

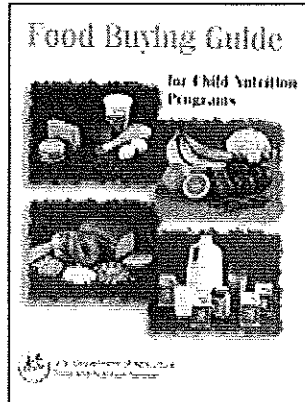
Wisconsin Processed Commodities Meal Pattern Contribution Guide School Year 2011-2012

Item Number	Description	Processor	Pack Size	CN Information
C305	Turkey Deli Breast $2 \div 3.75 = .53 \times 16 = 8.48$ oz. of m/ma per lb.	House of Raeford (97246)	18-20 lb./case 80 servings	3.75 oz serving = 2 oz. meat/meat alternate
C306	Corn Dog Mini Turkey (.67 oz each mini corn dog)	House of Raeford (20420)	10 lb./case 39.8 servings	6 corn dogs = 2 oz m/ma+ 2 g/b
C406	Beef Crumbles $2 \div 2.19 = .913 \times 16 = 14.6$ oz. of meat/meat alternate per lb.	AdvancePierre (320630-20)	6x5 lb. bag/30 lb. case 219 servings	2.19 oz = 2 oz m/ma; 1# crumbles = 14.6 oz m/ma
C408	Beef Patty, Charbroiled 2.25 oz	JTM (5682CE or CP5682)	30.38 lb. case 216 servings	2.25 oz= 2.0 oz m/ma
C452	Peanut Butter & Jelly, Uncrustables 4.0 oz. (with soy)	Smuckers (6670)	18 lb. case 72/cs	Each = 2 oz. m/ma + 2.0 grain/bread
C453	Peanut Butter & Jelly Uncrustables 2.5 oz (with soy)	Smuckers (6673)	11.25 lb. case 72/cs	Each = 1 oz m/ma + 1.25 g/bread
C515	Chicken Nuggets (.608 oz. each nugget)	Gold Kist/Pilgrim's Pride (6143)	30 lb. case 158 servings	5 nuggets = 2 oz. m/ma + 1 grain/bread
C516	Chicken Patties, Breaded, 3.05 oz.	Gold Kist/Pilgrim's Pride (6643)	30 lb. case 156 servings	3.05 oz. = 2 oz. m/ma + 1 grain/bread
C520	Chicken Fajita Strips $2 \div 2.05 = .97 \times 16 = 15.52$ oz. of meat/meat alternate	Gold Kist/Pilgrim's Pride (1325)	30 lb. case 234 servings	2.05 oz. = 2 oz. meat/meat alternate
C522	Chicken Nuggets with Whole Grain Breading (.60 oz. each nugget)	Tyson (2155-328)	27.09 lb. case 144 servings	5 nuggets = 2 oz. m/ma + 1g/b
C600	Pork Taco Filling $2 \div 3.17 = .63 \times 16 = 10.08$ oz. of m/ma per lb. Note: <u>No</u> V/F yield if less pork used & cheese added; Pork serving would be less than 3.17 oz. equivalent	JTM (CP5205 or 5205CE)	6 x 5 lb. bag = 30 lb. case 151 serv/case	3.17 oz (by wt) 4.755 TBSP = 2 oz m/ma + 1/8 cup veg.
C702	Mozzarella String Cheese (1.0 oz)	Miceli Dairy (GOVSTA1A or ST1B)	22.5 lb case = 360 individual servings	1 stick = 1 oz m/ma
C706	Cheese American Reduced Fat, Sliced (each slice = .5 oz. m/ma)	Land O' Lakes (46253)	6/5# Loaves = cs 160 slices/loaf	2 slices = 1 oz m/ma
C710	Mozzarella Pizza Sticks	ConAgra Foods (12601 or 77387-12601)	27.20 lb. case 96 x 3.86 oz serv (2 sticks)	2 Sticks = 2 oz m/ma + 2 grain/bread
C811	Omelet, cheese (2.1 oz.)	Cargill Kitchen Solutions/Sunny Fresh (40176)	29.53 lb. case 225 servings	2.1 oz = 2 oz meat/meat alternate
C902	Applesauce (4 oz cup - by volume)	United Commodity Group/Menu Select (1500-282A or 2500)	96 x 4 oz 24 lb. case	each = ½ cup fruit
C910	Orange Juice (4 fluid ounces)	Citrus Systems (COMOJ0496 or OJ04-96)	96 x 4 oz 26.27 lb. case	each = ½ cup fruit

m/ma = meat/meat alternate v/f = vegetable/fruit g/b = grain/bread

Food Buying Guide Review Exercise

Using Column 3 to Find Serving in Purchase Unit



Instructions: Using the USDA *Food Buying Guide*, look up the food item listed below, using column 1 for matching the description. Record the number of servings per purchase unit, given in column 3 of the FBG. Tag the pages of the FBG used in this exercise for referencing during class activities.

Meat/Meat Alternate Section

Ounces of cooked lean meat in pound of ground beef, 16% fat _____ pg 1-16
 Ounces of creditable meat alternate in pound of shredded cheddar cheese _____ pg 1-23

Vegetable/Fruit Section

Number of ¼ cups in pound of raw, chopped onions that will be cooked _____ pg 2-50
 Number of ¼ cups in pound of raw, chopped onions used in a salad recipe _____ pg 2-50
 Number of ¼ cups in #10 can of tomato paste _____ pg 2-83
 Number of ¼ cups in pound of tomato paste _____ pg 2-83
 Number of ¼ cups in pound of canned, diced tomatoes with liquid _____ pg 2-83

Grains/Bread Section

Number of ½ cups (grain/bread serving) in pound of raw spaghetti _____ pg 3-28
 Grains/breads servings in 2 oz. hamburger bun _____ pg 3-15

Vegetable Chili

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-49

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	1. Heat the oil in a steam-jacketed kettle.
*Fresh onions, chopped OR	1 lb 4 oz OR	3 ½ cups OR	2 lb 8 oz OR	1 qt 2 ¾ cups OR	2. Add the onions and sauté 3 minutes, until translucent.
Dehydrated onions	3 ¾ oz	1 ½ cups 2 Tbsp	7 ½ oz	3 ¾ cups	
*Fresh green peppers, chopped OR	10 oz OR	1 ¾ cups 2 Tbsp OR	1 lb 4 oz OR	3 ¾ cups OR	3. Add the green peppers and sauté 2 minutes, until tender.
Frozen green peppers, chopped	1 lb 1 oz	3 cups	2 lb 2 oz	1 qt 2 cups	
Chili powder	3 oz	¾ cup	6 oz	1 ½ cups	4. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Ground cumin	1 oz	¼ cup	2 oz	½ cup	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Red hot sauce (optional)		¼ cup		½ cup	
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup	
Canned crushed tomatoes, with juice	6 lb 6 oz	3 qt (1 No. 10 can)	12 lb 12 oz	1 gal 2 qt (2 No. 10 cans)	
Canned diced tomatoes, with juice	1 lb 2 ½ oz	2 cups 2 Tbsp (1 No. 2 ½ can)	2 lb 5 oz	1 qt ¼ cup (2 No. 2 ½ cans)	
Canned kidney beans, drained	5 lb 9 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	11 lb 2 oz	1 gal 2 ¾ qt (2 ½ No. 10 cans)	5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur	1 lb	3 cups	2 lb	1 qt 2 cups	
Water		½ cup		1 cup	
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt	6. Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Vegetable Chili

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-49

Reduced fat Cheddar cheese, shredded	3 lb 2 oz	3 qt ½ cup	6 lb	1 gal 2 ¼ qt	8. Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.
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Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 7 oz	2 lb 14 oz
Green peppers	13 oz	1 lb 10 oz

SERVING:	YIELD:	VOLUME:
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50 Servings: about 20 lb ¼ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and ¼ serving of grains/breads.

50 Servings: about 2 gallons 1 ½ quarts

100 Servings: about 40 lb

100 Servings: about 4 gallons 2 ¾ quarts

Tested 2004

Special Tip:

This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

Nutrients Per Serving			
Calories	223	Saturated Fat	3.76 g
Protein	14.57 g	Cholesterol	17 mg
Carbohydrate	27.02 g	Vitamin A	1257 IU
Total Fat	7.48 g	Vitamin C	17.5 mg
		Iron	2.26 mg
		Calcium	333 mg
		Sodium	606 mg
		Dietary Fiber	6.4 g

Breakfast Burrito with Salsa

Meat/Meat Alternate-Vegetable-Grains/Breads

Breakfast

J-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 lb OR 45 each	2 qt 1 1/2 cups OR 45 each	10 lb	1 gal 2 3/4 cups OR 90 each	1. In a mixer, using the paddle attachment, blend eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
Frozen whole-kernel corn	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups	
Lowfat 1% milk		3/4 cup		1 1/2 cups	
*Fresh green peppers, diced OR Frozen green peppers	8 oz OR 14 oz	1 1/2 cups 2 Tbsp OR 2 1/2 cups	1 lb OR 1 lb 12 oz	3 3/4 cups OR 1 qt 1 cup	
*Fresh onions, diced OR Dehydrated onions	14 oz OR 2 1/2 oz	2 1/2 cups OR 1 1/4 cups	1 lb 12 oz OR 5 oz	1 qt 3/4 cup OR 2 1/2 cups	
*Fresh tomatoes, diced	2 oz	1/4 cup 1 Tbsp	4 oz	1/2 cup 2 Tbsp	
Prepared yellow mustard	2 oz	1/4 cup	4 oz	1/2 cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Hot pepper sauce		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
					2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan ("12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes
Reduced fat Cheddar cheese, shredded	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup	3. Sprinkle 5 oz (1 1/4 cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan).
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		50 each		100 each	4. Place one portion in center of each tortilla. Fold from bottom first, sides second, and top third, like an envelope. Place 25 tortillas flap side down into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Breakfast Burrito with Salsa

Meat/Meat Alternate-Vegetable-Grains/Breads

Breakfast

J-02

Canned salsa	3 lb 5 oz	1 qt 2 ¼ cups (½ No., 10 can)	6 lb 10 oz	3 qt ½ cup (1 No., 10 can)	5. CCP: Hold for hot service at 135° F or higher. Serve each burrito with 2 Tbsp (1 oz) of salsa.
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Heat:

Compartment steamer: for 2-3 minutes.
Conventional oven: 300° F for 3 minutes covered with a clean damp cloth.
Convection oven: 300° F for 3 minutes covered with a clean damp cloth.

Comments:

*See Marketing Guide.

**Marketing Guide for Selected Items
Food as Purchased for**

	50 Servings	100 Servings
Green peppers	10 oz	1 lb 4 oz
Mature onions	1 lb	2 lb
Tomatoes	3 oz	6 oz

SERVING:

1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.

YIELD:

50 Servings: about 9 lb (filling)

50 Servings: 2 steamtable pans

100 Servings: about 18 lb (filling)

100 Servings: 4 steamtable pans

VOLUME:

Tested 2004

Special Tip:

- 1) For best results, cook egg filling in a steamer.
- 2) For 50 servings, use 1 lb 6 ½ oz (1 qt 3 ½ cups) dried whole eggs and 1 qt 3 ½ cups water in place of eggs. For 100 servings, use 2 lb 12 oz (3 qt 3 cups) dried whole eggs and 3 qt 3 cups water in place of eggs.

Breakfast Burrito with Salsa

Meat/Meat Alternate-Vegetable-Grains/Breads

Breakfast

J-02

Nutrients Per Serving	
Calories	258
Protein	12.22 g
Carbohydrate	31.32 g
Total Fat	9.06 g
Saturated Fat	2.91 g
Cholesterol	196 mg
Vitamin A	552 IU
Vitamin C	5.4 mg
Iron	2.95 mg
Calcium	143 mg
Sodium	564 mg
Dietary Fiber	2.3 g

Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	Directions
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ½ cups OR 1 ½ cups	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour. CCP: Heat to 155° F or higher for at least 15 seconds.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato puree	5 lb	2 qt 1 cup (¾ No. 10 can)	10 lb	1 gal 2 cups (1 ½ No. 10 cans)	
Water		2 qt		1 gal	
Salt		1 Tbsp		2 Tbsp	
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	
Dried oregano		2 Tbsp		¼ cup	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 ½ tsp		1 Tbsp	
Water		6 gal		12 gal	3. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		¼ cup	
Enriched spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 ½ cups	9 lb 8 oz	1 gal 3 ¾ qt	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender, stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
					5. Stir into meat sauce.
					6. Divide mixture equally into medium half-steamable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items	
Food as Purchased for	100 Servings
Mature onions	1 lb 4 oz

SERVING: YIELD: VOLUME:

50 Servings: 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and 1 serving of grains/breads. about 3 medium half-steamtable pans about 3 gallons 2 cups

100 Servings: about 6 medium half-steamtable pans about 6 gallons 1 quart

Edited 2006

Nutrients Per Serving			
Calories	322	Saturated Fat	4.38 g
Protein	21.23 g	Cholesterol	51 mg
Carbohydrate	34.24 g	Vitamin A	636 IU
Total Fat	10.71 g	Vitamin C	5.3 mg
		Iron	3.96 mg
		Calcium	43 mg
		Sodium	310 mg
		Dietary Fiber	2.9 g

Beef Taco Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	5 lb 14 oz		11 lb 12 oz		<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Sprinkle the taco seasoning mix over beef. 3. Add water and allow to simmer for 15 minutes. 4. In a bowl, combine salsa, tomato puree, and water.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups	
Water		2 ½ cups		1 qt 1 cup	
Canned salsa	2 lb 3 oz	1 qt ¼ cup (½ No. 10 can)	4 lb 6 oz	2 qt ½ cup (½ No. 10 can)	
Canned tomato puree	2 lb 6 oz	1 qt ¼ cup (½ No. 10 can ¾ cup)	4 lb 12 oz	2 qt ½ cup (½ No. 10 can ¾ cup)	
Water		1 qt		2 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each	
Reduced fat Cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal	
					<ol style="list-style-type: none"> 6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 7. Assembly <ul style="list-style-type: none"> Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 3 oz (3 ½ cups) of the meat mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce. Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 3 oz (3 ½ cups) of meat mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce. Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining meat mixture on top of the tortillas. Divide the remaining taco sauce over the meat mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.

Beef Taco Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45

8. Tightly cover pans.
9. Bake: Convection oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
10. CCP: Hold for hot service at 135° F or higher. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ¼ servings of grains/breads.

YIELD:

50 Servings: about 17 lb 1 oz

100 Servings: about 34 lb 2 oz

VOLUME:

50 Servings: 2 steamtable pans

100 Servings: 4 steamtable pans

Tested 2004

Nutrients Per Serving

Calories	304	Saturated Fat	5.72 g	Iron	3.28 mg
Protein	19.65 g	Cholesterol	45 mg	Calcium	231 mg
Carbohydrate	26.43 g	Vitamin A	725 IU	Sodium	753 mg
Total Fat	12.95 g	Vitamin C	5.0 mg	Dietary Fiber	2.1 g

Calculation Handout for Meat Substitutions

Substitute out:

11 lbs 12 oz of raw ground beef (no more than 20% fat), which provides 100 – 2 oz servings of meat/meat alternate

Substitute in:

Pork Taco Filling (enough for 100 – 2oz servings)

30 lbs of Pork Taco Filling \div 151 servings = 0.1987lbs/serving x 100 servings = 19.87 or 20 lbs (4-5lb bags)

OR

Beef Crumbles (enough for 100 – 2oz servings)

30 lbs of beef crumbles \div 219 servings = 0.1370lbs/serving x 100 servings = 13.70 lbs or 15 lbs (3-5lb bags)



EIGHT STEPS TO STANDARDIZE A RECIPE

1. Begin with one recipe.
2. Review the ingredients and follow the directions exactly.
3. Prepare a recipe for 25 portions. Weighing is a two-step process. Weigh and record total combined ingredient weight and a portion size to equal the total given yield. Weights of ingredients are also used to determine pan sizes. Repeat process again, after the completion of the finished product. Note problems and suggestions.
4. Taste-test the product with the food service staff and students. Judge the product for appearance, consistency, texture, flavor and overall acceptability.
5. Make adjustments, if needed. If changes are necessary, repeat the recipe preparation process until a consistent quality product is achieved. Re-test, if necessary.
6. Increase the recipe to 50 and 100 portions before increasing the recipe to the number needed for the meal service. Repeat the weighing process. Note adjustments and suggestions. As a general rule, double the spices and herbs in a recipe when increasing from 50-100 portions. Increase the spice or herb by 25 percent for each additional 100 portions.
7. Review the recipe with the preparation staff.
8. Record the recipe in a standard format for the recipe card file.

***Every recipe should be standardized
for your facility!***

Basics at a Glance

Recipe Abbreviations

approx.	= approximate
tsp or t	= teaspoon
Tbsp or T	= tablespoon
c	= cup
pt	= pint
qt	= quart
gal	= gallon
wt	= weight
oz	= ounce
lb or #	= pound (e.g., 3#)
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
No. or #	= number (e.g., #3)
in. or "	= inches (e.g., 12")
°F	= degree Fahrenheit
°C	= degree Celsius or centigrade

Volume Equivalents for Liquids



60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights



16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Scoops (Dishers)



Size/No.	Level Measure	Color Code*
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

*Scoops are left or right hand or squeeze type that can be used for both hands. Number on the scoop indicates how many level scoops make one quart. For example, eight No. 8 scoops = 1 quart.



*Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles Portion Servers

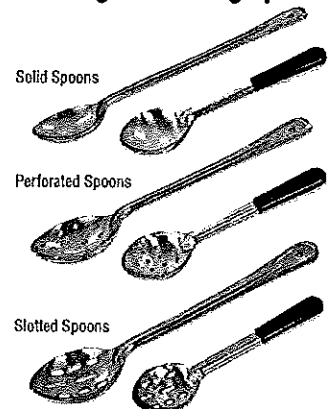
Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "fl oz." would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons



Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

Fraction to Decimal Equivalents



1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight

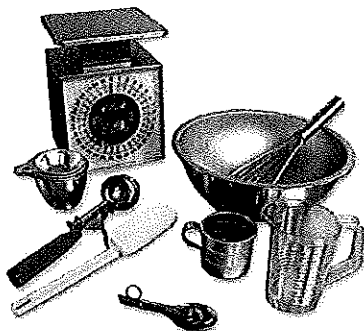


Customary Unit (avoirdupois)	Metric Unit
Ounces (oz)	Grams (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	Grams (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume



Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L



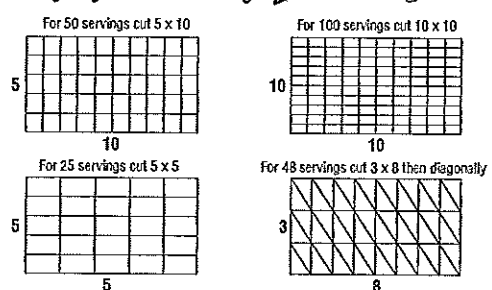
Steamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	96
		1/4 cup	2 oz	16	128
12" x 20" x 4"	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
12" x 20" x 6"	5 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

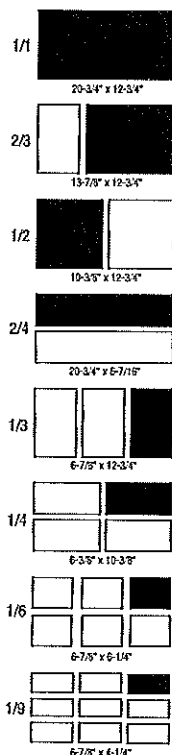
Approximate Dimensions of Serving Sizes from Different Pan Sizes

Pan	Approx. Size	No. and Approx. Size Servings per Pan		
Baking or steamtable	12" x 20" x 2-1/2"	25	50	100
Sheet or bun	18" x 26" x 1"	2" x 3-3/4"	2" x 2"	1-3/4" x 2-1/2"

Cutting Diagrams for Portioning



Other Pan Sizes



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.



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File No: RECIPE NAME: _____ Process 1 2 3 (circle the one that applies)	Portion Size: Suggested Serving Utensil: Meal Pattern Allowance: M/M/A: _____ G/B: _____ F/V: _____
Number of Portions:	Procedure:
Pan Size:	
Number of Pans:	
Ingredients:	Weights and Measures:
Total Yield:	Volume:
	Weight:
Weight or Amount Per Pan:	

Meaty Beef Taco Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	5 lb 14 oz		11 lb 12 oz		1. Brown ground beef. Drain. Continue immediately.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups	
Water		2 ½ cups		1 qt 1 cup	2. Sprinkle the taco seasoning mix over beef.
Garred salsa	2 lb 3 oz	1 qt ¼ cup (½ No. 10 can)	4 lb 6 oz	2 qt ½ cup (¾ No. 10 can)	
Garred tomato puree	2 lb 6 oz	1 qt ¼ cup (½ No. 10 can ¾ cup)	4 lb 12 oz	2 qt ½ cup (¾ No. 10 can ¾ cup)	3. Add water and allow to simmer for 15 minutes.
Water		1 qt		2 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each	4. In a bowl, combine salsa, tomato puree, and water.
Reduced fat Cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal	
					5. Cut tortillas into halves.
					6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Assembly Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 3 oz (3 ½ cups) of the meat mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce. Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 3 oz (3 ½ cups) of meat mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce. Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining meat mixture on top of the tortillas. Divide the remaining taco sauce over the meat mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.

Pork Taco Filling
Add 2 #10 Black Beans

Beef Taco Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45

8. Tightly cover pans.
9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
10. CCP: Hold for hot service at 135° F or higher. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ¼ servings of grains/breads.

YIELD:

50 Servings: about 17 lb 1 oz

100 Servings: about 34 lb 2 oz

VOLUME:

50 Servings: 2 steamtable pans

100 Servings: 4 steamtable pans

Tested 2004

Nutrients Per Serving

Calories	304	Saturated Fat	5.72 g	Iron	3.28 mg
Protein	19.65 g	Cholesterol	45 mg	Calcium	231 mg
Carbohydrate	26.43 g	Vitamin A	725 IU	Sodium	753 mg
Total Fat	12.95 g	Vitamin C	5.0 mg	Dietary Fiber	2.1 g

Recipe Analysis Worksheet

FIGURE 1

Recipe Name: Meaty Taco Pie Portions per Recipe: 100

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)	
Pork Taco Filling (commodity)	20	lb.	10.08	201.6oz	50 1/4 C (100 1/8 C)		
Cheese (commodity shredded)	4	lb.	16 (FBB - pg. 1-23)	64 oz.			
Tortillas (1.5 oz. each)	80	ea				133 (80 x 1.5 oz = 120 oz 120 oz ÷ 0.9 oz = 133 g/b)	
Black Beans (choose to count as vegetable)	2	#10	27.8 (FBB - pg. 2-13)		55.6		
Totals				265.6	105.6 (1/4 c)	133	
Portions per Recipe				100	100	100	
Calculations				total ÷ by # portions	total ÷ by 4 (to get units in cups), then ÷ by # portions = 26.4	total ÷ by # portions 1.33oz	
This Recipe provides <u>100</u> portions.				Each Portion Contributes	2.5 oz (2.65) meat/meat alternates	1/4 cup(s) vegetables/ fruits	1 1/4 servings(s) grains/ breads

- Notes:
- oz to lb conversion chart is on page I-36
 - remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59)
 - the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4.
 - remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit.
 - grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size
 - grains/breads in numbers of servings: use the yield data provided for 1 grains/breads serving

Recipe Analysis Worksheet

FIGURE 1

Recipe Name: _____

Portions per Recipe: _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)	
				Totals	(1/4 c)		
				Portions per Recipe			
Notes: • oz to lb conversion chart is on page I-36 • remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) • the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. • remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. • grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size • grains/breads in numbers of servings: use the yield data provided for 1 grains/breads serving				Calculations			
				total ÷ by # portions	total ÷ by 4 (to get units in cups), then ÷ by # portions	total ÷ by # portions	
This Recipe provides _____ portions.				Each Portion Contributes	oz meat/meat alternates	cup(s) vegetables/fruits	serving(s) grains/breads

Recipe Analysis Worksheet

FIGURE 1

Recipe Name: _____ Portions per Recipe: _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)	Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)	
				Totals	(1/4 c)		
				Portions per Recipe			
Notes: • oz to lb conversion chart is on page I-36 • remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59) • the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4. • remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit. • grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size • grains/breads in numbers of servings: use the yield data provided for 1 grains/breads serving				Calculations			
				total ÷ by # portions	total ÷ by 4 (to get units in cups), then ÷ by # portions	total ÷ by # portions	
This Recipe provides _____ portions.				Each Portion Contributes	oz meat/meat alternates	cup(s) vegetables/fruits	serving(s) grains/breads

