



WHAT'S REQUIRED IN MY RECIPE?

LUNCH COMPETITION STUDENT REFERENCE SHEET

Recipes for School Lunch Must Meet the Guidelines of the USDA National School Lunch Program

The components of a school lunch are a Main Dish, Vegetable Side, Fruit Side and Grain

These components may be served separately or combined

Main Dishes have 2-3 "units" of a meat or meat alternative (such as beans, eggs or tofu). <i>The Approved Ingredient List shows how a "unit" is measured</i>	Vegetable Sides have a minimum 1 cup of vegetables	Fruit Sides have a minimum of 1/2 cup of fruit	Grains have 2 "units" of rice or other grain, pasta or bread and must be 50% or more whole grain
Per serving, your Total Meal (All Components)			
Has between 630 and 730 calories	Has less than 10% of calories from saturated fat <i>(to calculate saturated fat calories, multiply grams of saturated fat in recipe by 9)</i>	Has no trans fats	Has less than 1420 mg sodium

Filling Out the Recipe Template

- Complete the Cover Page with all school and team information requested. Type in your school name at the top of the other pages in case these become separated
- Complete a template for each component of your recipe – Main Dish, Vegetable Side and Fruit Side. If your recipe combines components, indicate this on the template.
- Record your recipe(s) based on the number of servings you created (such as 4 or 8)
- Calculate the Calories, Fats and Sodium for the total number of servings
- Divide those totals by the number of servings; record those calculations for the single serving
- Use the Is My Recipe Ready? Checklist to review your recipe for accuracy
- Consult the **Approved Ingredient List** to make sure your ingredients will be accepted
- Follow the **Sample Recipe Template with Costing** to make sure your recipe is accurate and consistent
- Use uniform units of measure (example 1/4 cup, 1/8 tsp, instead of "handful" or "pinch")
- Main and Vegetable dishes are limited to 10 ingredients; Fruit dishes are limited to 5 ingredients
- Make sure the order of your ingredients follows the order of your preparation instructions
- Write your preparation instructions as full sentences. Recipes are limited to 6 preparation steps
- Please ask questions if you are unsure! Real Food for Kids wants you to be successful.

Recipe Costing

- Use the **Sample Recipe Template with Costing** as well as the online resources provided to accurately cost your recipe
- Refer to the Costing Definitions on the Recipe Template to understand the how to correctly fill out each column
- Your Total Meal cost may not exceed \$1.80. Researching prices at different stores will help you keep costs down
- Recipe costing may be the most challenging part of your recipe, plan accordingly. Who has the strongest math skills on your team or who would like a challenge? Work together to solve this.