

Recipe Title

Food Component (i.e. Meat/ Meat Alternate, Vegetable, Fruit, or Grain)

NSLP Crediting Information:

Example: 1 Burrito provides 2 oz. equivalent meat/meat alternate, 1/8 cup additional vegetable, and 1 oz. equivalent grains.

Recipe Cost Per Serving:

Grocery List

Ingredient

Total Quantity to Purchase

Portion Size:	Local Ingredients (min. of 2)	USDA Food Item (1 or more)

Nutrients Per Serving (optional)

Calories
Protein
Carbohydrate
Total Fat

Saturated Fat
Cholesterol
Vitamin A
Vitamin C

Iron
Calcium
Sodium
Dietary Fiber