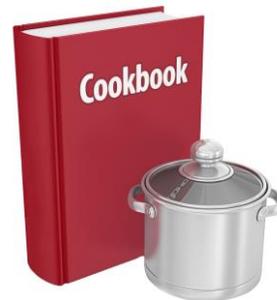


# Guidance on Evaluating School Recipes for Compliance

## with the Connecticut Nutrition Standards (CNS)

To comply with [Healthy Food Certification \(HFC\)](#) under [Section 10-215f](#) of the Connecticut General Statutes, schools must conduct a nutrient analysis of all recipes for foods sold to students **separately** from reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). This includes all sources of food sales, such as a la carte sales in the cafeteria, culinary arts programs, family and consumer sciences classes, bake sales and parent-made items. Nutrient analysis is not required when foods made from scratch are **given** to students free of any charge or contribution, such as suggested donations.



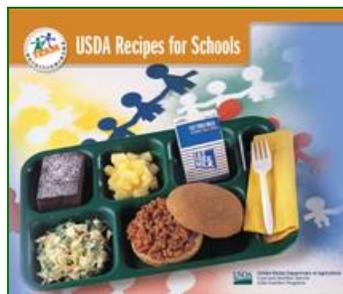
### DETERMINING COMPLIANCE OF FOODS MADE FROM SCRATCH

Schools cannot determine whether foods made from scratch meet the CNS without a nutrient analysis of the standardized recipe. HFC districts must conduct a nutrient analysis of foods sold to students separately from reimbursable meals when:

- **they are prepared from scratch using a recipe**, e.g., entrees sold only a la carte such as pizza, chef's salad and chicken nuggets, soups, cooked grains such as rice and pasta with added oil or margarine, cooked vegetables with added oil or margarine, salad with dressing, fruit smoothies and baked goods such as muffins and cookies; or
- **additional ingredients are added after purchasing**, e.g., popping popcorn kernels in oil, assembling a sandwich, making muffins from a mix and adding butter and eggs or adding sprinkles to commercial frozen cookie dough.

To be allowed for sale to students, recipes for foods made from scratch must meet at least one CNS general standard and the serving size must comply with all CNS nutrient standards, e.g., calories, total fat, saturated fat, trans fat, sodium and sugars. Recipes cannot contain artificial or nonnutritive sweeteners, sugar alcohols, chemically altered fat substitutes, caffeine (excluding trace amounts of naturally occurring caffeine-related substances), nutrition supplements or significant fortification. For more information on the CNS, see the [CNS Web page](#).

### NUTRITION INFORMATION FOR TRANS FAT AND SUGARS



The U.S. Department of Agriculture (USDA) recipes for schools and the USDA-approved [software programs](#) for nutrient analysis of school meals may be missing nutrition information for trans fat and sugars. **Without this information, schools cannot determine whether the recipe complies with the CNS.** If nutrient analysis software or recipes do not indicate the amount of trans fat and sugars per serving, HFC schools must calculate this information manually. The Connecticut State Department of Education's (CSDE) CNS worksheets provide additional information and guidance on determining the amount of trans fat and

sugars in recipes. See CNS worksheets [10](#) and [11](#) on the CSDE's [Evaluating Foods for Compliance Web page](#).

Districts must document that all recipes for a la carte foods comply with the CNS **BEFORE** selling these foods to students. To determine whether a recipe complies with the CNS, enter the complete nutrition information for **ONE SERVING** into the CNS worksheet for the appropriate food category (worksheets 1-8). These worksheets are available on the CSDE's [Evaluating Foods for Compliance Web page](#).

## Guidance on Evaluating Recipes, continued

### NUTRIENT ANALYSIS OF RECIPES

Schools can use nutrient analysis software programs to analyze the nutrient content of a la carte foods made from scratch. Alternatively, schools can use the USDA [National Nutrient Database](#) to obtain nutrition information for specific foods and ingredients, then enter this information on [CNS worksheet 9](#) to determine the nutrition information per serving. **Software programs that are not approved by the USDA can only be used to analyze a la carte sales.** Analysis of school meals for compliance with the USDA nutrition standards must be conducted with USDA-approved software.



### RESOURCES

*Basics at a Glance Poster* (National Food Service Management Institute):

<http://nfsmi-web01.nfsmi.olemiss.edu/resourceoverview.aspx?id=250>

Evaluating Foods for Compliance with CNS (CSDE Web Page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430)

Evaluating Recipes for Trans Fat Worksheet (CSDE):

[www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet10.xls](http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet10.xls)

Evaluating Recipes for Added Sugars Worksheet (CSDE):

[www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet11.xls](http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet11.xls)

*Food Buying Guide for School Meal Programs* (USDA):

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

*Measuring Success with Standardized Recipes* (Child Nutrition Institute):

[www.nfsmi.org/resourceoverview.aspx?id=88](http://www.nfsmi.org/resourceoverview.aspx?id=88)

On the Road to Professional Food Preparation (Child Nutrition Institute):

[www.nfsmi.org/resourceoverview.aspx?id=99](http://www.nfsmi.org/resourceoverview.aspx?id=99)

Nutrient Analysis Software Approved by USDA:

<http://healthymeals.nal.usda.gov/menu-planning/software-approved-usda-administrative-reviews>

USDA National Nutrient Database:

<http://ndb.nal.usda.gov/>

USDA Recipes for Schools: [www.fns.usda.gov/usda-recipes-schools](http://www.fns.usda.gov/usda-recipes-schools)

Weight and Volume Conversion Chart (Appendix B in *Measuring Success with Standardized Recipes*):

[www.nfsmi.org/documentlibraryfiles/pdf/20080218092159.pdf](http://www.nfsmi.org/documentlibraryfiles/pdf/20080218092159.pdf)



For more information, visit the CSDE's [Healthy Food Certification](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/evalrecipe.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/evalrecipe.pdf).

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