	☐	☑
Are schools required to buy CN labeled products?	☐	☑
Are CN labeled products more nutritious?	☐	☑
Are CN labeled products higher quality?	☐	☑

Standardized Recipes

What is a Standardized Recipe?

A standardized recipe is one that has been tested to provide an established yield and quantity using ingredients that remain constant in both measurements and preparation methods.

Importance of Standardized Recipes

Cost:

Recipes are developed with specific ingredients; when used incorrectly, cost can increase.

Nutrients Per Serving:

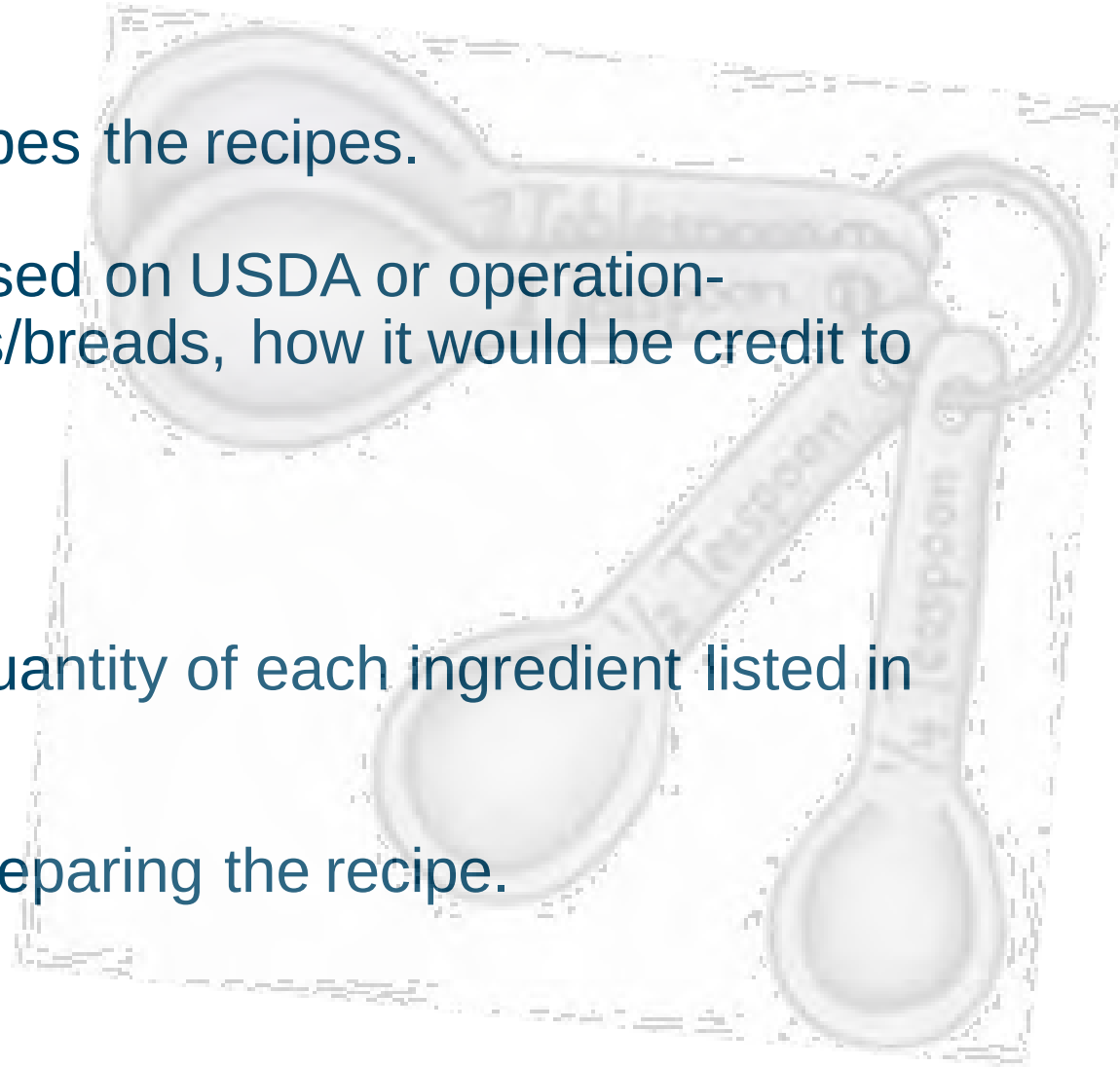
When a recipe is not followed, it alters the nutrient content.

Customer Satisfaction:

Customers know what to expect each time a product is served.

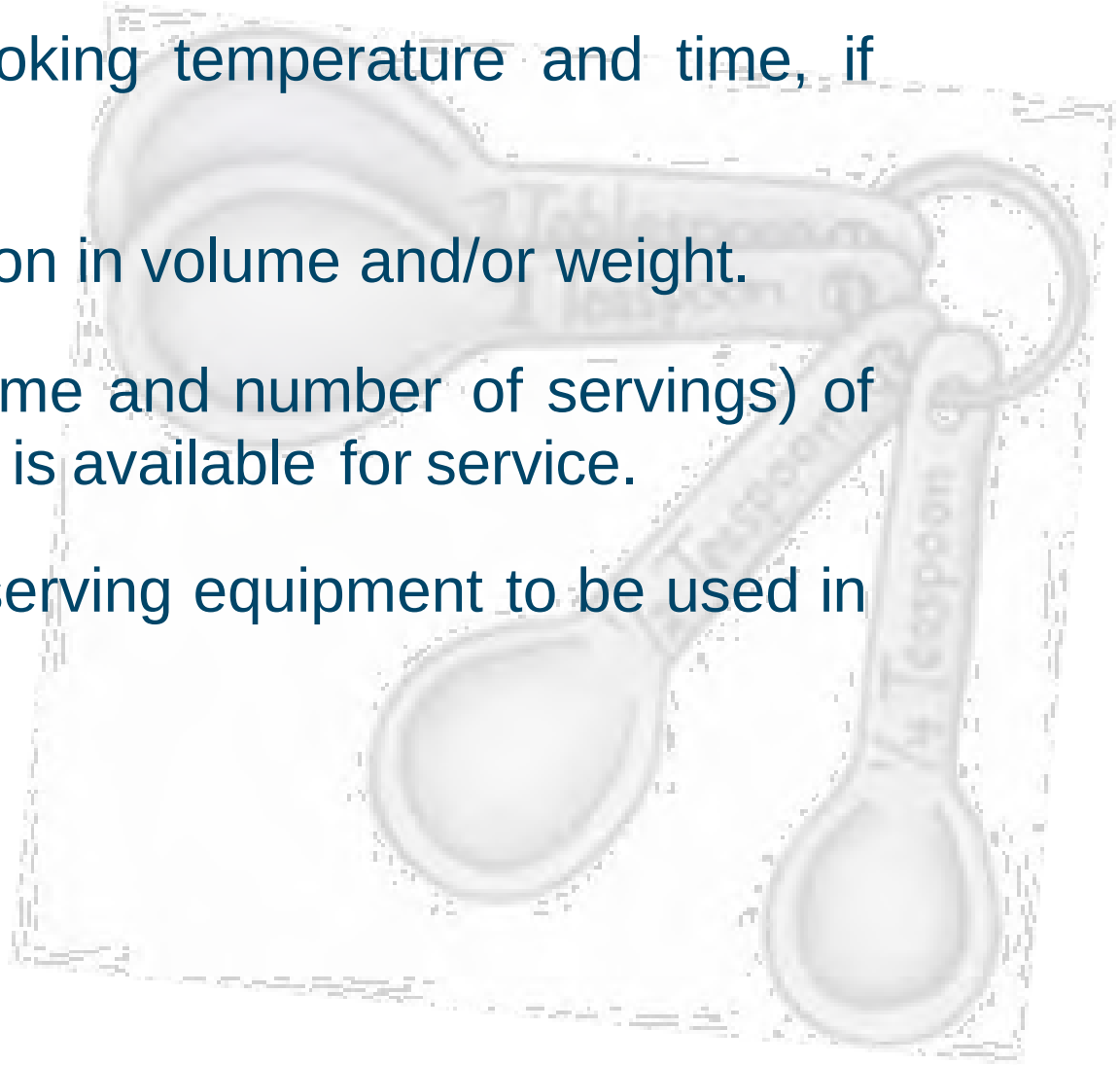
Components of a Standardized Recipe

- **Recipe Title**: Name that adequately describes the recipes.
- **Recipe Category**: Recipe classification based on USDA or operation-defined categories, i.e., main dishes, grains/breads, how it would be credit to meet the new meal pattern.
- **Ingredients**: Products used in recipe.
- **Weight/Volume of each ingredient**: The quantity of each ingredient listed in weight and/or volume.
- **Preparation Instructions**: Directions for preparing the recipe.



Components of a Standardized Recipe

- **Cooking Temperatures & Time**: The cooking temperature and time, if appropriate.
- **Serving Size**: The amount of a single portion in volume and/or weight.
- **Recipe Yield**: The amount (weight or volume and number of servings) of product at the completion of production that is available for service.
- **Equipment & Utensils**: The cooking and serving equipment to be used in preparing and serving the recipe.
- **HACCP**: CCP information
- **Nutrient Analysis**: Nutrients per serving.

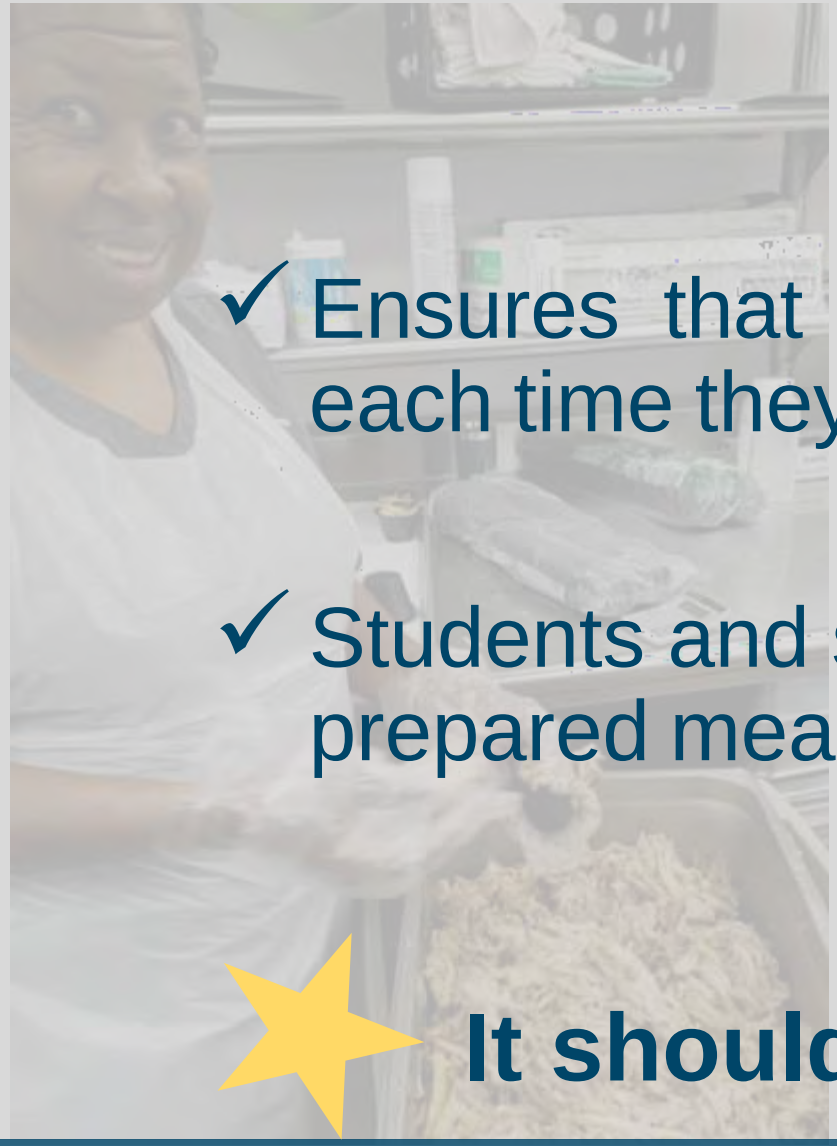
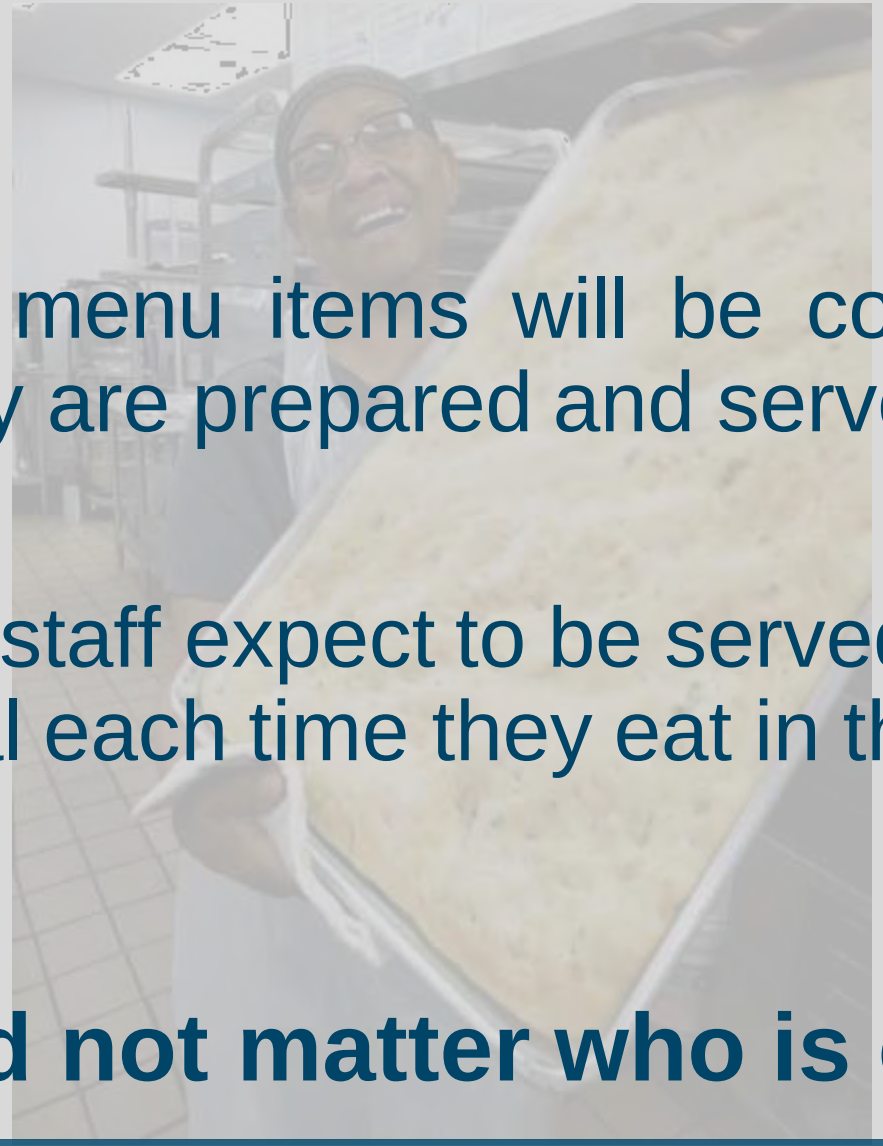
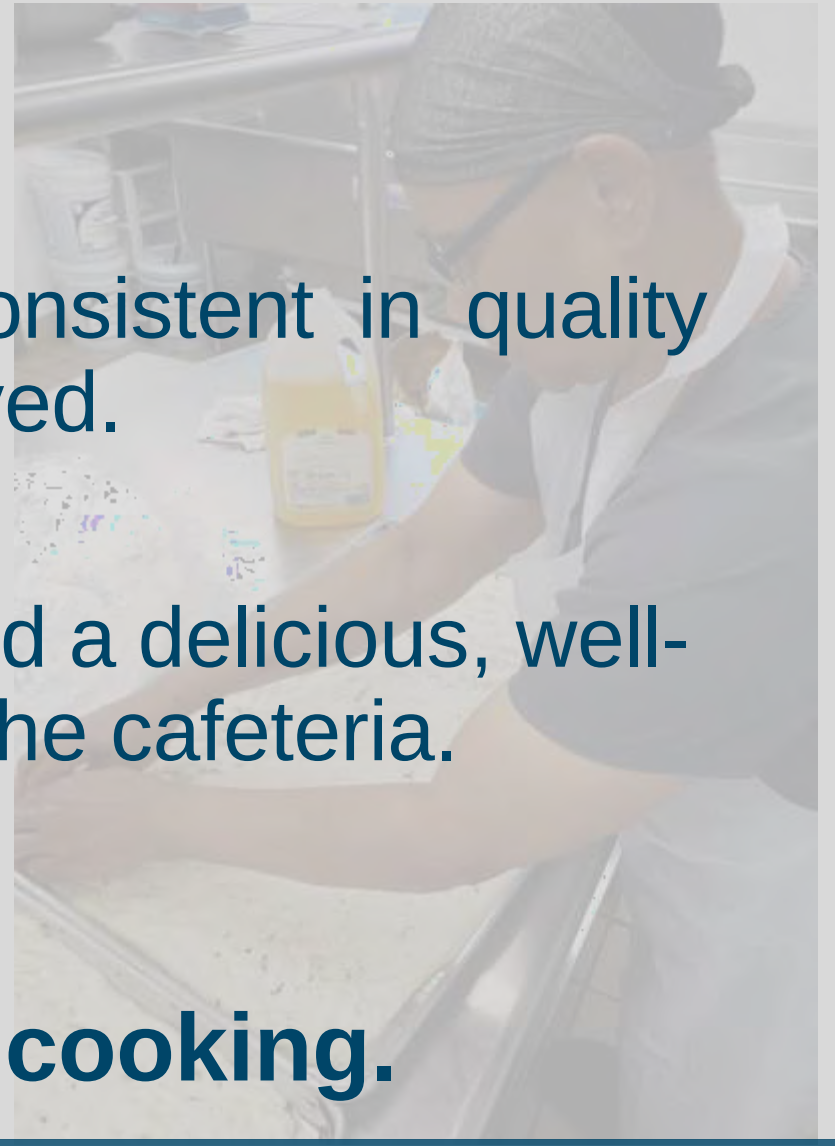


Benefits of Standardized Recipes

- **Consistent Food Quality**
- **Predictable Yield**
- **Customer Satisfaction**
- **Consistent Nutrient Content**
- **Food Cost Control**
- **Efficient Purchasing Procedures**
- **Inventory Control**
- **Labor Cost Control**
- **Confident Employees**
- **Reduced Record Keeping**

Standardized recipes help ensure that the best possible food items are produced every time.

Consistent Food Quality

- ✓ Ensures that menu items will be consistent in quality each time they are prepared and served.
- ✓ Students and staff expect to be served a delicious, well-prepared meal each time they eat in the cafeteria.

It should not matter who is cooking.

Predictable Yield

- Produces the planned number of servings.
- Knowing how much of an item the recipe will produce helps prevent food waste and shortages on the serving line.
- Inconsistency in portion sizes causes customer dissatisfaction.

Customer Satisfaction

Well developed recipes are an important factor in maintaining and increasing student participation levels.

Providing consistency in recipe can result in increased customer satisfaction.

Consistent Nutrient Content

Ensures that nutritional values per serving are valid and consistent.

Food Cost Control

When the same ingredients and quantities of ingredients per serving are used each time the recipe is prepared, the Food Cost or Plate Cost will be consistent.

Efficient Purchasing Procedures & Inventory Control

The quantity of food needed for production is easily calculated from the information on each Standardized Recipe.

Labor Cost Control

- Provides procedures that make efficient use of labor time
- Reduces training costs

Employee Confidence

Workers can feel more confident and satisfied because eliminating guesswork decreases the likelihood of mistakes and poor food quality.

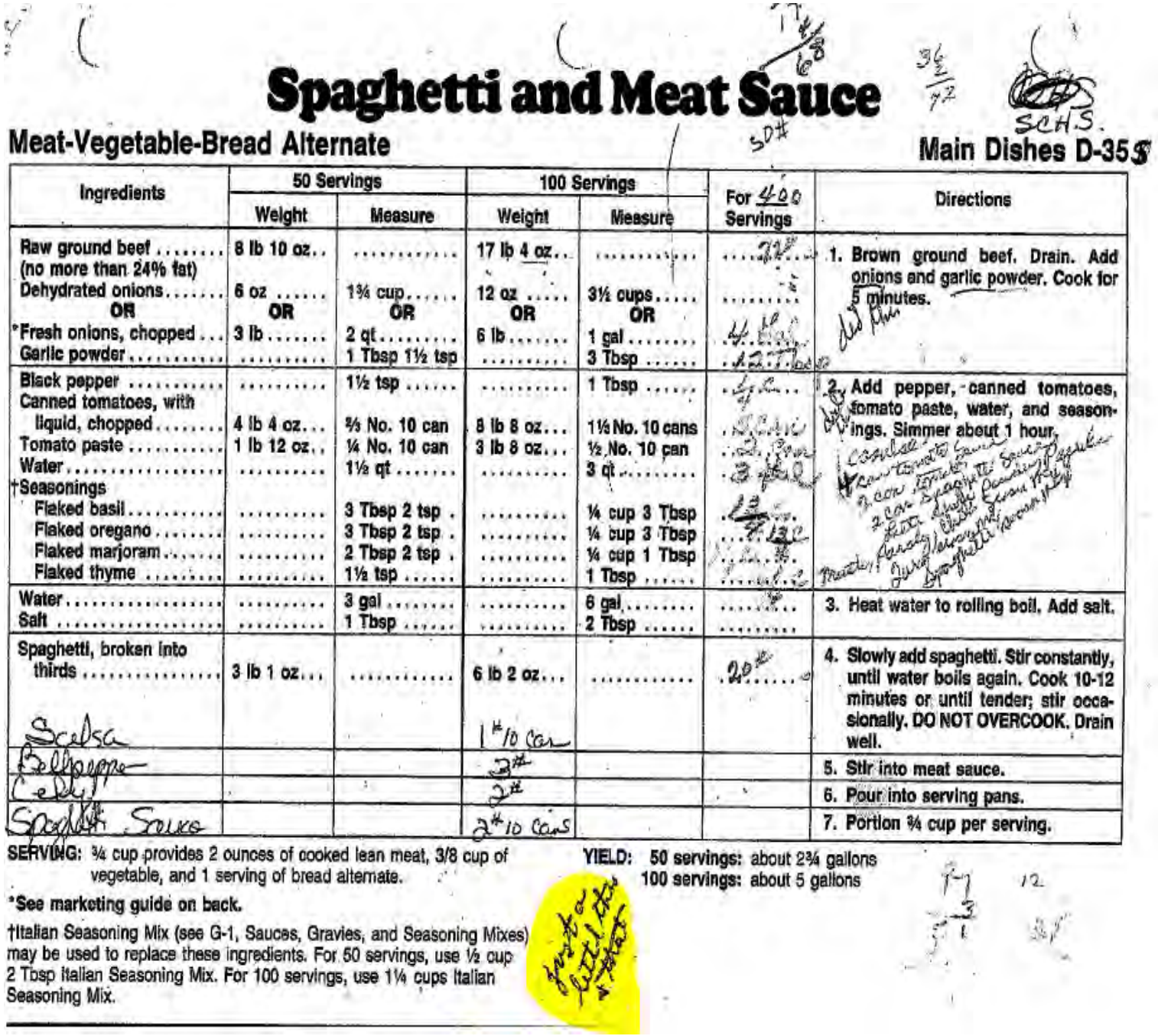
- No one likes to feel incapable.

Record Keeping

- Standardized Recipes include the ingredients and amounts of food used for a menu item. This will reduce the amount of information required on a daily food production record.

- The food production record will only need to reference the recipe, number of planned servings, and leftover amounts.

Avoid Using Unclear Recipes



Spaghetti and Meat Sauce

Meat-Vegetable-Bread Alternate — **Main Dishes D-35**

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	For 400 Servings	Directions
Raw ground beef (no more than 24% fat)	8 lb 10 oz		17 lb 4 oz		32#	1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions OR *Fresh onions, chopped	6 oz OR 3 lb	1¾ cup OR 2 qt	12 oz OR 6 lb	3½ cups OR 1 gal	4 lb	
Garlic powder		1 Tbsp 1½ tsp		3 Tbsp	12 Tbsp	
Black pepper		1½ tsp		1 Tbsp	¼ c	2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour.
Canned tomatoes, with liquid, chopped	4 lb 4 oz	⅔ No. 10 can	8 lb 8 oz	1⅓ No. 10 cans	#10 can	
Tomato paste	1 lb 12 oz	¼ No. 10 can	3 lb 8 oz	½ No. 10 can	2 #10 can	
Water		1½ qt		3 qt	3 qt 2 c	
†Seasonings						
Flaked basil		3 Tbsp 2 tsp		¼ cup 3 Tbsp	¾ c	
Flaked oregano		3 Tbsp 2 tsp		¼ cup 3 Tbsp	¾ c	
Flaked marjoram		2 Tbsp 2 tsp		¼ cup 1 Tbsp	¼ c	
Flaked thyme		1½ tsp		1 Tbsp	1 Tbsp 2 t	
Water		3 gal		6 gal	12 gal	3. Heat water to rolling boil. Add salt.
Salt		1 Tbsp		2 Tbsp	¼ c	
Spaghetti, broken into thirds	3 lb 1 oz		6 lb 2 oz		20#	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
Salsa			1 #10 can			5. Stir into meat sauce.
Bellagio			3#			6. Pour into serving pans.
Cesky			2#			7. Portion ¾ cup per serving.
Spaghetti Sauce			2 #10 cans			

SERVING: ¾ cup provides 2 ounces of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate.

YIELD: **50 servings:** about 2¾ gallons
100 servings: about 5 gallons

***See marketing guide on back.**

†Italian Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1¼ cups Italian Seasoning Mix.

Aim for Recipes Like This

USDA United States Department of Agriculture

Preparation Time: 10 Minutes | Cook Time: 30 Minutes

Whipped Sweet Potatoes

Brighten your plate with the perfect side dish. This quick and easy-to-prepare sweet potato recipe will become a menu favorite.

CACFP CREDITING INFORMATION
¼ cup (No. 16 scoop) provides ¼ cup vegetable.

SOURCE
Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Sweet potatoes, fresh, peeled, cut into quarters	3 lb 10¼ oz	3 qt 1 cup	7 lb 4½ oz	1 gal 2 qt 2 cup	1 Place sweet potatoes in a pot of water and bring to a boil. Cook until fork tender, 25–30 minutes. Drain well. Critical Control Point: Heat to 140°F or higher for at least 15 seconds.
Milk, low-fat (1%)		¼ cup		½ cup	2 Place the potatoes in a commercial mixer with wire whip attachment; mix on low speed. Slowly add milk, margarine, salt, and pepper until potatoes are smooth and free of lumps OR add hot, well drained potatoes, milk, margarine, salt, and pepper to a bowl. Use an electric mixer, mix on medium speed until potatoes are smooth and fluffy.
Margarine, trans-fat free		¼ cup		½ cup	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	
					3 Serve ¼ cup (No. 16 scoop). Critical Control Point: Hold for hot service 140°F or higher.

Food and Nutrition Service

Aim for Recipes Like This

USDA United States Department of Agriculture

Whipped Sweet Potatoes

NUTRITION INFORMATION
For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	**80**
Total Fat	**2 g**
Saturated Fat	0 g
Cholesterol	N/A
Sodium	**131 mg**
Total Carbohydrate	**15 g**
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	**1 g**
Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**25 Servings**	**50 Servings**
Sweet potato	3 lb 11 oz	7 lb 5 oz

YIELD/VOLUME	
25 Servings	**50 Servings**
3 lb 4 oz 3 qt ½ cup	6 lb 8 oz 1 gal 2 qt 1 cup

Resources for Recipes

- Institute of Child Nutrition: www.theicn.org
- Team Nutrition: www.fns.usda.gov/tn/team-nutrition
- American Egg Board
- Dayle Hayes, MS, RD: https://schoolmealsthatrock.org/
- Other Districts

Menu Planning

Menu Planner

HOME

EO Guidance Document #

FNS-GD-2018-0032

FNS Document #

631

Resource Type

Guidance Documents

Handbooks

Related Content

Offering Smoothies as Part of Reimbursable School Meals

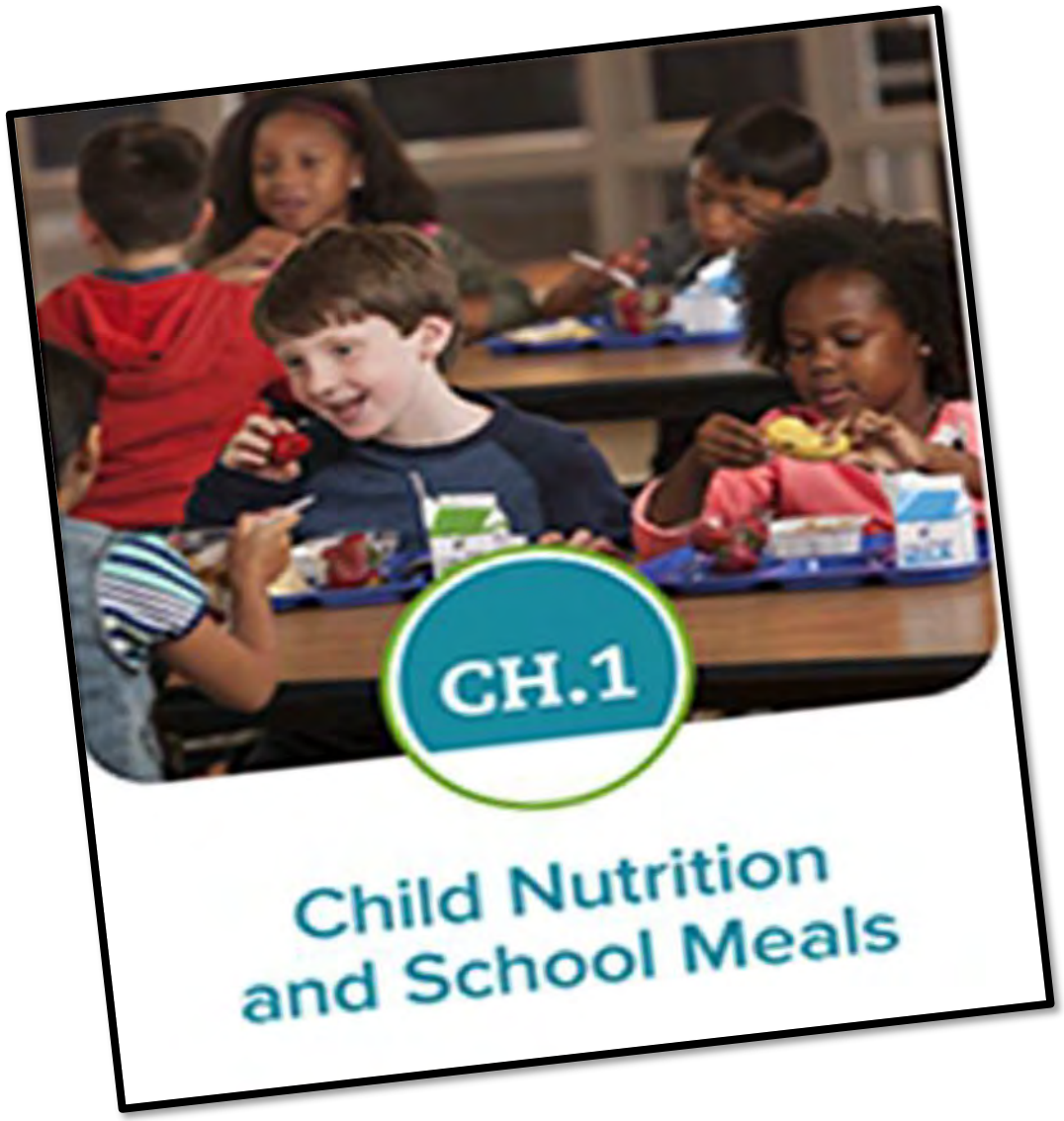
Serving Meats and Meat Alternates at Breakfast

This publication was last updated for School Year 2018-2019. This publication is currently being updated.

Updated: 12/03/2021

https://www.fns.usda.gov/tn/menu-planner

Menu Planning: Chapters



- Child Nutrition and School Meals
- Food-Based Menu Planning
- Menu Development
- Meal Preparation Documentation
- Procurement and Inventory Management
- Meal Modifications and Dietary Restrictions
- Marketing School Meals for Success

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This institution is an equal opportunity provider.

*This language was added pursuant to the May 5, 2022, USDA memorandum. However, the inclusion and applicability of this language is currently under challenge in the matter of *The State of Tennessee, et al. v. USDA, et al.*, Case No. 3:22-cv-00257, and may be subject to change.


Ask Us