

Sample Food Items, Recipes, and Menus for Software Evaluations Updated September 2014

This document contains sample food items and recipes used in the evaluation of the software.

Please enter the following food items and recipes into your software before submitting it to the Software Evaluation Coordinator for evaluation.

It is also recommended that you enter the Test Menus found in an Excel file on the Software Support page.

These food items, and recipes, as well as the test menus were created for test purposes only. The menus may not meet all the meal pattern requirements and dietary specifications of the Final Rule.

Food items/Ingredients

Enter the food items below into the local database.

- (1) Lowfat Granola Bar
- (2) Pizza w/Pepperoni
- (3) Burrito w/beans
- (4) Croissant w/egg, cheese, ham
- (5) Biscuit w/ham
- (6) Nachos w/Cheese

LOWFAT GRANOLA BAR

Brand Name: Webster

Food ID#: 910002

Serving Measures and Weights: 1 bar = 21 g

Description: Granola Bar, Low fat

Food Category: Snack Foods

Product Code: 234567890123451

Source of Nutrient Data: Manufacturer Food Label

Nutrients per serving (21 g):

| | |
|--------------|---------|
| MOISTURE | missing |
| FOOD ENERGY | 80 kcal |
| PROTEIN | 2 g |
| FAT | 2.0 g |
| CARBOHYDRATE | 16 g |
| FIBER | 1.0 g |
| ASH | missing |
| CALCIUM | 0% DRV |
| IRON | 10% DRV |
| SODIUM | 60 mg |
| VITAMIN C | missing |
| VITAMIN A | 10% DRV |
| SAT. FAT | 0 g |
| CHOLESTEROL | 0 mg |
| SUGARS | 6 g |

PIZZA W/ PEPPERONI

Brand Name: Paghetti's

Food ID#: 900002

Serving Measures and Weights:

1 medium slice (1/8 of a 12" diameter) = 71 g

1 pizza (12" diameter) = 567 g

Description: Pizza; pepperoni

Food Category: Purchased Mixed Dish--Lunch Entree

Nutrients per 100 g:

| | |
|--------------|----------|
| WATER | 46.54 g |
| CALORIES | 255 kcal |
| PROTEIN | 14.26 g |
| FAT | 9.80 g |
| CARBOHYDRATE | 27.98 g |
| FIBER | .98 g |
| ASH | 1.42 g |
| CALCIUM | 91 mg |
| IRON | 1.32 mg |
| SODIUM | 376 mg |
| VITAMIN C | 2.3 mg |
| VITAMIN A | 397 IU |
| SAT. FAT | 3.149 g |
| CHOL | 20 mg |
| SUGARS | 4 g |

BURRITO W/ BEANS

Brand Name: Tex Mex

Food ID#: 900004

Serving Measures and Weights: 1 Burrito = 108.5 g

Description: Burrito; w/ Beans

Food Category: Purchased Mixed Dish--Lunch Entree

Nutrients per 100 g:

| | |
|--------------|----------|
| WATER | 52.53 g |
| CALORIES | 206 kcal |
| PROTEIN | 6.48 g |
| FAT | 6.22 g |
| CARBOHYDRATE | 32.92 g |
| FIBER | 2.17 g |
| ASH | 1.85 g |
| CALCIUM | 52 mg |
| IRON | 2.08 mg |
| SODIUM | 454 mg |
| VITAMIN C | .9 mg |
| VITAMIN A | 153 IU |
| SAT. FAT | 3.174 g |
| CHOL | 2 mg |
| SUGARS | 1 g |

CROISSANT W/ EGG, CHEESE AND HAM

Brand Name: French's

Food ID#: 900006

Serving Measures and Weights: 1 Croissant = 152 g

Description: Croissant; w/ egg, cheese & ham

Food Category: Purchased Mixed Dish--Breakfast Entree

Nutrients per 100 g:

| | |
|--------------|----------|
| WATER | 51.14 g |
| CALORIES | 312 kcal |
| PROTEIN | 12.45 g |
| FAT | 22.09 g |
| CARBOHYDRATE | 15.92 g |
| FIBER | .14 g |
| ASH | 2.48 g |
| CALCIUM | 95 mg |
| IRON | 1.40 mg |
| SODIUM | 711 mg |
| VITAMIN C | 7.5 mg |
| VITAMIN A | 297 IU |
| SAT. FAT | 11.497 g |
| CHOL | 140 mg |
| SUGARS | 12 g |

BISCUIT W/ HAM

Brand Name: Porky's

Food ID#: 900005

Serving Measures and Weights: 1 Biscuit = 113 g

Description: Biscuit w/ ham

Food Category: Purchased Mixed Dish--Breakfast Entree

Nutrients per 100 g:

| | |
|--------------|-----------|
| WATER | 28.40 g |
| CALORIES | 342 kcal |
| PROTEIN | 11.85 g |
| FAT | 16.30 g |
| CARBOHYDRATE | 38.75 g |
| FIBER | .25 g |
| ASH | 4.70 g |
| CALCIUM | 142 mg |
| IRON | 2.41 mg |
| SODIUM | 1,268 mg |
| VITAMIN C | .1 mg |
| VITAMIN A | 10,118 IU |
| SAT. FAT | 10.096 g |
| CHOL | 22 mg |
| SUGARS | 3 g |

NACHOS W/ CHEESE

Brand Name: Bandito

Food ID#: 900003

Serving Measures and Weights: 1 serving (6-8 nachos = 113 g)

Description: Nachos w/Cheese

Food Category: Snack or Side Dish or Miscellaneous

Nutrients per 100 g:

| | |
|--------------|----------|
| WATER | 40.04 g |
| CALORIES | 119 kcal |
| PROTEIN | 6.03 g |
| FAT | 9.32 g |
| CARBOHYDRATE | 16.74 g |
| FIBER | .59 g |
| ASH | 1.61 g |
| CALCIUM | 99 mg |
| IRON | .17 mg |
| SODIUM | 143 mg |
| VITAMIN C | 20.3 mg |
| VITAMIN A | 300 IU |
| SAT. FAT | 1.511 g |
| CHOL | 2 mg |
| SUGARS | 4 g |

Production Recipes

Enter the following recipes into the software:

- (1) Chicken Nuggets
- (2) Salisbury Steak (Moisture and Fat Changes)
- (3) Salisbury Steak (D-33 USDA School Recipes)
- (4) Pancakes

Recipe Code Number: 29000

Recipe Name: **CHICKEN NUGGETS**

Category: Chicken Recipes/Main Dish Recipes

Food Ingredients:

CND# 51126 Chicken pattie, nuggets, CN enriched, as purchased 25 lb

Number of Servings: 100 _____

Serving Size/Description: 4 oz of nuggets _____

Moisture Gain/Loss = --10% _____

Fat Gain/Loss = 4% _____

Type of Fat: ID# 4044 Oil; soybean, salad or cooking _____

Provides: 2 oz meat (optional) _____

Preparation Instructions: Deep fry nuggets in oil for 5 - 10 minutes. _____

Recipe Code Number: 29001

Recipe Name: **Salisbury Steak (Moisture and Fat Changes)**

Category: Main Dish, Entree

Food Ingredients:

| | | |
|-------|---|--------------|
| 23567 | Beef, ground, 85% lean meat / 15% fat, raw | 17 lb |
| 8120 | Cereals; oats, regular, quick and instant, w/o fortification, dry | 1 lb + 8 oz. |
| 1123 | Egg, whole, raw, fresh | 10.5 oz |
| 14429 | Water, Municipal | 2 C |
| 6475 | Soup, Beef Broth or Bouillon, Powder, or 2 C granules prepared w/water | |
| 1091 | Milk; dry, skim, nonfat solids, regular, w/o added Vitamin A | 4.5 oz |
| 11284 | Onions; dehydrated flakes | 3.5 oz |
| 2029 | Parsley; dried | .5 C |
| 2030 | Pepper, Black | 1 TB |

Number of Servings: 100 _____

Serving Size/Description: 1 patty _____

Moisture Gain/ Loss = -14% _____

Fat Gain/Loss = -5% _____

Type of Fat: 4550 Shortening, frying (heavy duty), beef tallow _____

Provides: 2.5 oz meat _____

Preparation Instructions: Combine all ingredients and bake at 350 F. _____

Recipe Code Number: 29002

Recipe Name: **Salisbury Steak (D-33 USDA Recipes for Child Nutrition Programs)**

Category: Main Dish, Entrée

Enter the recipe below using the Yield Factor Method. Raw ingredients and amount are included in parentheses below the cooked or "as consumed" ingredient and amount.

Food Ingredients:

| | | |
|-------|---|------------------|
| 23575 | Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned (23567 Beef, ground, 85% lean meat / 15% fat, raw] – 16 lb) | 12 lb |
| 20038 | Oats | 1 lb + 8 oz. |
| 1123 | Egg, whole, raw, fresh | 12 oz |
| *** | Soup base, beef, no msg, reconstituted (see recipe below) | 2 C |
| 1091 | Milk; dry, nonfat powder, w/o added Vitamin A | 4.5 oz |
| 11283 | Onions, ckd, bld, drnd, w/o salt (11282 Onions, raw - 1 lb + 8 oz.) | 1 lb + 5.25 oz |
| 2029 | Parsley; dried Weights file Tablespoon measure) | .5 C (based upon |
| 2030 | Pepper, Black | 1 TB |
| 2047 | Salt | 1 T + 1 tsp |

Recipe for reconstituted beef broth = (if program does not allow you to create a sub-recipe or add a recipe to a recipe, add both ingredients below)

| | | |
|--------|--|-----------|
| 14429 | Water | 2 cups |
| 118345 | soup base, beef, no msg, low sodium (LJ Minor) | 9.4 grams |

Number of Servings: 100 _____

Serving Size: 1 patty _____

Moisture Gain/Loss = 0 _____

Fat Gain/Loss = 0 _____

Type of Fat: none _____

Provides: 2 oz meat/meat alternate _____

Preparation Instructions: Combine all ingredients and bake at 350 F.

Recipe Code Number: 29003

Recipe Name: **Pancakes**

Category: Breads

Food Ingredients:

| | | |
|-------|---|-----------------|
| 20081 | Wheat flour, white, all purpose, Enriched, Bleach | 4 lb |
| 18369 | Leavening agents, baking powder ... | 3.25 oz |
| 2047 | Salt; Table | 1 TB |
| 1091 | Milk; dry, skim, non-fat solids, regular w/o added Vitamin A | 5 oz |
| 19335 | Sugars, granulated | 4.5 oz |
| 1123 | Egg, whole, raw, fresh | 1 lb + 12.5 oz |
| 14429 | Water, Municipal | 2 QT + 2.5 cups |
| 50383 | Oil, vegetable | 2 C |

Number of Servings: 100 _____

Serving Size/Description: 1 pancake _____

Moisture Gain/Loss = -16% _____

Fat Gain/Loss = 0 _____

Type of Fat: none _____

Provides: 1 bread serving

Preparation Instructions: Combine all ingredients and ladle 1 oz. batter on a 350 griddle. Flip pancake over when bubbles appear on top of pancake.

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