

# Recipe Guidelines

Budget: \$1.25 total

**REAL SCHOOL FOOD  
CHALLENGE**

A program of Chef Ann Foundation



## **USDA Meal Nutrient Standards for a High School meal serving**

- Sodium: <740 milligrams
- Calories: 750-850 calories
- Saturated fats: <10% of total calories
- Trans fat: 0 grams per serving

## **USDA Meal Components**

**1. Meat or Meat Alternate:** A 2-ounce equivalent of protein can be made up of:

- Meat (2 oz)\*
- Cheese (2 oz)
- Tofu (4.4 oz)
- Egg (one large, whole)
- Beans (1/2 cup cooked)
- Yogurt (8 oz)
- Tempeh (2 oz)
- Peanut or Sunflower Seed Butter (4 Tablespoons)

\*The USDA requires you base your weight measurement on the “cooked, edible portion” of the meal. Meat and bones should not be counted.

**2. Grain/Bread:** A 2-ounce serving, which can be made up of:

- Grains: Rice, Pasta, Noodles, Barley, etc. (2-ounces of dry grain equals 1 cup of cooked grains)
- Breads: rolls, buns, tortillas, pita, biscuits, etc. (a 2-ounce portion of any of these items counts as one compliant serving)
- At least 50% of grains/breads used must be whole grain

**3. Fruits and Veggies:** 1 Cup total which can be made up of:

- 1 Cup Vegetables\*
- 1/2 Cup of Vegetable and 1/2 Cup of Fruit

\*beans can satisfy the vegetable or the meat alternate component

Serve with an 8 ounce glass of milk and no dessert