

# Recipe Name:

(Must match name of item on menu)

## Component Contribution

(total of three components may be credited)

\_\_\_\_\_ Meat/Meat Alternate  
 \_\_\_\_\_ Grain/Bread  
 \_\_\_\_\_ Vegetable  
 \_\_\_\_\_ Fruit

### Resource used for Crediting

**USDA Food Buying Guide**

(only official source for crediting)

Must be in same form of measurement as recipe yield. Ex: 1/24 pan, 4 x 5" piece

**Portion Size**

Ingredient	Form (whole, chopped, etc.)	Determined by making the recipe & measuring the yield. Ex: 2 sheet pans. Total yield divided by number of portion must equal the Portion Size		
		Recipe Yield		
		Weight	or	Measure
Description of each creditable ingredient must be complete so that it can be matched to an item in the Food Buying Guide  Example: <i>30% fat ground beef</i> , not "Hamburger"				
	Must list form of food so that it can be matched to an item in the Food Buying Guide			
	Meats must be listed as <i>raw</i> or <i>cooked &amp; drained</i> or <i>cooked, diced</i> or <i>boneless, raw</i> or <i>deli slices</i> , etc.			
	Cheese must be listed as <i>pre-sliced</i> or <i>grated</i> , etc.			

### Directions:

**Directions must relate to the way ingredients are listed in the recipe.** Example: If the recipe lists the *weight* of cheese (1.5 lbs sliced cheese) you must specify the weight of cheese you are putting on each portion, or in each step of the recipe. Example: *3 (.5oz) slices cheese on each mini-pizza*. If the recipe lists the cheese as measured amount of grated cheese, the directions should state a measured amount on each portion. *Example: ¼ cup grated cheese on each individual pizza round*. **If recipe does not provide full amount of components, make note to add an additional item to the menu to provide full required quantity of component.** Example: *This recipe for chicken soup provides only 1 oz M/MA per serving. Must be menued with ½ sandwich providing at least \_\_\_M/MA.*