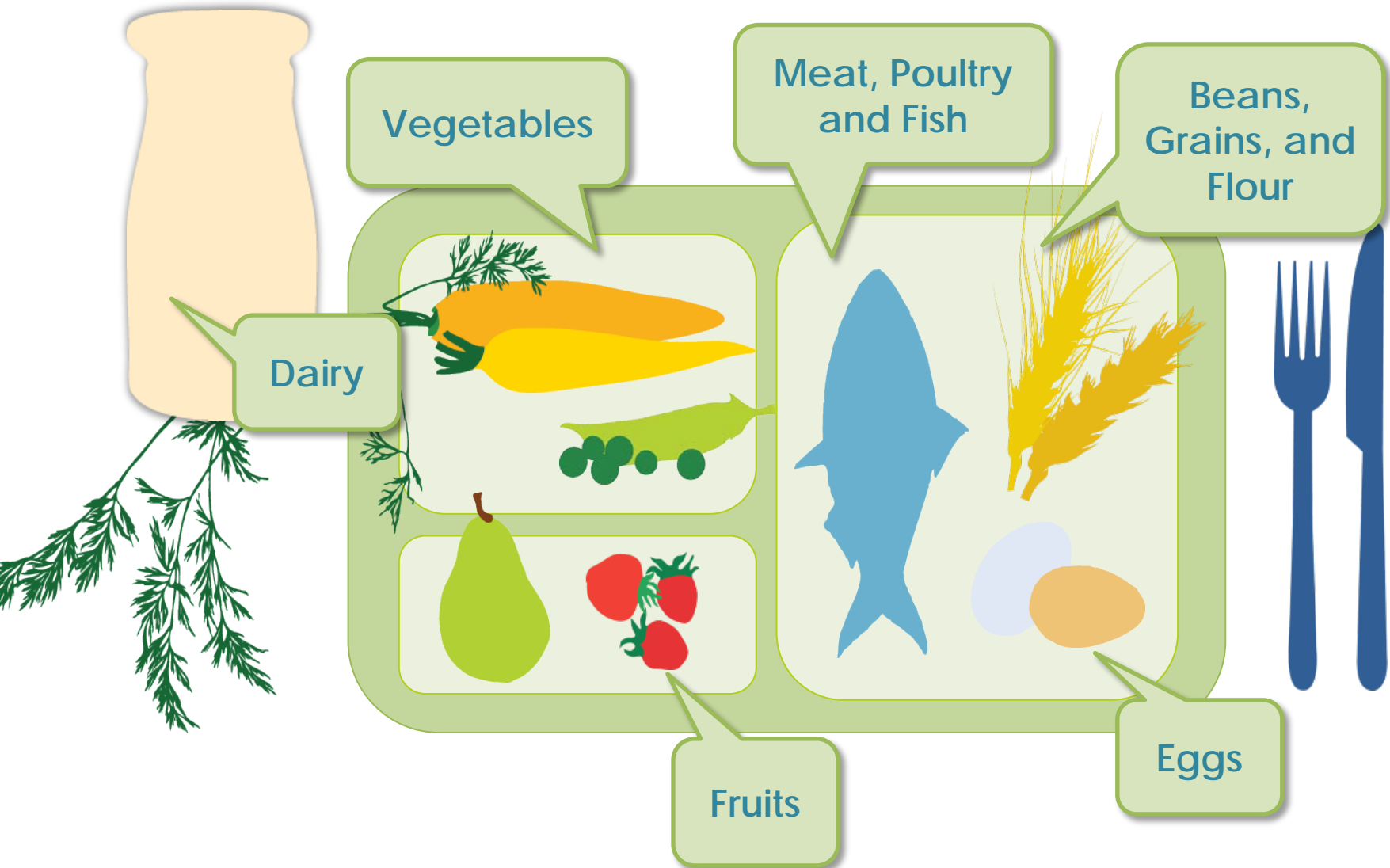


F2S: From Menu to School Lunch Plate

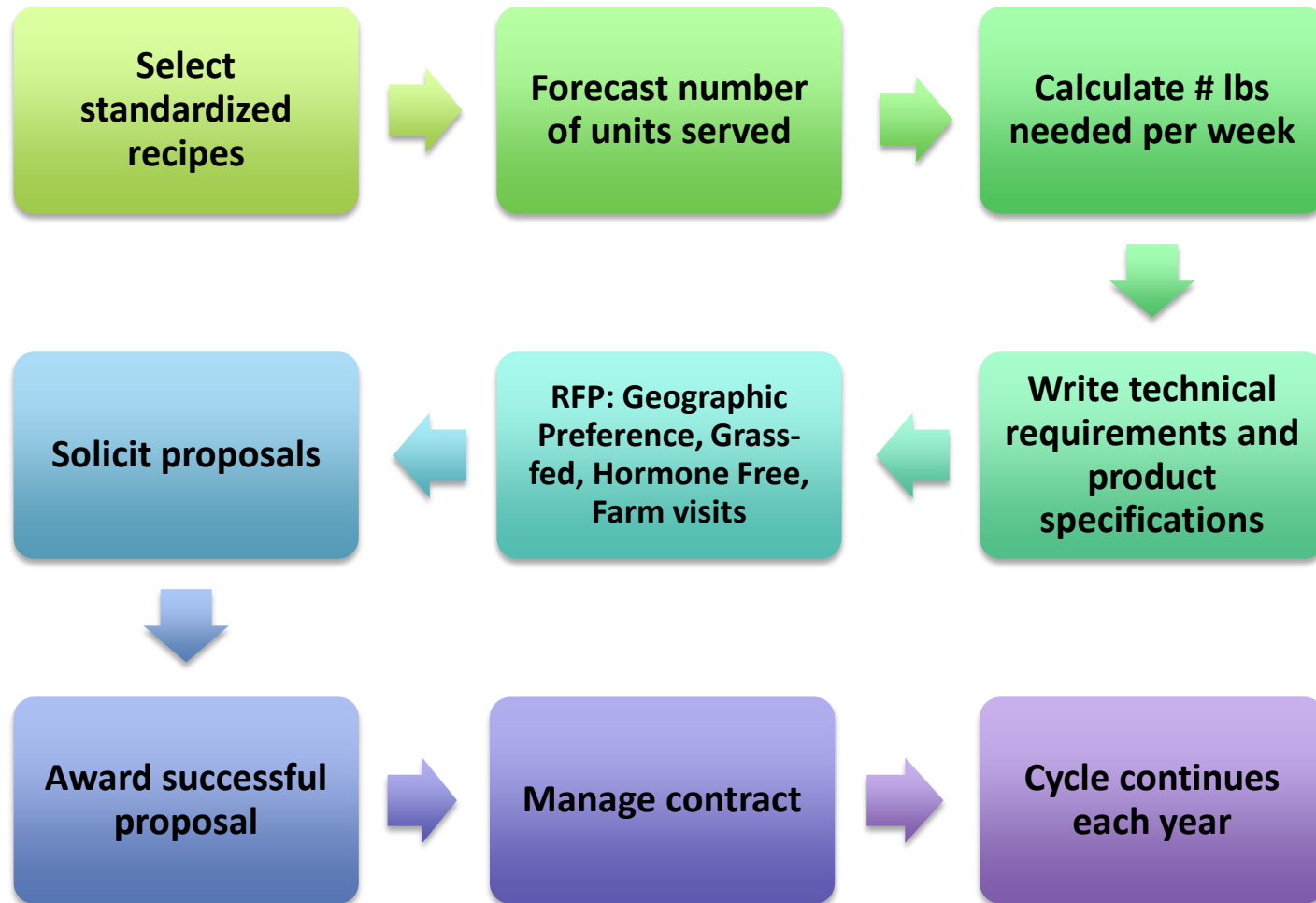


Today's Learning Objectives

PD Areas 2440, 2450:

- Understand how the procurement process begins with your menus and recipes
- Understand the positive impact of buying locally grown or produced food products
- Identify possible cooperative purchasing groups and geographic preference options
- Understand how USDA Foods can help lower SFA food costs

Procurement steps for unprocessed, locally grown or raised agricultural products



Procurement starts with school menus that comply with USDA guidelines



Schools are responsible for developing their own Standardized Recipes that...

- Are used to prepare menu items
- Identify the specific quantity for each ingredient
- Determine the number of servings
- Determine portion size for the recipes
- Produce predictable results and yields every time
- Produce consistent quality
- Customers (students) like and will purchase

USDA Offers Standardized Recipes



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USDA Standardized Recipes

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Recipes for 25-50 and 50-100 servings

These recipes provide Child Nutrition Program operators with delicious new dishes that meet meal pattern requirements. These recipes are standardized to provide updated crediting information, including the vegetable subgroups. They also include recipes made with legumes, whole grains, and/or dark green, red, and/or orange vegetables.

- [Vegetables](#)
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Last Published: 05/11/2017





Search Recipes

Nutrition Information

for 1/2 cup (No. 8 scoop)

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Nutrients	Amount
Calories	107
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	27 mg
Sodium	294 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g

Chili con Carne with Beans - USDA Recipe D-200 for Schools



★★★★★ (13 votes)

[Favorite](#) [Cookbook](#) [Review](#)

Makes: 50 or 100 Servings

Directions for: [50 Servings](#) [100 Servings](#)

Ingredients	Weight	Measure	Directions
Raw ground turkey (no more than 15% fat)	6 lb	3 qt	1. Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
Raw ground beef (no more than 15% fat)	2 lb	1 qt	



Search Recipes

Nutrition Information

for 2/3 cup (No. 6 scoop)

[Show Full Display](#)

Nutrients	Amount
Calories	282
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	51 mg
Sodium	288 mg
Total Carbohydrate	27 g
Dietary Fiber	1 g
Total Sugars	N/A

Ground Beef and Spanish Rice

[Favorite](#) [Cookbook](#) [Review](#)

★★★★★ (9 votes)

Main Dishes D-23

Makes: 50 or 100 Servings

Directions for:

Ingredients	Weight	Measure	Directions
Raw ground beef (no more than 20% fat)	17 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped	1 lb 14 oz	1 qt 1 cup	2. Add onions and green peppers. Cook approximately 5 minutes on medium heat.
OR	OR	OR	
Dehydrated onions	5 1/2 oz	2 3/4 cups	
*Fresh green	1 lb 8 oz	1 qt 3/4	

USDA offers free online resources and tools to assist School Food Authorities.

Food Buying Guide

Calculator for Child Nutrition Programs



National Food Service Management Institute
The University of Mississippi

Choose a **Food group** by clicking on an image below, or enter a keyword or food item in the **Search** field to the right, then click **Go**. Avoid the use of punctuation.



Meat/Meat Alternates



Vegetables



Fruits



Grains/Breads



Milk



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Food Buying Guide calculates how much is needed of an ingredient based on # of servings

Food as purchased, AP	Purchase Unit	Servings Per Purchase Unit, EP	Serving Size per Meal Contribution	Purchase Units for 100 Servings	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 20% fat</i> <i>Includes USDA Foods</i> <i>(Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 15% fat</i> <i>(Like IMPS #136)</i>	Pound	12.00	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	

⁶ Ground Beef, Market Style (no more than 30 percent fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

⁷ Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸ USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

After recipes are selected, SFA's need to forecast how much is needed for each ingredient before starting the IFP or RFP process.

Ground Beef Recipes from DOE's Statewide Lunch Cycle Menu SY2017-18 require 1.5 oz (Pre-8), 2 oz (9-adults) per serving

- Week 1 - Crispy Nachos with Beef/Cheese
- Week 1 - School Made Chili w/cheese & WG roll
- Week 2 - Pasta Florentine w/WG french bread
- Week 3 - Cheesy Chili Tots & WG biscuit
- Week 3 - Sloppy Joe & Tater Tots
- Week 3 - Creole Macaroni w/WG french bread
- Week 3 - Chili Frank and Rice

Schools use meal participation data to forecast/estimate quantities needed

Molokai Schools Average NSLP Daily Participation SY16-17

SCHOOL	ENR	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Ma	Apr	May
Molokai High	350	0	190	195	176	180	151	170	130	169	159	134
Molokai Inter	170	0	119	118	118	120	111	119	82	97	95	107
Maunaloa El	55	0	48	52	51	49	50	49	38	46	46	45
Kilohana Elem	83	0	73	72	73	76	75	77	72	73	60	69
Kaunakakai	323	0	275	278	273	274	277	273	268	276	276	259
Kualapu'u PCS	329	286	308	302	304	305	292	308	300	300	302	289
Totals	1310	286	1013	1017	995	1004	956	996	890	961	938	903
Participation %		87%	77%	78%	76%	77%	73%	76%	68%	73%	72%	69%

NOTE: All Molokai schools are CEP schools – Community Eligibility Provision schools where all students eat school meals at no charge. Cost is not currently a barrier to participation rates which in aggregate, are approximately 75%. More participation brings more reimbursement revenue.

How much Ground Beef do Molokai schools need based on cycle menu?

As Purchased (AP) Pounds needed for Molokai Schools Per Ground Beef Recipe

MONTH	ADP	K-8	12.7 lbs/100	9-ADULT:	17 lbs/100	TOTAL LBS	Twice@Week
Aug-16	705	515	65.405	190	32.3	97.705	195.41
Sep-16	715	520	66.04	195	33.15	99.19	198.38
Oct-16	691	515	65.405	176	29.92	95.325	190.65
Nov-16	699	519	65.913	180	30.6	96.513	193.026
Dec-16	664	513	65.151	151	25.67	90.821	181.642
Jan-17	688	518	65.786	170	28.9	94.686	189.372
Feb-17	590	460	58.42	130	22.1	80.52	161.04
Mar-17	661	492	62.484	169	28.73	91.214	182.428
Apr-17	636	477	60.579	159	27.03	87.609	175.218
May-17	622	488	61.976	134	22.78	84.756	169.512

NOTE: DOE School Food Services Branch currently pays \$3.89 per 80/20 ground beef.

Molokai Livestock Cooperative



MLC is a federally inspected USDA slaughter and processing facility for both commercial and home use needs.

Jack Spruance, General Manager



Photos by PF Bentley

“They (DOE) needs to get out of the idea that one supplier is going to give them everything that they need.

We have an isolated, unique system that allows us to produce what we produce here.

We don’t want to supply every school in Hawaii. I’d be happy to supply the schools on Molokai. That’s it. Leave Maui to Maui. Leave Big Island to Big Island. I don’t want to take business from them. I want them to survive just as much as me because we only survive as a unit through collaboration and cooperation.” 7/6/17

Molokai Livestock Cooperative

- Can supply 500-1,000 lbs. of grass fed, hormone-free ground beef per week
- Current market price is \$4.25 per lbs per 80/20 ground beef.
- Also processes venison, pork, goat



NOTE: Current cost differential between \$3.89 and \$4.25 is 36 cents per pound. Specifications can be changed to grass-fed, hormone-free, freshly aged and never frozen. In an RFP, other factors beside cost can be considered, including farm visits, and geographic preference, etc. Supplier may offer SFA lower wholesale price when demand is consistent.

Selling local beef to Molokai Schools would be “net positive” for the Cooperative, and can provide the island with more employment and economic benefit.





Visit www.fns.usda.gov/farmtoschool

Email: farmtoschool@fns.usda.gov

Resource: Procuring Local Foods for Child
Nutrition Program Guide

www.fns.usda.gov/sites/default/files/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf

Helping Hawaii Eat Healthier!



Hawaii Child Nutrition Programs (HCNP)

Office of Fiscal Services (OFS)

State of Hawaii Department of Education

jennifer_dang@notes.k12.hi.us