

Meal Pattern Contribution Worksheet

Recipe Name: _____

Portions per Recipe: _____

Ingredients	Quantity of Ingredient as Purchased	Purchase Unit	Servings per Purchase Unit in Food Buying Guide	Meat/Meat Alternates (oz. eq.)	Vegetables (1/4 cup)	Fruits (1/4 cup)	Grain / Breads (oz. eq.)
Notes:	Totals						
	Portions per Recipe						
	Calculations			total ÷ by portions	total ÷ by 4 (to get units in cups) then ÷ by # of portions	total ÷ by 4 (to get units in cups) then ÷ by # of portions	total ÷ by portions
This recipe provides ___ portions	Each Portion Contributes			oz Meat/meat alternate	cup Vegetable	cup Fruit	oz eq Grains

Figuring Meal Pattern Contribution

Recipe Name: Record the name of the recipe

Portions per Recipe: Record the number of portions the recipe yields.

Column 1 – Ingredients: List the recipe ingredients in Column 1 of the worksheet. It is not necessary to list ingredient that do not contribute towards meal pattern requirements. Record a description of each ingredient as precisely as possible. It is a good idea to group ingredients together that contribute to the same meal component.

Column 2 – Quantity of Ingredients as Purchased: Record the “as purchased” weight or volume measure of each ingredient in the recipe in Column 2 of the worksheet. Convert ounces to their decimal equivalent of a pound. (see table 5 on page I-36 of *The Food Buying Guide* for more assistance) The quantity specified in column 2 must be in the same units as the purchase unit which will be recorded in Column 3. (For example, if 2 No.10 cans of peas are record in Coliumn2, make sure the purchase unit in Column 3 is a No 10 can also. (See page Appendix A in the *Food Buying Guide* for additional information)

Column 3 – Purchase Unit: Record the purchase unit in which you buy the ingredients such as pound, No. 10 can dozen, etc., in Column 3. It is important to use the same purchase unit of the ingredient as specified under *Column 2 of the Food Buying Guide*.

Column 4 – Servings per Purchase Unit: Record the number of servings per purchase unit of the ingredient in Column 4. This information is found in *Column 3 of the Food Buying Guide*. The number of servings per purchase unit varies for different preparation methods or forms of the ingredient as served. Therefore, you should pay particular attention to the description of the food as served when selecting the number of servings per purchase unit to use in the calculations. The description of the form of the food should be most nearly like that of the food after preparation of the recipe is complete and as it is served.

Column 5- Calculation of Meat/Meat Alternates:

- For each meat or meat alternate ingredient in the recipe, multiply the number recorded in Column2 by the number recorded in Column 4 (Column 2 x column 4 = column 5). Record the answer to two decimal places.
- If more than one meat or meat alternate ingredient is used in the recipe, add all the numbers recorded in -Column5 to determine the total ounces of meat or meat alternate. Then record the sum in the space provided for the total.
- Divide the total of Column 5 by the number of portions the recipe yields to determine the contribution per portion
- Round down to the nearest ¼ ounce.

*The minimum oz equivalent of meat or meat alternate provided by a portion of the recipe must be .25ounce to be credited.

Column 6 and 7-Calculation of Vegetables and Fruits:

- For each vegetable or fruit recipe ingredient on the worksheet, multiply the number recorded in Column 2 by the number recorded in column 4 (Column 2 x column 4 = column 6 or 7). Record the answer to 2 decimal places.
- If more than one fruit or vegetable is used in the recipe, add all of the numbers recorded in Column 6 or 7 to determine the total number of $\frac{1}{4}$ cup vegetable or fruit serving in the recipe. Then, record the sum in the space provided for the total.
- Divide the total number of $\frac{1}{4}$ cup servings by 4 to convert to cups.
- Divide the total number of cups by the number of portions the recipe yields to determine the contribution per portion.
- Record the answer to two decimal places and convert decimal places to the nearest portion of a cup (for more assistance column table 7 on page I-37 of the Food Buying Guide). Always round down to the nearest $\frac{1}{8}$ cup

*Minimal creditable serving of a vegetable or fruit is $\frac{1}{8}$ cup.

Column 8: Calculation of the grains/breads:

- For each grain/bread recipe ingredient listed on the worksheet, multiply the number recorded in Column 2 by the number recorded in Column 4 (Column 2 x column 4 = column 8). Record the answer to two decimal places.
- If more than one grains/breads ingredient is used in the recipe, add all the numbers recorded in Column 8 to determine the total number of grains/breads serving in the recipe. Record the sum in the space provided for the total.
- Divide the total figure in Column 8 by the number of portions the recipe yields to determine the contribution per portion.
- Round down to the nearest $\frac{1}{4}$ oz. eq.

Totals: Record the sum or total for the numbers recorded in each component column.

Portions Per Recipe: Record the total number of portions a recipe provides or yields. This number will be the same for each of the component columns.

Calculations: Note the number you will use to calculate or determine the contribution of each component.

Each Portion Contributes: This row provides a space to record the final rounded down, calculated answers of how one portion will credit toward each meal pattern component.