

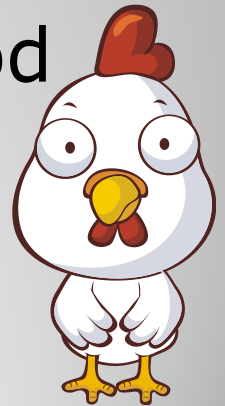


ACTIVITIES

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How to Enter Ingredients:

- Ex: Add ingredient **Chicken Patty from Olympia Foods**
- **Step 1:** Add an Ingredient
- **Step 2:** Enter Description of food
 - Baked, breaded, thigh, breast, etc..



How to Enter Ingredients cont.

- Step 3: Enter Class Code
- Step 4: Enter Measurement
 - Ounces, cups, etc...



How to Enter Ingredients cont.

- Step 5:
Nutrients
 - Enter the nutritional information using the Nutrition Facts from packaging
 - When complete, click on **Save**, then click **Close**

Calories in Fully Cooked Breaded Chicken Breast Patties

Manufactured by Olympia

Serving size: 1 patty (114 g)

Calories: 240

Total Fat: 12 g

Sat Fat: 3.2 g

Trans Fat: 0.0 g

Cholesterol: 40 mg

Sodium: 490 mg

CHO: 18 g

Fiber: 0.0 g

Protein: 16 g

Iron: 6%

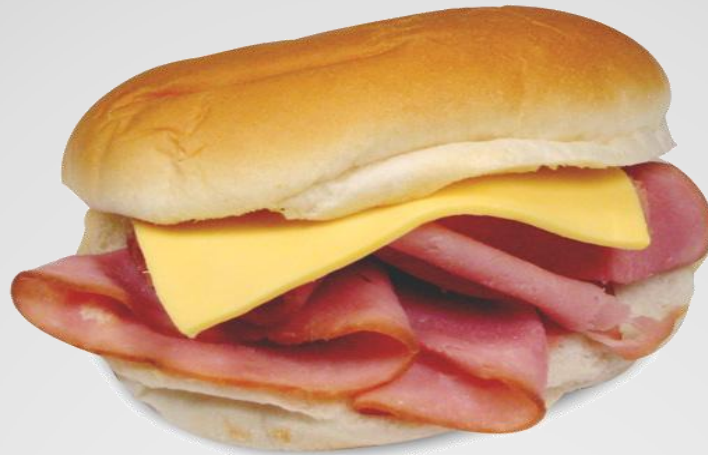
Calcium: 2%

Vit A: 0.0%

Vit C: 0.0%

How to Add a Recipe:

- Ex: Add Ham & Cheese Hoagie recipe
- Step 1: Click Add Recipe
- Step 2: Enter Recipe Name
 - enter **Ham and Cheese Hoagie**



How to Add a Recipe cont.

- Step 3: Group Code
 - At *Group Code*, select **Entrees**
- Step 4: Add the number of Portions and Portion Size that recipe makes
- Step 5: Source of Recipe (where its used)
 - At *Source of Recipe*, enter **Local**
 - Or, enter your school name

How to Add a Recipe cont.

- Step 6: Select Ingredients from database
 - Click on the *Ingredients* tab
 - Ham and Cheese Hoagie information:
 - Ham, Deli, 95% Fat-Free 1.5 ozs.
 - Cheese, American 0.5 ozs.
 - Rolls, French 1.0 Roll
- Step 7: Enter Ingredients in recipe
- Step 8: Viewing Nutrients (optional)
 - Click on the *Nutrients* tab
 - Use the Scroll Bars to view additional info
- Step 10: Save the Recipe
 - Click on **Save**

How to Resize a Recipe:

The Recipe Sizing option allows you to **temporarily** adjust a recipe for the number of portions or portion size you need to serve, without affecting the original recipe.

How to Resize a Recipe cont.

- Ex: Resize the Spaghetti and Meat Sauce recipe
- Step 1: Resize a Recipe
 - Click on **Recipes**
 - Click on **Sizing/Prep Reports**



How to Resize a Recipe cont.

- Step 2: Select the Recipe to Resize (spaghetti and meat sauce)
- Step 3: Changing the Portion Size and # of Portions
 - You will now have a new TEMPORARY recipe with new portion sizes

How to Create a Menu

Menu Item	Portion Size	# Served
Pizza, Cheese	Serving	50
Ham and Cheese Hoagie	Sandwich	50
Corn	½ Cup	65
Salad, Tossed (00139)	½ Cup	75
Peaches (00437)	½ Cup	35
Milk, Variety (000489)	Half Pint	95
Ketchup (000222)	Pkt 6 g	50
Mayo (001050)	Pkt 7 g	15
Mustard (000223)	Pkt 5 g	20
Salad Dressing (000225)	1 TBSP	75

How to Create a Menu cont.

*Menus are a combination of recipes, including condiments, offered on the serving line. You can create menus in a Calendar or Cycle format. For this demonstration we will enter a menu in a daily calendar format.

How to Create a Menu cont.

- Step 1: Click "Enter Menus"
- Step 2: Select the Menu Name
 - **Ex: Elementary Lunch**
- Step 3: Select the Date
- Step 4: Add Recipes for Menu
 - Ex: Pizza, ham and cheese hoagie, corn...

How to Create a Menu cont.

- Step 5: Change and Adjust Portion Sizes
 - Continue entering the remaining items to complete the Menu
- Step 6: Enter Meal Totals
 - Once all menu items have been entered, go to **Meal Totals** and enter number of students to be served

How to Create a Menu cont.

Menu Item	# Served
Pizza, Cheese	50
Ham and Cheese Hoagie	50
Corn	65
Salad, Tossed	75
Peaches	35
Milk, Variety	95
Ketchup	50
Mayo	15
Mustard	20
Salad Dressing	75

Nutrient Analysis

According to the USDA, Nutrient Analysis for the reimbursable meal should be conducted for a minimum of 3 days and a maximum of 7 days. The nutrient breakdown will compare the RDA's of the age/grade group to the average nutrient analysis

Nutrient Analysis cont.

- Step 1: Nutrient Breakdown
 - Click on **Menus**
 - Click on **Enter/Modify Menus**
 - Select Menu to get analyzed
 - Select **the date you want to analyze**
 - Click on **Nutrient Breakdown**

Nutrient Analysis cont.

- Step 2: Select either actual Nutrient Values or % of Target
 - Click on the dates that you want analyzed
 - Select **Nutrient Values** to view actual daily and average nutrient values for the menus planned – **or** –
 - Select **% of Target** to view the comparison of the nutrient values for the menu planned vs. the RDA target established for the specified age/grade group.

Nutrient Analysis

- Step 3: View Nutrient Analysis for Individual Nutrients
 - For example: click **Total Fat, Calories, Carbohydrates, etc.** Once a nutrient is highlighted, the average daily values for that nutrient will appear on the calendar.
 - Click on any other nutrient to view the daily averages.

Other NutriKids Activities

- **Summary Report:** compares Average Nutrient Analysis to the target RDA's
- **Weekly Preview:** lets you preview daily menu items, daily nutrient analysis, and average nutrient analysis for up to 7 days at a time

Other NutriKids Activities Cont...

- **Copying Menus:** lets you copy menus from calendar to calendar or cycle menus to monthly calendar menus
- **Shopping Lists:** print for any range of days, weeks or months for single or multiple meals
- Assign menus to the location where they will be served
- Production quantities

Here's to the lunch lady!

- www.veoh.com/browse/videos/category/comedy/watch/v1530311wR2Z4JpK

References

- Amy Harris, CA DOE Intern & Stephanie Bianco-Simeral, MS, RD. NutriKids In-service