Fresh from California

Menu Planning Support Session

March 9, 2022

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CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy.
LunchAssist PRO

Professional Development and Resource Hub
session 1 | agenda

- fresh from california overview
- national nutrition month
- food and culture flavor profiles
- recipes
- discussion
what fresh from california offers

● **Menu Planning Support.** Online group sessions providing best practices for menu planning and substitutions, recipe development, and nutrition analysis with Registered Dietitians.

● **Farmer Visits.** Direct connections with farmers in your region and the opportunity to sign up for virtual and in-person farmer visits with engaging student enrichment activities in partnership with the Community Alliance with Family Farmers.

● **Marketing Materials.** Beautifully designed promotional banners and posters for your cafeterias offered in both English and Spanish.
Why should we choose California-grown fruits and vegetables? Because California grows some of the best food in the world. It's fresh, healthy, and delicious. And when you choose fresh, local food you support our farmers, their families, and our communities. Food connects us. Fresh from California.
farmer visits with CAFF
collaboration with food distributors

- List of seasonal crops
- Growers information for your promotional collateral and nutrition education activities

San Joaquin County, CA-Grown
national nutrition month

celebrate a world of flavors
MARCH 2022

Celebrate National Nutrition Month®

CELEBRATE A WORLD OF FLAVORS
NATIONAL NUTRITION MONTH® 2022
what global flavors are featured on your school menus?
which recipe(s) and from where?
Official NNM Tip: Incorporate your favorite cultural foods and traditions

Edited: CELEBRATE your cultural foods and traditions by enjoying them freely, without guilt or worry.

empowering.dietitians
Official NNM Tip: Try new flavors and foods from around the world

Edited: Learn about flavors, foods, & cooking techniques from around the world, taught BY people from those cultures. Respect a food's/dish's cultural origins, without appropriation.
Official NNM Tip: Find an RDN who specializes in your unique needs

Edited: Find an RD/RDN who understands and respects your cultural identity, collaborates with you on your goals, and is committed to their own implicit bias and cultural humility education.
national nutrition month
free resources

Source: Eat Right National Nutrition Month Toolkit
food + culture

flavor profiles
Many traditional diets are plant-forward. These cuisines honor sustainable connections between food, culture, health, and the environment.
food and culture | resources

- the world’s flavor profiles
food and culture | resources

- [Rethinking School Lunch: Cooking with California Food](#)
recipes

celebrating a world of flavors
world of flavors | southeast asia

menu:

- chana masala
- dosas
- kale potato sabzi
- sliced oranges
- milk

ca produce: kale, strawberries
world of flavors | asia

menu:

- bi bim bap
- cucumbers
- tangerines
- milk

ca produce: broccoli, cucumber, tangerine

recipe: chef ann foundation

:image: https://www.forwardfood.org/bibimbap/
world of flavors | mediterranean region

menu:

- harissa red lentil hummus
- pita bread w/ za'atar seasoning
- cucumbers, broccoli, & carrots
- strawberries and grapes
- milk

ca produce: cucumber, strawberries, broccoli, grapes

recipe: USA Pulses
world of flavors | latin american

menu:

- chile relleno casserole
- arroz con gandules
- mojito fruit salad
- cuban green salad w/ avocado
- milk

cia produce: strawberries, cantaloupe, grapes, watermelon, kiwi, avocado

cipes: allrecipes.com, yummly.com, lunchbox.org

📸: allrecipes.com
how to create compliant recipes!

using an existing, non-credited recipe

- **example:** favorite broccoli salad
- **source:** COOKIE + kate (food blog)
- **credited:** no
- **yields:** “6 side servings”

**ingredients:**
- 1 lb broccoli florets, chopped
- ½ cup sunflower seeds
- ½ cup red onion, chopped
- ½ cup dried tart cherries
- ½ cup honey mustard dressing
how to create compliant recipes!

using an existing, non-credited recipe

<table>
<thead>
<tr>
<th>1. Determine the crediting goal per portion.</th>
<th>Example: “Favorite Broccoli Salad”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crediting Goal: 1 serving = ½ cup DGV</td>
<td></td>
</tr>
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</table>
how to create compliant recipes!

using an existing, non-credited recipe

| 1. Determine the crediting goal per portion. | Example: “Favorite Broccoli Salad”
Crediting Goal: 1 serving = ½ cup DGV |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>FBG: ½ cup broccoli = ½ cup DGV</td>
<td></td>
</tr>
<tr>
<td>Tip: Refer to the USDA Food Buying Guide, Exhibit A for Grains, and/or Product Information Sheets!</td>
<td>● Each portion needs ½ cup broccoli, minimum</td>
</tr>
</tbody>
</table>
# how to create compliant recipes!

using an existing, non-credited recipe

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| 1. **Determine the crediting goal per portion.** | Example: “Favorite Broccoli Salad”

Crediting Goal: 1 serving = ½ cup DGV |

| 2. **Determine the min. amt. of ingredient(s) required to reach crediting goal.** | FBG: ½ cup broccoli = ½ cup DGV

- Each portion needs ½ cup broccoli, minimum |

**Tip:** Refer to the USDA Food Buying Guide, Exhibit A for Grains, and/or Product Information Sheets!

| 3. **Calculate how many portions your recipe yields, according to Step 2.** | How many ½-cup portions in 1 lb broccoli?

- 1 lb chopped broccoli = 14.4 half-cup portions
- 1 batch recipe = 14 servings |

**Note:** This may vary from the number of “servings” listed on the recipe.
how to create compliant recipes!

using an existing, non-credited recipe

4. Determine actual serving size.

Tip: This is also a good time to see if the seasonings need any adjusting and to get staff and student feedback about how the recipe tastes.

Recipe Test!

Which serving utensil gets you 14 servings?

- You know each portion needs at least ½ cup broccoli. The recipe has other ingredients in it too, though, so you're going to try a #6 portion scoop, which is a little more than half a cup.
- Test this in the kitchen and see if you get about 14 servings. If you have a lot of the salad leftover, try a bigger scoop! Play around with this until you get it just right!
# how to create compliant recipes!

using an existing, non-credited recipe

<table>
<thead>
<tr>
<th>5. Scale your recipe.</th>
<th>For 100 servings:</th>
</tr>
</thead>
<tbody>
<tr>
<td>● 100 / 14 servings per recipe = 8x (rounded up)</td>
<td></td>
</tr>
</tbody>
</table>
## how to create compliant recipes!

using an existing, non-credited recipe

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| **5. Scale your recipe.** | **For 100 servings:**
|   | 100 / 14 servings per recipe = 8x (rounded up) |
| **6. Create your Standardized Recipe.** | **For 100 servings:** Multiply each ingredient x 8
|   | Example: 1 lb broccoli x 8 = 8 lbs |
## how to create compliant recipes!

using an existing, non-credited recipe

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>
| **5.** Scale your recipe. | For 100 servings:  
  - $100 \div 14$ servings per recipe $= 8x$ (rounded up) |   |
| **6.** Create your Standardized Recipe. | For 100 servings:  
  - Multiply each ingredient $\times 8$  
    - Example: 1 lb broccoli $\times 8 = 8$ lbs |   |
| **7.** Test one last time (for good measure)! | Consider this your “run-through” before serving it on the menu. |   |
Recipe Title: Favorite Broccoli Salad
Recipe Category: Vegetable
Portion Size: #6 scoop

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Recipe Yield 50 Servings</th>
<th>Recipe Yield 100 Servings</th>
<th>Directions/HACCP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Broccoli florets, chopped</td>
<td>4 lbs</td>
<td></td>
<td>8 lbs</td>
</tr>
<tr>
<td>Sunflower seeds, raw</td>
<td>2 cups</td>
<td></td>
<td>4 cups</td>
</tr>
<tr>
<td>Onion, red, chopped</td>
<td>2 cups</td>
<td></td>
<td>4 cups</td>
</tr>
<tr>
<td>Tart cherries, dried, chopped</td>
<td>1 ½ cups</td>
<td></td>
<td>2 ⅓ cups</td>
</tr>
<tr>
<td>Honey Mustard Dressing (see recipe)</td>
<td>2 cups</td>
<td></td>
<td>4 cups</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meal Pattern Contribution</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alternate</td>
<td>Grains</td>
<td>Vegetable/Vegetable Subgroup</td>
<td>Fruit</td>
</tr>
<tr>
<td>½ DGV</td>
<td></td>
<td></td>
<td>¾ DGV</td>
</tr>
</tbody>
</table>
helpful tools

- usda food buying guide (online)
  - appendix e, exhibit a (for grains)

- usda product information sheets
  - fruits
  - grains
  - meat/meat alternates
  - vegetables
  - other foods

- lunchassist bulk produce calculator
filipino cucumber salad

recipe:

- 16 oz. cucumbers
- 2 Tbsp. sugar
- 1 Tbsp. salt
- ¼ cup vinegar sukang puti
- 4 tsp. vinegar sukang Iloko
- crushed pepper flakes, to taste
- dill, to taste

crediting: ½ ov

caproduce: cucumber

source: tin in the kitchen, episode #8
A screenshot of a food analysis page from the USDA website. The page includes fields for editing a recipe analysis workbook, with options for selecting ingredients and serving sizes. The page also shows a section for selecting the meal pattern contribution, with an example of selecting vegetables: 

1/2 cup provides 1/2 cup total vegetable (1/2 cup other vegetable)
produce calculator | LunchAssist

**Bulk Produce Calculator**

Instructions:
1. Download spreadsheet by clicking File > Download > Excel Spreadsheet.
2. For NSLP programs, customize the quantities in Column B to calculate the corresponding Meal Contributions in Column J. For SFSP meal patterns, refer to column L.

Example: if you enter “1” in cell B4, you will see that 1 head of broccoli will yield 2.5 cups DGV.

**To request additional items be added to the table, email mckinzie@lunchassist.org**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>#</th>
<th>Unit (AP)</th>
<th>Lbs. to Order (rounded up)</th>
<th>NSLP Creditable Cups*</th>
<th>Component</th>
<th>SFSP Creditable Cups</th>
<th>Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, crowns, raw</td>
<td>1</td>
<td>head</td>
<td>2</td>
<td>2.50</td>
<td>DGV</td>
<td>2.50</td>
<td>Veg</td>
</tr>
<tr>
<td>Broccoli, crowns, raw</td>
<td>1</td>
<td>lbs</td>
<td>1</td>
<td>1.75</td>
<td>DGV</td>
<td>1.75</td>
<td>Veg</td>
</tr>
<tr>
<td>Carrots, baby, raw</td>
<td>1</td>
<td>1-lb bag</td>
<td>1</td>
<td>3.00</td>
<td>ROV</td>
<td>3.00</td>
<td>Veg</td>
</tr>
<tr>
<td>Carrots, whole</td>
<td>2</td>
<td>large</td>
<td>1</td>
<td>0.50</td>
<td>ROV</td>
<td>0.50</td>
<td>Veg</td>
</tr>
<tr>
<td>Carrots, whole</td>
<td>1</td>
<td>1-lb bag</td>
<td>1</td>
<td>1.75</td>
<td>ROV</td>
<td>1.75</td>
<td>Veg</td>
</tr>
<tr>
<td>Carrots, whole</td>
<td>1</td>
<td>2-lb bag</td>
<td>2</td>
<td>3.50</td>
<td>ROV</td>
<td>3.50</td>
<td>Veg</td>
</tr>
<tr>
<td>Carrots, whole</td>
<td>1</td>
<td>5-lb bag</td>
<td>5</td>
<td>9.00</td>
<td>ROV</td>
<td>9.00</td>
<td>Veg</td>
</tr>
<tr>
<td>Cauliflower, whole</td>
<td>1</td>
<td>head</td>
<td>2</td>
<td>2.50</td>
<td>OV</td>
<td>2.50</td>
<td>Veg</td>
</tr>
<tr>
<td>Celery, raw</td>
<td>1</td>
<td>stalk / rib (5&quot; long)</td>
<td>5</td>
<td>11.75</td>
<td>OV</td>
<td>11.75</td>
<td>Veg</td>
</tr>
<tr>
<td>Celery, raw</td>
<td>1</td>
<td>large stalk / rib (11-12&quot; long)</td>
<td>1</td>
<td>0.25</td>
<td>OV</td>
<td>0.25</td>
<td>Veg</td>
</tr>
<tr>
<td>Celery, raw</td>
<td>1</td>
<td>bunch</td>
<td>1</td>
<td>2.50</td>
<td>OV</td>
<td>2.50</td>
<td>Veg</td>
</tr>
<tr>
<td>Celery, raw</td>
<td>2</td>
<td>pound</td>
<td>2</td>
<td>5.00</td>
<td>OV</td>
<td>5.00</td>
<td>Veg</td>
</tr>
<tr>
<td>Corn on the cob, with husks</td>
<td>1</td>
<td>medium ear</td>
<td>1</td>
<td>0.50</td>
<td>SV</td>
<td>0.50</td>
<td>Veg</td>
</tr>
<tr>
<td>Cucumbers, raw</td>
<td>1</td>
<td>medium (7&quot;)</td>
<td>1</td>
<td>1.00</td>
<td>OV</td>
<td>1.00</td>
<td>Veg</td>
</tr>
<tr>
<td>Cucumbers, raw</td>
<td>2</td>
<td>large (8-14&quot;)</td>
<td>2</td>
<td>3.25</td>
<td>OV</td>
<td>3.25</td>
<td>Veg</td>
</tr>
<tr>
<td>Lima beans, raw</td>
<td>1</td>
<td>medium (4-1/2&quot;)</td>
<td>2</td>
<td>3.75</td>
<td>SV</td>
<td>3.75</td>
<td>Veg</td>
</tr>
</tbody>
</table>

link: [bulk produce calculator](#)
recipe resources | our favs ❤️

- plant forward recipes students love
  center for ecoliteracy → 🥦

- california culinary center recipes
  ca department of education

- spring recipe flipbook
  pisanick partners

- the lunch box
  chef ann foundation

- eating well with janel (recipe reels!)
  lunchassist → 🥦
discussion
wrap up
resources & events | center for ecoliteracy

- learn more and sign up for fresh from california
- next menu planning support session I April 20, 1:30 p.m. - 2:30 p.m.
- next school food innovator series I March 24, 9:00 a.m. - 10:15 a.m.
- plant-forward school meal resources

- follow us on twitter @ecoliteracy and facebook @centerforecoliteracy
Keep in Touch with LunchAssist!

● Join us for **The Lunch Hour**!
  ○ Tomorrow, 3/10, at 1:30 pm

● Check out our **newest article** in Served Digizine!
  ○ “HERstory of School Nutrition”

● Have questions about Universal Meals next SY?
  ○ CA Universal Meals - Info Session + Live Q&A | [Register](#)

● Learn more about what we do!
  ○ [www.lunchassist.org](http://www.lunchassist.org)
thank you