

Standardized Recipe Form - - Child Care

Recipe Name _____ Meal Component(s) _____

Ingredients	For _____ Servings		For _____ Servings		Directions <i>Include step by step instructions.</i>
	Required Serving per Child	Measure or Weight	Required Serving per Child	Measure or Weight	

Yield _____ Serving Size _____ Pan Size _____ Oven Temp. _____ Baking Time _____

Meal Pattern (3 – 5 yr. old)

Breakfast: $\frac{3}{4}$ cup milk (6 ounces); $\frac{1}{2}$ cup fruit/vegetable; $\frac{1}{2}$ oz. grain/bread

Lunch/Supper: $\frac{3}{4}$ cup milk (6 ounces); $\frac{1}{4}$ cup fruit/vegetable; $\frac{1}{4}$ cup fruit/vegetable; $\frac{1}{2}$ oz. grain/bread; 1 $\frac{1}{2}$ oz. meat/meat alternate

Snack: (Serve 2 of 4 components); $\frac{1}{2}$ cup milk; $\frac{1}{2}$ cup fruit/vegetable; $\frac{1}{2}$ oz. grain/bread; 1 oz. meat/meat alternate