

# Record of Component Contributions from Engineered Products

For use with products used as single-ingredient recipes that have CN labels or Product Formulation Statements  
Products not found in the Food Buying Guide must have a CN label or Product Formulation Statement

(1) Product Description	(2) Manufacturer Name	(3) Product Code	(4) Servings per Case	(5) Serving Size	(6) Serving Weight	(7) Oz Eq M/MA	(8) Oz Eq Grain	(9) Cup Veg Subgroup	(10) CN/ PFS	(11) Preparation/Serving Directions

# Record of Component Contributions from Engineered Products Instructions

This form can be used in place of both the recipe and the component contribution form for engineered products that have Child Nutrition (CN) labels or Product Formulation Sheets specifying how the products meet Child Nutrition Program meal pattern requirements. The purpose of this form is to have a record of product information for engineered products.

To record recipe and component contribution information, complete the following steps on the Record of Component Contributions from Engineered Products form:

- Column 1:** Record the product description. Example: "Chicken Pattie, brd, each";
- Column 2:** Record the manufacturer. Example: "Tyson"
- Column 3:** Record the product code. Example: "134-555"
- Column 4:** Record the servings or pieces per case. Example: 50 servings
- Column 5:** Record the serving size or portioning utensil. Example: 1 patty
- Column 6:** Record the serving weight from the CN label or PFS. Example: 3.25 ounces
- Column 7:** Record the oz eq Meat/Meat Alternate component contribution per serving from the CN label or the Product Formulation Statement. Example: "2.0"
- Column 8:** Record the oz eq Grains component contribution per serving from the CN label or the Product Formulation Statement. Example: "1.0"
- Column 9:** Record vegetable component contribution per serving from the CN label or the Product Formulation Statement. Record the vegetable component contributions as listed and the sub-group(s).
  - DG: Dark Green
  - RO: Red Orange
  - B/P: Bean/Pea
  - St. Starchy
  - O: Other
  - A: Additional
- Column 10:** Write "CN" if the product has a CN label, or write "PFS" if the manufacturer provides a Product Statement indicating how the product meets Child Nutrition Program requirements. If no CN label or Product Formulation Statement is available, the product cannot be counted for meal pattern requirements.
- Column 11:** Write directions for preparation and service. Include instructions for chilling, heating, service and serving utensil.

## Single Ingredient Recipe for Fruit, Canned, Frozen and Fresh

(1) Fruit Name	(2) Planned Serving Size/Wt.	(3) Planned Component Contribution (decimal)	(4) Servings to Prepare	(5) Directions for Preparation and Service	(6) Total recipe amount in cups (EP) <small>col 3 x col 4</small>	(7) Cups per Purchase Unit (EP) <small>(Food Buying Guide)</small>	(8) Purchase Unit <small>(Food Buying Guide)</small>	(9) Estimated Purchase Quantity (AP) <small>col 6 ÷ col 7</small>

## Fruit Single Ingredient Recipes – Instructions for Canned, Fresh and Frozen

The purpose Fruit Single Ingredient Recipes is to record the planned serving size and component crediting information for fruits that are served as single ingredients. This form can also be used to estimate approximate purchase quantities needed to yield the desired number of servings.

If other ingredients are added, use the Standard Recipe form and the Component Contribution form, both found at [www.KN-eat.org](http://www.KN-eat.org).

To develop single ingredient recipes, complete the following steps on the **Single Ingredient Recipe for Fruit form for canned, frozen and fresh fruit**.

**Column 1: Record the fruit name and description.**

**Column 2: Record the planned serving size (1/2 cup) or the serving weight (2.4 oz).**

**Column 3: Record the component contribution of the planned serving size (.5).**

**Column 4: Enter the number of servings to be prepared.**

**Column 5: Enter preparation and service instructions.**

**Column 6: Determine the total amount of fruit prepared in cups.**

Multiply column 3 by column 4 and enter the amount in column 6.

Serving component size multiplied by the number of servings to prepare equals the total cups of fruit prepared (EP).

**Column 7: Enter the Creditable Cups Per Purchase Unit (EP) calculated from the Food Buying Guide (FBG).**

- Calculation for fresh fruit: Divide the value in the “Servings Per Purchase Unit, EP” column of the FBG by 4. This is the process used for fruits that credit cup for cup.
- Calculation for dried fruit: Divide the value in the “Servings Per Purchase Unit, EP” column of the FBG by 2. Dried fruit credits as twice the actual volume (1/4 cup volume = 1/2 cup fruit contribution).

**Column 8: Enter the purchase unit from the Food Buying Guide.**

**Column 9: Estimate the approximate amount of fruit to purchase/prepare (AP).**

Divide column 6 by column 7.

The total cups of fruit in recipe (EP) divided by the cups per purchase unit yield calculated from the FBG provides an estimated amount of fruit (AP) to purchase and prepare.

# Single Ingredient Recipe for Vegetables, Canned, Frozen and Fresh

<b>(1) Vegetable</b>	<b>(2) Planned Serving Size/Wt.</b>	<b>(3) Planned Component Contribution (decimal)</b>	<b>(3a) Vegetable Subgroup</b>	<b>(4) Servings to Prepare</b>	<b>(5) Directions for Preparation and Service</b>	<b>(6) Total recipe amount in cups (EP) col 3 x col 4</b>	<b>(7) Cups per Purchase Unit EP (Food Buying Guide)</b>	<b>(8) Purchase Unit (Food Buying Guide)</b>	<b>(9) Estimated Purchase Quantity (AP) col 6 ÷ col 7</b>

# Vegetables Single Ingredient Recipes – Instructions Canned, Fresh or Frozen

The purpose of the Vegetable Single Ingredient Recipes form is to record the planned serving size, component crediting information and subgroup for vegetables that are served as single ingredients. This form can also be used to estimate approximate purchase quantities needed to yield the desired number of servings.

If other ingredients are added, use the Standard Recipe form and the Component Contribution form, both found at [www. KN-eat.org](http://www.KN-eat.org).

To develop single ingredient recipes, complete the following steps on the **Single Ingredient Recipe for Vegetables form for canned, frozen and fresh vegetables**.

**Column 1:** Record the vegetable name and description.

**Column 2:** Record the planned serving size (1/2 cup) or serving weight (2.4 oz).

**Column 3:** Record the component contribution of the planned serving size (.5).

**Column 3a:** Record the vegetable sub-group.

DG: Dark Green  
RO: Red Orange  
B/P: Bean/Pea  
St. Starchy  
O: Other  
A: Additional

**Column 4:** Enter the number of servings to be prepared.

**Column 5:** Enter preparation and service instructions.

**Column 6:** Determine the total amount of vegetable prepared in cups.

Multiply column 3 by column 4 and enter the amount in column 6.

Serving component size multiplied by the number of servings to prepare equals the total cups of vegetable prepared (EP).

**Column 7:** Enter the Creditable Cups Per Purchase Unit (EP) amount from Food Buying Guide (FBG).

- Calculation for fresh or canned vegetables: Divide the value in the “Servings Per Purchase Unit, EP” column of the FBG by 4. This is the process used for vegetables that credit cup for cup.
- Calculation for tomato puree: Divide the value in the “Servings Per Purchase Unit, EP” column of the FBG by 2. Tomato puree credits as twice the actual volume (2 tbsp. volume = ¼ cup vegetable contribution).
- Calculation for leafy greens: Divide the value in the “Servings Per Purchase Unit, EP” column by 8. Leafy greens credit as half the actual volume (1/2 cup volume = ¼ cup vegetable contribution).

**Column 8:** Enter the purchase unit from the Food Buying Guide.

**Column 9:** Estimate the approximate amount of vegetables to purchase/prepare (AP).

Divide column 6 by column 7.

The total cups of vegetable in recipe (EP) divided by the cups per purchase unit yield calculated from the FBG provides an estimated amount of vegetable (AP) to purchase and prepare.

# Single Ingredient Recipes for Vegetable Bar

<b>(1) Vegetable</b>	<b>(2) Planned Serving Size/Wt.</b>	<b>(3) Planned Component Contribution (decimal)</b>	<b>(3a) Vegetable Subgroup</b>	<b>(4) Servings to Prepare</b>	<b>(5) Directions for Preparation and Service</b>	<b>(6) Total recipe amount in cups (EP) col 3 x col 4</b>	<b>(7) Cups per Purchase Unit EP (Food Buying Guide)</b>	<b>(8) Purchase Unit (Food Buying Guide)</b>	<b>(9) Estimated Purchase Quantity (AP) col 6 ÷ col 7</b>

# Single Ingredient Recipes for a Vegetable Bar

The purpose of this form is to calculate and record yield and serving information for vegetables that are served as single ingredients as part of a vegetable bar. To develop single ingredient recipes to be included on a bar, complete the following steps on the **Single Ingredient Recipes for a Vegetable Bar**.

**Column 1:** Record the vegetable name and description.

**Column 2:** Record the planned serving size (1/2 cup) or serving weight (2.4 oz).

**Column 3:** Record the component contribution of the planned serving size (.5).

**Column 3a:** Record the vegetable sub-group.

DG: Dark Green  
RO: Red Orange  
B/P: Bean/Pea  
St. Starchy  
O: Other  
A: Additional

**Column 4:** Enter the number of servings to be prepared.

**Column 5:** Enter preparation and service instructions.

**Column 6:** Determine the total amount of vegetable prepared in cups.

Multiply column 3 by column 4 and enter the amount in column 6.

Serving component size multiplied by the number of servings to prepare equals the total cups of vegetable prepared (EP).

**Column 7:** Enter the Creditable Cups Per Purchase Unit (EP) amount from Food Buying Guide (FBG).

- Calculation for fresh or canned vegetables: Divide the value in the "Servings Per Purchase Unit, EP" column of the FBG by 4. This is the process used for vegetables that credit cup for cup.
- Calculation for tomato puree: Divide the value in the "Servings Per Purchase Unit, EP" column of the FBG by 2. Tomato puree credits as twice the actual volume (2 tbsp. volume = ¼ cup vegetable contribution).
- Calculation for leafy greens: Divide the value in the "Servings Per Purchase Unit, EP" column by 8. Leafy greens credit as half the actual volume (1/2 cup volume = ¼ cup vegetable contribution).

**Column 8:** Enter the purchase unit from the Food Buying Guide.

**Column 9:** Estimate the approximate amount of vegetables to purchase/prepare (AP).

Divide column 6 by column 7.

The total cups of vegetable in recipe (EP) divided by the cups per purchase unit yield calculated from the FBG provides an estimated amount of vegetable (AP) to purchase and prepare.



## Component Contributions of Purchased Grains

### Single ingredient recipes using USDA Exhibit A

(1) Product Description	Calculate Component Contribution using Product Ounce Weight OR Product Gram Weight							(8) Preparation and Serving Directions
	(2) Ounce weight of Product	(3) Ounce per 1 OZ EQ Exhibit A, Column 2	(4) Oz Eq Grains col 2 (÷) col 3	OR	(5) Gram weight of Product	(6) Grams per 1 OZ EQ Exhibit A, Column 2	(7) Oz Eq Grains col 5 (÷) col 6	

## Purchased Grains Single Ingredient Recipes - Instructions

This form can be used in place of both the recipe and the component contribution form for grain/bread products are ready to serve, with only heating or thawing required. Examples include frozen biscuits, purchased bread and buns, and purchased doughnuts.

To determine the component contribution of the product and to record recipe information, complete the following steps on the **Component Contributions of Purchased Grains form**:

**Column 1:** Record the product name, description, and brand.

**Column 2:** Record the ounce weight of the individual serving. Weigh the individual portion or use package or Nutrition Facts Label information to find the ounce weight of one serving.

**Column 3:** Record the ounce per 1 OZ EQ from USDA Exhibit A.

**Column 4:** Record the ounce equivalents grains. Divide column 2 by column 3.

OR

**Column 5:** Record the gram weight of the individual serving. Weigh the individual portion or use package or Nutrition Facts Label information to get the gram weight of one serving.

**Column 6:** Record the Gram per 1 OZ EQ from USDA Exhibit A.

**Column 7:** Record the ounce equivalents grains. Divide column 5 by column 6.

**Column 8:** Record directions for preparation and service. Any instructions for thawing, heating, and serving are recorded in column 8.

Note: At least 50% of the grains offered over the course of the week must be whole grain-rich.

## Component Contributions of Purchased Grains with PFS

### Record of Oz Eq Grains from Product Formulation Statements

(1) Product Description	(2) Manufacturer	(3) Product Code	(4) Servings per Case	(5) Individual Serving Weight	(6) Oz Eq Grains from PFS	(7) Preparation and Serving Directions

# Purchased Grains Single Ingredient Recipes with Product Formulation Statements- Instructions

If a Product Formulation Statement is available from the manufacturer, complete the Component Contributions of Purchased Grains form as follows:

**Column 1:** Record the product name or description.

**Column 2:** Record the name of the product manufacturer.

**Column 3:** Record the product code number.

**Column 4:** Record the servings per case.

**Column 5:** Record the individual serving weight.

**Column 6:** Record the ounce equivalents of grains from the Product Formulation Statement.

**Column 7:** Record directions for preparation and service.

Note: At least 50% of the grains offered over the course of the week must be whole grain-rich.