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| Recipe Name: |
|  |  | **Component Contribution** |
| **Resource used for Crediting** | **(total of three components may be credited)** |
|  |  | \_\_\_\_\_Meat/Meat Alternate |
|  |  | \_\_\_\_\_Grain/Bread |
|  |  | \_\_\_\_\_Vegetable\_\_\_\_\_Fruit |
|  |  |  |  |  |
|  |  | Portion Size1-2 Year-olds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3-5 Year–olds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_6-18 Year-olds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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|  |  |  |  |  |
| Ingredient | Form | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Recipe Yield |
| (whole, chopped, etc.) | Weight  | or | Measure |
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| Directions:  |  |  |  |  |
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