



USDA Recipes for Schools



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Introduction

Breakfast Burrito with Tomato Salsa. Tabouleh. Chicken Stir-Fry. Baked Cajun Fish. Vegetable Chili. Sound good?

These are just a few of the more than 150 standardized recipes developed by USDA. The recipes are designed to help you serve quality meals to your young customers. Quality meals are meals that:

- have good taste,
- offer good nutrition, and
- are attractive

USDA School Recipes

This publication is made up of two components: this printed booklet and a CD-ROM.

CD-ROM

The CD-ROM contains the recipe files. The files are listed alphabetically by recipe name as well as by recipe number. Also, recipes can be printed from the disk individually, by recipe category (Grains/Breads, Desserts, Main Dishes, etc.), or the whole recipe file. System requirements are listed on the CD face.

The recipes from the 1988 *Quantity Recipes for School Food Service* and the 1995 *Tool Kit for Healthy School Meals* were revised using updated yields from the *Food Buying Guide for Child Nutrition Programs* and using the 2005 Food Code for the Hazard Analysis Critical Control Points.

These updated recipes supersede all previous recipe versions and provide updated crediting, nutrient values, and critical control points. Outdated recipes should not be used. To avoid using the wrong recipe version, schools and school food authorities should discard obsolete recipes. Indices of the recipes are located at the end of this printed booklet.

Printed Booklet

The printed booklet discusses adjusting recipes, nutrient information, safe food handling, and contains many reference charts helpful for foodservice operations.

Why are quality meals important?

Because children's health is important! Schools have a special role in enhancing and maintaining children's health since roughly one-quarter of a young person's time is spent in this environment. School meal programs can help foster healthful behaviors, particularly in the areas of nutrition and physical fitness.

By serving wholesome and attractive meals at school, you can help children improve their attitudes towards education and health. You can also help them have healthier lives...now and in years to come.

To help you use the recipes from USDA, this guide:

- provides background on how the recipes were selected, developed, and field-tested
- takes you through each section of the recipe format, explaining how the information is organized
- explains and demonstrates the uses of the nutrient analysis provided for each recipe
- includes instructions on substituting ingredients and adjusting recipes, as well as tips for maximizing quality