

# Recipe Crediting Worksheet

Recipe Name Sub Sandwiches

Portion Size ½ Sandwich

Resource used for Crediting SBG

Yield 24 halves

(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)
Turkey Ham	24 oz	16.8		
Swiss cheese	12 oz	12		
American cheese	12 oz	12		
Hoagie Buns , 2 packs of 6	12			24
(4)	<b>Recipe Total</b>	40.8 ounces	cup(s)	24 equiv
(5)	<b>Calculations</b>	divide by the number of servings the recipe yields	<b>Multiply by 4 =</b>	divide by the number of servings the recipe yields
(6)			<u>        </u> ¼ c divide by the number of servings the recipe yields	
(7)	<b>Each portion contributes</b>	1.7 ounces	¼ cup(s)	1 equiv

**Instructions:**

1. List all ingredients and the form they are in (whole, diced, chopped, etc).
2. List the measured amount of the food item in either the weight or measure (volume).
3. 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.
4. 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.
5. Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
6. 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.
7. 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 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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## Component Contribution

X \_\_\_ Meat/Alt      \_\_\_ Vegetable/Fruit  
 X \_\_\_ Grain/Bread

<u>1/2 Sand</u>	<u>3-5 yr old</u>
Portion Size	Age Group

Ingredient	Form (whole, chopped)	<u>24 halves</u> Recipe Yield	
		Weight	Measure
Turkey Ham	Sliced	24 oz	
Swiss Cheese	Sliced	12 oz	
American Cheese	Sliced	12 oz	
Hoagie Buns	2 packs of 6		12
Romaine lettuce			
Optional:			
Mayo, mustard			

**Directions:**

Place two ounces of meat on each hoagie bun. (12 Hoagies)

Place one ounce of American cheese and one ounce of Swiss cheese on each hoagie.

Cut hoagies in half.

Optional: Sandwiches can be lightly spread with mayo and/or mustard before assembling.