

## Recipe Analysis Workbook (RAW)




**Recipe Name:** Peach Protein Power Green Salad

**Servings per Recipe:** 100

**Recipe Number:** Peach - 6

**Serving Size:** 1

### Meal Pattern Contribution

	Vegetables	Dark Green Vegetables	1 cup
	Fruit		1/2 cup
	Meats/Meat Alternates		2.00 oz eq

**1 provides 1 cup total vegetable ( 1 cup dark green vegetable ), 1/2 cup fruit, 2.00 oz eq meats/meat alternates**

#### Please note that:

- **For School Meals and CACFP:** Raw leafy green vegetables credit as half the volume served (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable)
- **For School Meals and CACFP:** Dried fruits credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).
- **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

**NOTE:** Total creditable amount cannot exceed the serving size of the product.

## Dark Green Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Spinach, fresh, Partly trimmed</b>	Pound	30.70	1/4 cup raw, chopped vegetable (credits as 1/8 cup in NSLP/ SBP and CACFP)	1 lb AP = 0.88 lb ready-to-cook or -serve raw spinach	26.0625	0.0000	26.0625

## Fruit

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Peaches, canned, Clings, Diced, Light syrup pack, Includes USDA Foods</b>	Pound	5.34	1/4 cup drained fruit	1 lb AP = about 9.8 oz (1-1/4 cups) drained peaches	37.5000	0.0000	37.5000

## Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Cheese, American, Cheddar, Mozzarella, or Swiss, Natural or Process, Includes USDA Foods</b>	Pound	16.00	1 oz Cheese	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese	6.2500	0.0000	6.2500
<b>Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, Water added, Smoked, Rolled Fully cooked, (Like IMPS #505 Style C), Includes USDA Foods</b>	Pound	13.10	1.22 oz ham water added provides 1 oz cooked lean meat	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)	7.6875	0.0000	7.6875