

Recipe Analysis Worksheet

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

(Component Calculations)

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

Recipe Name Jambalaya

Portions per Recipe

36

Date calculated 01/20/2018

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)	Red Orange (1/4 cup) (6)=(2)*(4)	Vegetables TOTAL (1/4 cup) (7)=(2)*(4)	Grains (1 oz equiv) (8)= (2)*(4)	Milk (8 oz equiv) (9)= (2)*(4)
USDA chicken strips	4 lbs	1.7 oz = 1 m/ma		64oz	0.6	37.6				
hotdogs 6/lb	20 each	2.5 m/ma per hotdog		20 each	2.5	50.0				
green beans	#10 can	12 cups/can per manu info		1 can	48.0			48.0		
red bell pepper	1 med (119 gm = 4.3 oz)	1 lb AP = 0.8 lb EP		0.26lb	9.7		2.5	2.5		
green bell pepper	1 med	1 lb AP = 0.8 lb EP		0.26lb	9.7			2.5		
onion	1 large	large = 150 gm = 5.3 oz		0.3lb	14.0			4.2		
serrano chilies	6 each (6.1 gm ea)									
spaghetti sauce, commodity	#10 can	12 cups sauce		12 cups	4.0		48.0	48.0		
hot sauce	1/2 cup									
Spanish rice	10 cups			10 cups	2.0				20.0	
	28.3 gm = 1 oz									
Total						87.6	50.5	105.2	20.0	0.0
portions per recipe						36	36	36	36	36

Each Portion Contributes	2.43	1.40	2.92	0.56	0.00
oz M/MA	1/4 cup R/O	1/4 cup total	1 oz eq grain	8 oz eq	
Claiming	2.25 m/ma	1/4 cup R/C	1/2 cup	0.5 oz eq grain	0