

Section 5: Mississippi Cycles II Recipes

The **MsC // Recipe Book** was developed to make your work easier. **MsC // Menus** can easily be implemented because every recipe that you will need is included in one convenient location. Remember, it is important to follow these recipes exactly as written because they are the basis for nutrient analysis of **MsC // Menus**. Altering just one recipe could impact the nutritional integrity of the menu for that day, thus having an impact on the weekly average. Regardless of source, all recipes should be standardized in your kitchens for production equipment, time, and temperature.

Changes in recipe ingredients, methods of production that alter the nutrient content of a food item or deletion of recipe ingredients will affect the nutritional analysis of the recipe. These changes will require a new nutritional analysis of the recipe. Depending on the change, the nutritional analysis of the menu will change and menus may no longer meet the USDA Nutrient Standards.

The **MsC // Manual** includes all recipes that are used in **MsC // Menus** and in the **MsC // Customizing Chart**. The recipes have been standardized either by USDA, USM or were obtained from reliable sources.

All Mississippi SFS Administrators were given the opportunity to submit favorite recipes from their school districts. These recipes were incorporated into **MsC // Menus** and the **MsC // Customizing Chart**.

These recipes were prepared in school kitchens. However, when recipes are

prepared in your kitchens they may have different yields related to a number of factors, such as differences in equipment, methods of preparation, staff following procedures and instructions, differences in products, holding time, and other factors. When preparing recipes for the first time, check yield against recipe or calculate yield based on number of servings prepared times the measure of one serving.

Variety of Milks (Milk Recipe)

The milk recipe used in the nutrient analysis is a simple average of three milks, 2% unflavored milk, 1% chocolate milk, and fat-free milk. If other milks are offered in your district, modify the milk recipe for those kinds of milk. Different milk recipes will change the nutrient analysis of your menus.

Recipe Resources

The index for the recipes for each section is located on the divider. Information about the recipes and food preparation techniques are in the front of each section

How are recipes organized?

All recipes are printed front and back. Some recipes are short and only printed on one side. Recipes in some sections such as fruits are organized by the type of food item, such as apples, apricots, etc.

Manual 1 has all of the meat/meat alternate recipes. Manual 2 has the remainder of the recipes.

Recipes are divided into fourteen groups as follows:

- Meat/Meat Alternate – Beef - 100
- Meat/Meat Alternate – Fish/Seafood - 200
- Meat/Meat Alternate – Pizza - 300
- Meat/Meat Alternate – Pork - 400
- Meat/Meat Alternate – Poultry - 500
- Meat/Meat Alternate – Salads - 600
- Meat/Meat Alternate – Sandwiches - 700
- Meat/Meat Alternate – Soups - 800
- Meat/Meat Alternate – Vegetarian - 900
- Vegetables – 1000 and 1100
- Fruits - 1200
- Grains/Breads - 1300
- Desserts - 1400
- Dippers, Toppers and Others – 1500

What are the parts of a *MsC II* recipe?

The parts of the recipe are identified by the numbers { } on the recipe on the next two pages:

1. Recipe title and number
2. Nutrikids™ Recipe Name
3. Recipe category
4. Source
5. Ingredients
6. Ingredient amounts
7. Directions
8. CCP (Hazard Analysis Critical Control Points)
9. Serving and yield information
10. Nutrients per serving
11. Production
12. Serving
13. Purchasing
14. Miscellaneous