

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	64 oz		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	0.26 lb		9.7		2.5	2.5			
green bell pepper	1 med	1 lb AP = 0.8 lb EP	0.26 lb		9.7			2.5			
onion	1 large	large = 150 gm = 5.3 oz	0.3 lb		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

es	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
g	2.25 m/ma	1/4 cup R/C	1/2 cup	0.5 oz eq grain	0