

Recipe Crediting Worksheet

Recipe Name Hawaiian Sub

Portion Size Loaf = 1'x 3' Hoagie Rolls = 1/2 Hoagie

Resource used for Crediting Simplified Buying Guide Yield 24 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)
Ham, deli sliced	2 lb	22.4		
Mozarella Cheese, sliced	1 lb	16		
French Bread, 2, 1 lb. loaves	2 lb			64
OR				OR
Hoagie Buns, 2 packs of 6	2 lb			64
(4)	Recipe Total	38.4 ounces	cup(s)	64 equiv
(5)	(6) Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____ 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	1.6 ounces	1/4 cup(s)	2.6 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 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 1/4 cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

Recipe Name:

Resources used for Crediting
S.B.G

Component Contribution

X ___ Meat/Alt ___ Vegetable/Fruit
 X ___ Grain/Bread

<u>1" X 3" or 1/2 Hoagie</u>	<u>3-5 year old</u>
Portion Size	Age Group

Ingredient	Form (whole, chopped)	<u>24 servings</u> Recipe Yield	
		Weight	Measure
Ham	Deli sliced	2 lb	
Mozarella Cheese	sliced	1 lb	
French Bread loaf x 2		2 lb	
Pineapple rings	2 x 16 oz cans, drained		
Pizza Sauce	12 oz jar		

Directions: French Bread Loaf

1. Cut bread loaf in 1/2 lengthwise.
2. Spread pizza sauce on the top and bottom of each half.
3. Add 1 lb of ham to the bottom of each loaf 1/2
4. Add 1 can pineapple rings to each loaf 1/2
5. Add 1/2 lb mozzarella cheese to each loaf 1/2
6. Top with loaf tops
7. Bake @ 375 degrees for 10 minutes, or serve cold
8. Remove and cut each loaf into 12, 1" X 3" slices.

Hoagie Buns

1. Open Hoagies and spread with pizza sauce
2. Layer ham, pineapple rings and mozzarella evenly between 12 Hoagies
3. Replace top of Hoagie
4. Bake @ 375 degrees for 10 minutes, or serve cold
5. Remove from oven and cut each Hoagie in half.