

Recipe Analysis Worksheet

(Component Calculations)

[Online FBG Calculator for Child Nutrition Programs](#)

Based on pdf from Appendix A pg A-7 in Food Buying Guide

Recipe Name BBQ Chicken Nachos

Portions per Recipe 35 Date calculated 01/15/2018

Ingredients (1)	Recipe Quantity	Notes	Quantity of Ingredient As Purchased (# of purchase units) (2)	Purchase Units (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/Meat Alt (ounces) (5)=(2)*(4)	Fruits (1/4 cup) (6)=(2) *(4)	Vegetables (1/4 cup) (7)=(2) *(4)	Grains (1 oz equiv) (8)= (2)*(4)	Milk (8 oz equiv) (9)= (2)*(4)
chicken strips, USDA	5 lb bag 80 oz	1.25 = 1 m/ma	80 oz		0.8	64.0				
cheese sauce, LOL 39944	70 oz	3 oz = 1 m/ma	70 oz		0.3	23.3				
Total						87.3	0.0	0.0	0.0	0.0
portions per recipe						35	35	35	35	35

28.3 gm = 1 oz

Each Portion Contributes	2.49	0.00	0.00	0.00	0.00
	oz M/MA	1/4 cup	1/4 cup	1 oz grain eq	8 oz eq
Claiming	2.25	0	0		0