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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 Size  1-2 Year-olds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3-5 Year–olds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  6-18 Year-olds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
|  |  |
|  |  |  | |  |  |
| Ingredient | Form | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| Recipe Yield | | | |
| (whole, chopped, etc.) | Weight | or | | Measure |
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| Directions: |  |  |  | |  |
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