WISCONSIN SCHOOL NUTRITION

IN A NUTSHELL

Standardized Recipes

A standardized recipe is a recipe that has been tried, tested, evaluated, and adapted for use by your food service. It produces a consistent quality and yield every time when the exact procedures, equipment, and ingredients are used. More information can be found on the Standardized Recipes Webpage.

Standardized Recipes Produce Consistent:

- Quality to ensure student satisfaction and expectations.
- Crediting and accurate dietary specifications when the same products are used, and the exact measurements are followed.
- Yield each time the recipe is produced.
- Planning and purchasing for food cost controls.

When to Standardize a Recipe

- Any menu item created or assembled in-house prior to meal service, with more than one ingredient or item.
    - Examples include grilled cheese sandwich, breakfast sandwich, mashed potatoes, rice, and grab-n-go meals.
    - There are recipe templates for One Grade Group and Multiple Grade Groups.

Standardized Recipe Requirements

- Recipe name: choose a name that reflects the contents of the recipe and will appeal to students.
- Ingredients: list in the order added to the recipe and be specific (canned, frozen, fresh, whole, chopped, etc.).
- Weight or measurement of each ingredient: reference the Weight vs Volume chart.
    - Weight – how heavy is it?
        - Used to credit meat/meat alternative and grains.
        - Measured in ounces, pounds, grams, or kilograms.
    - Volume (measure) – how much space does it take up?
        - Used to credit fruit, vegetables, and milk.
        - Measured in fluid ounces, teaspoons, tablespoons, cups, or gallons.
    - Ounces ≠ fluid ounces
        - Ounces = weight
        - Fluid ounces = volume
- Instructions: detailed and step-by-step, based on the kitchen where the recipe is prepared.
- Serving size: based on crediting and the appropriate meal pattern.
    - National School Lunch Program (NSLP): K-5, 6-8, K-8, 9-12
    - School Breakfast Program (SPB): K-5, 6-8, K-8, 9-12, K-12

- Total recipe yield, total recipe by weight, volume, number of pans, and pan size. This information is a good edit check to ensure the recipe is mathematically feasible.
    - Example: Could two gallons of soup provide 50 - 1 cup (8 oz) servings?
    - No, because 2 gallons = 256 oz/8 oz (1 cup) = 32 - 1 cup servings, not the 50 servings as indicated on the recipe.

Scaling Recipes

- The number of servings in a recipe can be scaled (increased or decreased), depending on the number of servings needed by the operation.
- To scale a recipe up or down, the number of servings needed is divided by the current number of servings.
- Example:
    - A recipe serves 8, but 30 servings are needed.
    - 30 servings ÷ 8 servings = 3.75.
    - Each ingredient in the recipe is then multiplied by the scaling factor of 3.75.
- The scaling factor will be larger than 1.0 if the recipe has been scaled up, increasing the number of servings.
- The scaling factor will be less than 1.0 if the recipe has been scaled down, decreasing the number of servings.
- Some ingredients may not increase proportionately to other ingredients, such as herbs and spices, leavening agents, thickening agents, and liquids.

Crediting Standardized Recipes

- The Food Buying Guide (FBG) has the Recipe Analysis Workbook (RAW), which is a tool used to determine the expected meal pattern contribution and crediting statement of a recipe.
- The SNT developed a Crediting in a Nutshell for additional information.

Additional Considerations

- Recipe variations, alternate ingredients, optional ingredients (ex. offering Ketchup, mustard, hot sauce packets) which *will not* alter yield, meal pattern crediting, and/or dietary specifications. If changes *will* alter the yield, crediting, or dietary specifications, or if different procedures or equipment are used, test and re-standardize the recipe.
- HAACP food safety job aids that designate if a recipe is categorized as Process #1 (no cook), Process #2 (cook and serve same day), or Process #3 (include a cooling step)
- Special dietary information (allergens, gluten-free, etc).

USDA and Institute of Child Nutrition (ICN) Quantity Recipes

- Quantity recipes ≠ standardized recipes.
- The Child Nutrition Recipe Box is designed for school nutrition professionals, in which recipes for NSLP/SBP K-12, Child Care Centers, Family Child Care, CACFP (Adult Portions), and recipes in Spanish can be found.
- Create an account to save recipes, rate recipes, obtain nutrition information, and create a cookbook to save your favorite recipes.