



WISCONSIN SCHOOL NUTRITION IN A NUTSHELL

Standardized Recipes

A standardized recipe is a recipe that has been tried, tested, evaluated, and adapted for use by your food service. It produces a consistent quality and yield every time when the exact procedures, equipment, and ingredients are used. More information can be found on the [Standardized Recipes Webpage](#).

Standardized Recipes Produce Consistent...

- Quality to ensure student satisfaction and expectations.
- Crediting and accurate dietary specifications when the same products are used, and the exact measurements are followed.
- Yield each time the recipe is produced
- Planning and purchasing for food cost controls

When to Standardize a Recipe

- Any menu item created or assemble in-house prior to meal service with more than one ingredient or item.
 - Examples include grilled cheese sandwich, breakfast sandwich, mashed potatoes, rice, and grab-n-go meals.
 - There are recipe templates for
 - [One grade group](#) and [Multiple grade groups](#)

Standardized Recipe Requirements

- Recipe name: choose a recipe name that reflects the recipes content and will also appeal to students.
- Ingredients: list ingredients in the order added to the recipe and be specific (canned, frozen, fresh, whole, chopped, etc.).
- Weight or measurement of each ingredient. Reference the [Weight vs Volume](#) chart.
 - Weight – how heavy is it?
 - Used to credit meat/meat alternative and grains
 - Measured in ounces, pounds, grams, or kilograms
 - Volume (measure) – how much space does it take up?
 - Used to credit fruit, vegetables, and milk
 - Measured in fluid ounces, teaspoons, tablespoons, cups, or gallons
 - Ounces ≠ fluid ounces
 - Ounces = weight
 - Fluid ounces = volume
- Detailed step-by-step instructions based on the kitchen where the recipe is prepared.

- Serving size: based on crediting and meal patterns
 - National School Lunch Program (NSLP) K-5, 6-8, K-8, 9-12
 - School Breakfast Program (SPB) K-5, 6-8, K-8, 9-12, K-12
- Total recipe yield, total recipe by weight, volume, number of pans, and pan size.

Scaling Recipes

- The number of servings in a recipe can be increased or decreased, depending on the needs of the operation.
- To start scaling a recipe, use a key. A key is the number used to multiple existing recipe amounts to scale a recipe up or down, depending on the number of servings needed.
- Amount needed ÷ Current amount = Key
- Example:
 - A recipe serves 8, but 30 servings are needed.
 - $30 \div 8 = 3.75$. The key is 3.75.
 - Each ingredient is then multiplied by 3.75.
- The key will be larger than 1.0 if the recipe has been scaled up, increasing the number of servings.
- The key will be less than 1.0 if the recipe has been scaled down, decreasing the number of servings.
- Some ingredients may not increase proportionately to other ingredients (herbs and spices, leavening agents, thickening agents, and liquids).

Crediting Standardized Recipes

- The [Food Buying Guide](#) (FBG) has the Recipe Analysis Workbook (RAW), which is a tool used to determine the expected meal pattern contribution and crediting statement of a recipe.
- The SNT developed a [Crediting in a Nutshell](#).

USDA and Institute of Child Nutrition (ICN) Quantity Recipes

- Quantity recipes ≠ standardized recipes
- [Child Nutrition Recipe Box](#) is designed for school nutrition professionals, in which recipes for NSLP/SBP K-12, Child Care Centers, Family Child Care, CACFP (Adult Portions), and recipes in Spanish can be found.
- Create an account to save recipes, rate recipes, obtain nutrition information, and create a cookbook to save your favorite recipes.