

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 Southwest Steak and Egg Boats

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)	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)
Liquid eggs	5 lb carton	45 m/ma per FBG		1 carton	45.0	45.0				
Beef crumbles	1 lb	1 oz = 1 m/ma		16 oz	1.0	16.0				
Pillsbury French Bread 110174	18 pieces	2 oz eq grain each		18 pcs	2.0				36.0	
cheese, mozzarella	18 oz			18 oz	1.0	18.0				
salsa	#10 can	49.3 svg/can per FBG		1 can	49.3			49.3		
Cheese, American	18 oz			18 oz	1.0	18.0				
Total						97.0	0.0	49.3	36.0	0.0

28.3 gm = 1 oz

Grains = flour equivalent is 16 gm/ 1 oz

Eggs=1 lg egg = 2 oz meat equivalents

1 7/8 cup = 9 large eggs/18 oz equ

portions per recipe 36 36 36 36 36

Each Portion Contributes	2.69	0.00	1.37	1.00	0.00
	oz M/MA	1/4 cup	1/4 cup	1 oz grain eq	8 oz eq

Claiming	2.5 m/ma	0	1/4 cup r/o	1.0 oz eq grain	0
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