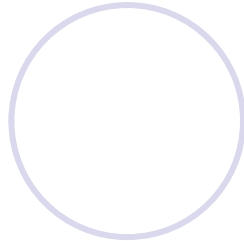
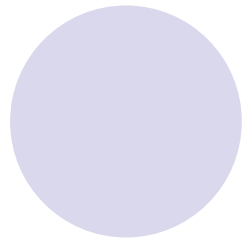


The slide features several light purple circles of varying sizes and styles. Some are solid, while others are hollow outlines. They are arranged in a pattern around the text.

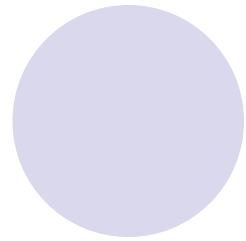
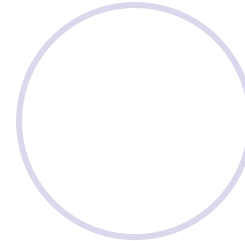
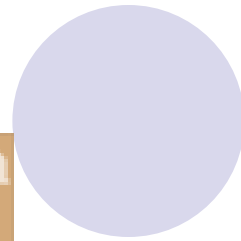
Measuring Menu Success

Nathan Sorensen, RD SNS

August 21, 2007



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The text is surrounded by six circles of varying shades of purple and lavender. Three circles are solid, and three are hollow outlines. They are arranged in two rows of three, with the top row circles overlapping the text.

It's all about measurement!

Measuring accurately is probably the most important cooking skill in the kitchen.

Child Nutrition Program

Dietary Guidelines for Americans

- No more than 30% of calories from fat, and less than 10% from saturated fat.
- Provide 1/3 of Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, Iron, Calcium, and Calories.

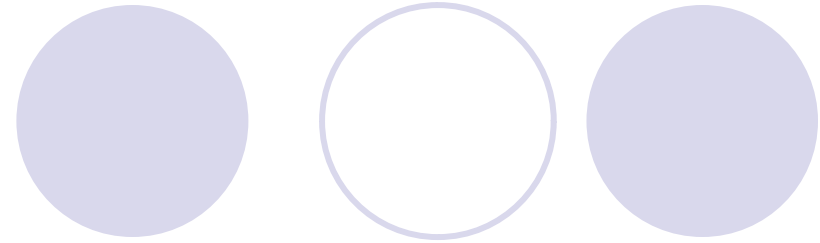
Today's Objectives

- What is Meal Reimbursement?
- How to Standardized a Recipe.
- The role of the Daily Food Production Record.

Enhanced Food Based

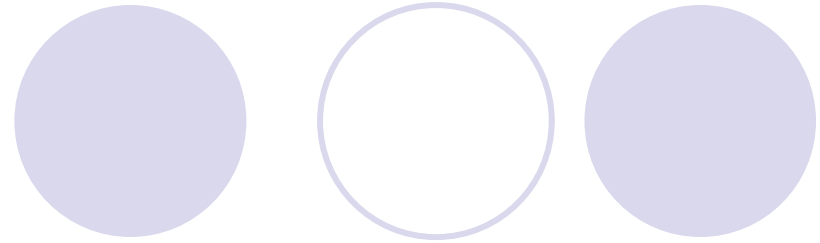
- Each meal must contain a specific quantity by age/grade group for each of the food components:
 - Meat or Meat Alternate
 - Vegetable or Fruit
 - Grains/Breads
 - Milk

Elementary (K-6) Lunch



Component	Portion Size
Meat/Meat Alternate	2 oz.
Fruit/Vegetable	$\frac{3}{4}$ cup plus an extra $\frac{1}{2}$ cup over a week
Grain/Bread	12 servings/week
Milk	8 fl. oz.

Secondary (7-12) Lunch

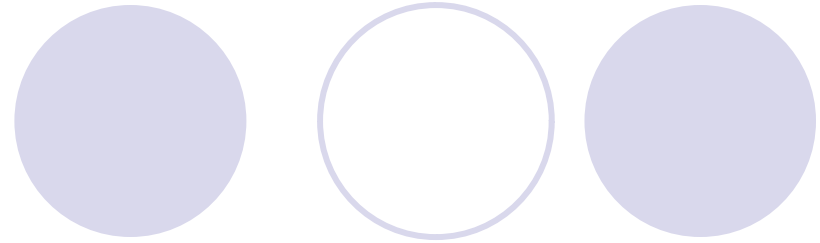


Component	Portion Size
Meat/Meat Alternate	2 oz.
Fruit/Vegetable	1 cup
Grain/Bread	15 servings/week
Milk	8 fl. oz.

Reimbursable Meal

- To assure that students are encouraged to make healthy food choices and that established procedures are followed.
- Offer Vs. Serve
 - Students may decline 2 of the required five menu items

Offer vs. Serve



- Meat/Meat Alternate
 - Offer as an Entree
- Fruits/Vegetables
 - Offer Two Options
- Grains/Breads
 - Offer One or More Servings
- Milk
 - Offer Eight Fluid Ounces

Offer vs. Serve

Menu	Student A	Student B
Pasta and Meat Sauce	½ cup Pasta Only	½ cup Pasta Only
Small Caesar Salad		
Garlic Bread	1 slice	1 slice
Green Beans	½ cup	
Brownie	1 each	1 each
Milk	8 fl. oz.	8 fl. oz.



Questions?



Standardized Recipe

Benefits

- Consistent Food Quality
- Predictable Yield
- Consistent Nutrition Content
- Student Satisfaction



Standardized Recipe

Methods

- Factor
- Percentage
- Direct reading measurement tables
- Enlarging home size recipes

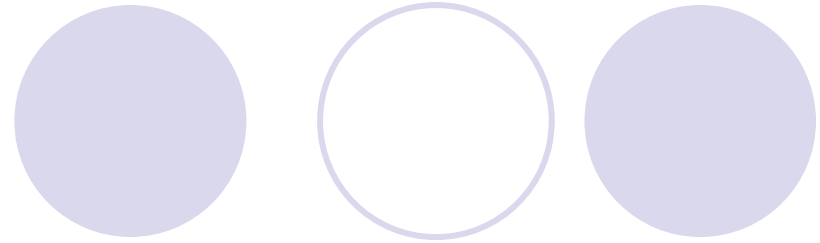
Recipe: Chicken Caesar Salad

Ingredient	Quantity
Lettuce, Romaine	4 oz.
Chicken Strip, Fajita Meat	2 oz.
Cheese, Parmesan, Shredded	1 ½ tsp
Croutons, Seasoned	½ oz.
Salad Dressing, Caesar	1 ½ oz.

Recipe: Chicken Caesar Salad

Ingredient	Quantity	Factor	New Amount
Lettuce, Romaine	4 oz.	888	3552 oz.
Chicken Strip, Fajita Meat	2 oz.	888	1776 oz.
Cheese, Parmesan, Shredded	1 ½ tsp	888	1332 tsp
Croutons, Seasoned	½ oz.	888	444 oz
Salad Dressing, Caesar 1.5 oz.	1 ea.	888	888 units

Standardized Recipe Quantity Adjustment



Conversion

- 16 ounces = 1 pound
- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup
- Cheese 1 lb. = 5 2/3 cups

Source: USDA Food Buying Guide 2001

Recipe: Chicken Caesar Salad

Ingredient	New Amount	Conversion
Lettuce, Romaine	3552 oz.	$3552 / 16 \text{ oz.} = 222 \text{ lbs.}$
Chicken Strip, Fajita Meat	1776 oz.	$1776 / 16 \text{ oz.} = 111 \text{ lbs.}$
Cheese, Parmesan, Shredded	1332 tsp	$[(1332/3)/16]/5.666 = 4.9 \text{ lbs.}$
Croutons, Seasoned	444 oz.	$444 / 16 \text{ oz.} = 27.75 \text{ lbs.}$
Salad Dressing, Caesar 1.5 oz.	60/1.5 oz.	$1332 / 16 \text{ oz.} = 83.25 \text{ lbs.}$

Recipe: Chicken Caesar Salad

Ingredient	Purchase Unit	Conversion
Lettuce, Romaine	5 lbs.	$222 / 5 = 44.4$ cs.
Chicken Strip, Fajita Meat	30 lbs.	$111 / 30 = 3.7$ cs.
Cheese, Parmesan, Shredded	5 lbs.	$4.9 / 5 = 0.98$ cs.
Croutons, Seasoned	10 lbs.	$27.75 / 10 = 27.75$ cs.
Salad Dressing, Caesar 1.5 oz.	60/1.5 oz	$888 / 60 = 14.8$ cs.

Recipe: Chicken Caesar Salad

Ingredient	Quantity	Amount Ordered
Lettuce, Romaine	44.4 cs.	45 cs.
Chicken Strip, Fajita Meat	3.7 cs.	4 cs.
Cheese, Parmesan, Shredded	0.98 cs.	1 cs.
Croutons, Seasoned	27.75 cs.	28 cs.
Salad Dressing, Caesar 1.5 oz.	14.8 cs.	15 cs.



Questions?

Daily Food Production Records

- The menu production record is a valuable tool in the menu planning process.
- It serves the dual purpose of demonstrating compliance with program requirements and communicating the menu to staff.

Daily Food Production Records

Section 1

- Menu

Section 2

- Cook
- School
- Date

*see handout

Daily Food Production Records

Section 3

Meal Counts:

- Grades Served
- Adults/Others
- Total Meals Served

*see handout

Daily Food Production Records

Section 4

- Food Used Recipe/Brand (Size/Weight)
 - Meat/Meat Alternate
 - Vegetable
 - Grains/Breads
 - Milk
 - Other

*see handout

Daily Food Production Records

Section 5

- Planned Portion Size
 - Grade
 - Size/Amount

Section 6

- Quantity Prepared

*see handout

Daily Food Production Records

Section 7

- A La Carte

Section 8

- Seconds Served

Section 9

- Leftover at End of Service

*see handout

Resources

- **USDA Healthy Meals Resource System**

- <http://healthymeals.nal.usda.gov>

- **National Food Service Management Institute**

- <http://www.nfsmi.org>

- **School Nutrition Association**

- <http://www.schoolnutrition.org>



Questions?

School Bus



Jan Hodgson / Reuters

Have a great school year!

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