

MEAT/MEAT ALTERNATES

Vegetarian

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure with a fluid measure.

Review *Culinary Techniques for Healthy School Meals* for food preparation techniques about food items.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the food item.