



STANDARDIZED MAIN DISH / CASSEROLE RECIPE NUTRITION PROGRAM

State Form 56948 (5-20)

INDIANA DEPARTMENT OF CHILD SERVICES
CHILD WELFARE SERVICES – MS 47
302 West Washington Street, Room E306
Indianapolis, IN 46204-2739

- INSTRUCTIONS:**
1. Use this recipe form or attach the recipe form used by your center or vending facility.
 2. The following information must be included:
 - a. Name of recipe
 - b. Size of serving (example: one (1) cup or three (3) ounces)
 - c. Ingredients and amounts used (Meats and cheeses must be stated in ounces or pounds.)
 - d. The number of portions (servings) the recipe makes (yields) (example: twelve (12) portions or twenty-four (24) portions)
 - e. Directions for making the recipe
 3. An example of a main dish / casserole recipe is below. You must submit a different one. The recipe submitted must also be present on the submitted menus.

RECIPE		
Name of main dish / casserole recipe	Number of total portions	Size of servings
Ingredients	Amounts	Directions

EXAMPLE RECIPE		
Name of main dish / casserole recipe Tuna-Roni Casserole	Number of total portions Twenty-five (25) servings	Size of servings One (1) cup [three (3) ounces]
Ingredients	Amounts	Directions
Macaroni, raw	2 pounds	Cook macaroni in boiling water until tender. Drain. Return macaroni to cooking pan.
Water, boiling	2 gallons	
Cream of mushroom soup, condensed	3¾ cups	Add next five (5) ingredients to macaroni. Mix well.
2% milk	2¾ cups	
Onion, diced	½ cup	Pour into greased two (2) gallon baking pan. Bake at 350° for thirty (30) minutes.
Margarine	¼ cup	
Tuna, flaked and drained	5¼ pounds	
Cheddar or American cheese, grated	2 cups	Sprinkle grated cheese over top. Continue baking for about ten (10) minutes or until cheese melts.

HELP FOR YOUR NUTRITION PROGRAM

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I. Recipes

When calculating protein content for your Standardized Main Dish / Casserole Recipe, remember to allow for loss due to fat, water content, and bone in meats. A rule of thumb to follow would be 25% loss for boneless meats such as ground beef, stew meat, and roasts. Figure approximately eight (8) one and a half (1½) ounce servings per pound. For bony meats such as chicken and bone-in roasts, loss is greater at 35% or more and would yield only four (4) to six (6) servings per pound.

Be sure to state the serving size and total number of servings on your recipe. The serving size of mixed entrée recipes (casseroles) must be stated in cups (1-1½ cups), not ounces. Plain meat dishes are stated in ounces.

To calculate the amount of servings of six (6) two (2) ounces of protein your recipe provides, estimate the number of servings for each protein ingredient and add together.

Example – Recipe calls for:

$$\begin{array}{r}
 5 \text{ pounds of ground beef (6 servings per pound} \times 5 = 30) = 30 \text{ servings of 2 ounces} \\
 1 \text{ pound of cheese (2 cups grated) 8 servings per pound} = \underline{8 \text{ servings of 2 ounces}} \\
 \hline
 38 \text{ servings of 2 ounces provided}
 \end{array}$$

Or calculate the total protein available as follows:

$$\begin{array}{l}
 \text{Total weight - loss percentage (25% / 35\%)} = \text{protein available} \\
 \text{Divide protein available by serving size (2 ounces) to get number of servings provided.}
 \end{array}$$

Example:

$$\begin{array}{l}
 5 \text{ pounds (80 ounces) of ground beef - 25\%} = 60 \text{ ounces protein divided by serving size of 2 ounces} = 30 \text{ servings of 2 ounces each} \\
 5 \text{ pounds (80 ounces) bone-in roast - 35\%} = 52 \text{ ounces protein divided by serving size of 2 ounces} = 26 \text{ servings of 2 ounces each}
 \end{array}$$

II. Milk Quantities

To estimate the amount of milk your group home / institution would need to serve the correct serving size of milk to children, calculate as follows: Number of Children in Residence x 1 Gallon of Milk per Week.

Example: 12 Children x 1 Gallon of Milk per Week = 12 Gallons of Milk per Week

III. Menu Writing Hints

The specific name of the food or beverage and how it is prepared must be written on the menu.

<u>Correct Example</u>	<u>Incorrect Example</u>
Baked Chicken Leg	Chicken
Orange Juice	Juice
Cornflakes	Cereal
Fresh Peach	Peach

IV. Menu Patterns

MENU PATTERN FOR SIX (6) TO EIGHTEEN (18) YEAR OLDS			
Breakfast	Lunch	Dinner	Snacks
¾ cup cereal with ½ cup milk and/or one (1) ounce other high protein food	Two (2) ounces of meat, fish, poultry, or other high protein food	Two (2) ounces of meat, fish, poultry, or other high protein food	Shall be served after school and in the evenings
½ cup fruit juice enriched with vitamin C	Two (2) separate ½ cup servings of fruit / vegetable / salad	Two (2) separate ½ cup servings of fruit / vegetable / salad	Served from two (2) different food groups at each snack time
½ cup milk	One (1) cup of milk	One (1) cup of milk	Snacks must meet the USDA's Smart Snack program requirements
One (1) slice of bread or equivalent	One (1) slice of bread or equivalent	One (1) slice of bread or equivalent	

MENU PATTERN REQUIREMENTS

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COMMON VITAMIN A FOODS

Served four (4) times per week at dinner. Ages six (6) to eighteen (18) years require ½ cup serving.

Vegetables	Fruit	High Protein
Carrots Squash (acorn, butternut, winter) Sweet Potatoes / Yams Pumpkin Broccoli Spinach Tomatoes Asparagus Greens (turnip, collard, mustard, beet) Kale Mixed Vegetables Red Peppers Romaine Lettuce Peas	Peaches Purple Plums Passion Fruit Mango Cantaloupe Grapefruit Watermelon Papaya Apricot Tangerine Nectarine	Tuna Salmon Butter Cheddar Egg yolk Cream Cheese Crab Meat Trout Feta Cheese Liver (equals three (3) servings of vitamin A)

COMMON VITAMIN C FOODS

Served daily at breakfast. Ages six (6) to eighteen (18) require ½ cup serving.

Vegetables	Fruit
Pepper Kale Broccoli Brussel sprouts Mustard Spinach	Papayas Tangerines Tangelo Pineapple Lemons Oranges Grapefruit Cantaloupe Watermelon Raspberries Strawberries Kiwis

Juice must be both 100% fruit juice and fortified with vitamin C.

PROTEIN FOOD TIPS

Provide variety. Refrain from serving the same main dish more than once every two (2) weeks.

Plain high protein foods (chicken quarter, pork chop, etc.) should be served at least two (2) times per week instead of casseroles. Serving sizes for plain high protein foods should be listed in ounces (example: pork chop; 2 ounces).

If spaghetti, chili, pizza, or casseroles are homemade, write "homemade" on the menu. If you are using commercial products instead, extra high protein food must be added to ensure adequate protein in each serving is obtained. When adding extra high protein foods indicate this on the menu (example: hamburger added).

The serving size for peanut butter for six (6) to eighteen (18) year olds is four (4) to six (6) tablespoons. This amount may be too much to be placed on one sandwich. Therefore, another high protein food could be served along with a smaller peanut butter sandwich. Example: Serve a three (3) tablespoon peanut butter sandwich and one (1) hardboiled egg.

When serving sandwiches, protein may be provided by: (a) Including the required amount of high protein food in the sandwich Example: Two (2) slices of bread, one (1) ounce of cheese, and one (1) ounce of lunchmeat. (b) Serving a portion of the required protein in the sandwich, and the rest of the protein in a side dish. Example: Two (2) slices of bread, three (3) slices of bacon with lettuce and tomato, with a ¼ cup of cottage cheese on the side.

SERVING SIZES FOR SIX (6) TO EIGHTEEN (18) YEAR OLDS

Milk	8 ounces
Bread	1 slice
Dry cereal	¾ Cup
Cooked Cereal	½ Cup
Rice / Noodles	½ Cup
Butter	3 teaspoons
Cooked lean meat, poultry, or fish	2 - 3 ounces
Cheese (protein)	1 ounce
Cottage Cheese (protein)	½ cup
Egg (protein)	2 eggs (to equal 2 ounces of protein)
Peanut Butter (protein)	4 - 6 Tablespoons
Cooked Dried Beans (protein)	1 - 1½ cups
Casseroles	1 - 1½ cups
Meat Salads (chicken, ham, egg, etc.)	½ - 1 cup