

Recipe Crediting Worksheet

Recipe Name Tuna Noodle Casserole

Portion Size _____

Resource used for Crediting SBG

Yield 22-31 servings

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Tunafish, canned, drained	3 12 oz cans	31.2		
Cooked Egg noodles	24 oz			60.45
Cheese, shredded	1 lb	16		
(4)	Recipe Total	47 ounces	cup(s)	60.45 equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____ $\frac{1}{4}$ c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	2.1 oz = 22 servings 1.5 oz = 31 servings ounces	$\frac{1}{4}$ cup(s)	2.5 = 22 servings 1.5 = 31 servings equiv

Instructions:

- List all ingredients and the form they are in (whole, diced, chopped, etc).
- List the measured amount of the food item in either the weight or measure (volume).
- Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
- Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of $\frac{1}{4}$ cups.
- Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
- Round down the ounces fo Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 $\frac{1}{4}$ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

