

Mississippi **RECIPES** *for* **SUCCESS**

PRESENTER:

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OCTOBER, 2014



MAKING MRS YOUR OWN

The Website



Mississippi
RECIPES For SUCCESS

Mississippi RECIPES *for* SUCCESS

DEVELOPED BY THE MISSISSIPPI DEPARTMENT OF EDUCATION, OFFICE OF CHILD NUTRITION



Find a Recipe

SEARCH THE RECIPE DATABASE by ingredient, recipe name, or MRS #

[GET HELP WITH YOUR SEARCH »](#)

News: [Updated Recipes](#) 7.8.14

VIEW RECIPES BY MEAL COMPONENT



[LEARN MORE ABOUT THE MY PLATE PROGRAM & ICONS »](#)

Featured Recipes

BIG HITS! SO GO ON, GIVE THEM A TRY

- ▶ ASSORTED BREAKFAST BREADS
- ▶ BREAKFAST SLIDERS
- ▶ ASSORTED VEGETABLE JUICE



SEARCH THE RECIPE DATABASE

Search...

HELP WITH SEARCH

SEARCH



Search Help

The Mississippi Recipes for Success "Find a Recipe" search tool allows you to search hundreds of recipes by a variety of search criteria.

Using the search box, you can search the recipe database by the following:

- MRS number
- Recipe name
- Individual ingredients

To search for recipes by specific My Plate Meal Components, click on any of the icons found to the right of the search bar and to the right of your search results.

Once your keyword(s) search has been conducted, you can further sort the results in several ways:

- Numerically or alphabetically. Click the underlined column headers at the top of your search results.
- MRS categories. Use the drop down box under the search bar.

To download printable PDFs of any recipe, click the red arrow in the far right column of the recipe results list. You can also click the red arrow in the top right corner of each recipe.

In order to achieve more accurate results, the "Find a Recipe" tool can help refine your search by entering your keyword(s) in the following different ways:

KEYWORDS:	RESULTS:
chicken sandwich	Entries containing both "chicken" and "sandwich".
chicken OR sandwich	Entries containing either "chicken" or "sandwich" or both. Note: "OR" must be capitalized.
chicken -sandwich	Entries containing "chicken" but not "sandwich".
"chicken sandwich"	Entries containing the exact phrase "chicken sandwich".
chi*	Entries containing a word that starts with

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Search Results

-- Refine search by MRS category -- ▾

1 2 NEXT »

MRS#	RECIPE NAME	MRS CATEGORY	QUALIFYING MEAL COMPONENT	PDF
748	Chicken Fajita Wrap (Briggs)	Sandwiches (700s)		
748	Chicken Fajita Wrap (Mercha...	Sandwiches (700s)		
798	Turkey and Cheese Wrap (Brig...	Sandwiches (700s)		
541	Chicken Quesadilla (Briggs)	Poultry (500s)		
798	Turkey and Cheese Wrap (Mer...	Sandwiches (700s)		
772	Ham and Cheese Wrap (Briggs)	Sandwiches (700s)		
902	Bean Burrito	Vegetarian Entrées (900s)		
541	Chicken Quesadillas (Mercha...	Poultry (500s)		
772	Ham and Cheese Wrap (Merc...	Sandwiches (700s)		
530	Chicken Nachos	Poultry (500s)		
936	Vegetarian Wrap (Briggs)	Vegetarian Entrées (900s)		

VIEW BY MEAL COMPONENT

Click on the meal component category icon below to see all recipes that meet that requirement.



FRUITS



MEAT/MEAT ALTERNATE



WHOLE GRAINS



VEGETABLES (BEANS/PEAS)



VEGETABLES (DARK GREEN)



VEGETABLES (RED/ORANGE)



VEGETABLES (STARCHY)



VEGETABLES (OTHER)



MILK

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News & Updates

The Mississippi Department of Education, Office of Child Nutrition strives to keep organizations that participate in the National School Lunch and Breakfast Programs (NSLP and SBP), as well as the Child and Adult Care Food Program (CACFP), Summer Food Service Program (SFSP), Special Milk Program, Fresh Fruit and Vegetable Program (FFVP) up-to-date with the latest information from the USDA Food and Nutrition Service, as well as updates from our office.

NEWS: UPDATED RECIPES

7.8.14

Some of the recipes in Mississippi Recipes for Success have been updated. The list below includes the recipe name and number, what edits were made and the date of the edits:

- Italian Rotini Casserole MRS148 - notes: updated nutrient information (7/8/2014)
- John Wayne Casserole MRS150 - notes: updated amount of reduced fat mayonnaise to 2 1/2 quarts and updated nutrient information (7/8/2014)
- Cajun Catfish MRS200 - notes: updated the cornmeal to "whole grain rich" cornmeal and undated nutrient information (7/8/2014)
- Stuffed Crust Pizza MRS304 - notes: updated nutrient information (7/8/2014)
- Pepperoni Pizza, Wedge MRS306 - notes: updated nutrient information and meal component contribution information (7/8/2014)
- Cheese Pizza MRS310 - notes: updated nutrient information (7/8/2014)
- Sausage Pizza MRS312 - notes: updated nutrient information

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Featured Recipes

Mississippi Recipes for Success include delicious recipe ideas for your child nutrition program. Each month we feature some of our favorite recipes. Some months will include new recipe ideas as well. Make sure you check back each month to see what recipes are in the showcase.

CURRENT FEATURES:

- > [Chicken Tetrazzini](#)
- > [Southern Green Beans \(Canned\)](#)
- > [Orange Smiles \(Fresh\)](#)

PAST FEATURES:

September 2014

- > [Fruit, Yogurt and Sandwich Combo](#)
- > [Broccoli Salad \(Fresh\)](#)
- > [Sweet Potato Cubes \(Frozen\)](#)

August 2014

- > [Sloppy Joe Slider](#)
- > [Baked Beans w/Spice Blend \(canned\)](#)
- > [Tomato and Cucumber Salad \(Fresh\)](#)

July 2014

- > [Assorted Breakfast Breads](#)
- > [Breakfast Sliders](#)
- > [Assorted Vegetable Juice](#)

June 2014

- > [Baked Pork Chop](#)

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Cooks Tools

The Cooks Tools section provides information and resources to help Child Nutrition Programs plan meals which meet the nutrition standards for the USDA National School Breakfast and Lunch Programs and the State Board Policies of the Mississippi Department of Education.

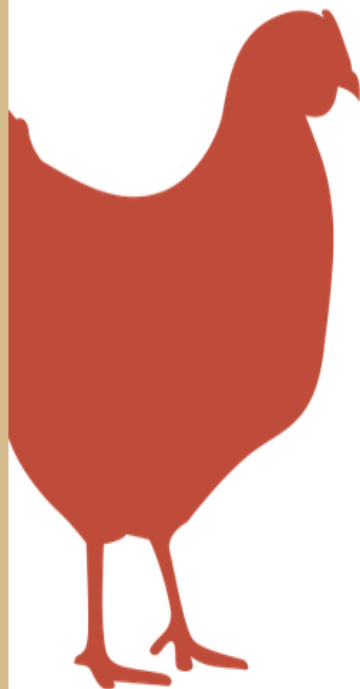
How much of an ingredient do you need for your recipe, and how do you portion appropriately? How do you convert metric to US measurements, and fractions to decimals? What about using seasonings? These guides will help you make the most of your resources and make cooking and planning much simpler.

- [Abbreviations & Common Measures](#)
- [Portion Control](#)
- [Purchasing Formula](#)
- [Customizing Recipes](#)
- [Crediting Grains](#)
- [Fresh/Frozen/Canned Conversions](#)

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Printables & Resources

Recipes included in Mississippi Recipes for Success (MRS) are divided into sections, depending on the type of meal and the main meal contribution of that recipe. The recipe section links create PDFs of all the recipes in that section. The printed edition of MRS includes covers and binders. Copies of these documents can also be downloaded from this webpage.

The Mississippi menu matrixes are included on this page to help with school breakfast and lunch meal planning. Several cooks' tools are included in the printed edition of MRS. Copies of the information about weights and measures, servers and portion and pan sizes can be downloaded from this webpage.

Other helpful tools on this webpage include Mississippi spice blend training videos and links to child nutrition program resources from the USDA Food and Nutrition Service.

DOWNLOAD PDFs USED IN PRINTED EDITION:

Note: the pre-compiled PDFs listed here may not contain the most current versions of individual recipes.

INTRODUCTION TO MRS

MENU PLANNING

[BREAKFAST MATRIX](#)

[LUNCH MATRIX](#)

[RECIPE LISTS](#)

COOKS TOOLS

[ABBREVIATIONS &
COMMON MEASURES](#)

[PORTION CONTROL](#)

[PURCHASING
FORMULA](#)

[CUSTOMIZING
RECIPES](#)

[CREDITING GRAINS](#)

[FRESH/FROZEN
/CANNED
CONVERSIONS](#)

LUNCH RECIPES

[ENTRÉES](#)

[BEEF](#)

[FISH & SEAFOOD](#)

[PIZZA](#)

[PORK](#)

[POULTRY](#)

[SALADS](#)

[SANDWICHES](#)

[SOUPS](#)

[VEGETARIAN](#)

[SIDES, ETC.](#)

[VEGETABLES](#)

[FRUITS](#)

[GRAINS](#)

BREAKFAST RECIPES

[GRAINS](#)

[MEATS](#)

[COMBINATIONS](#)

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Menu Planning

Lunch and breakfast menu matrixes were developed to help child nutrition professionals develop appealing, customized weekly menus using the Mississippi Recipes for Success recipes and meet the USDA FNS nutrition standards for the school breakfast and lunch programs.

Menu matrixes are divided into breakfast matrixes and lunch matrixes. Each age/grade group includes a sample weekly menu and a worksheet to help you plan menus for your child nutrition program. Breakfast matrix menu planning options include a menu planning tool with grain component choices ("Choices" menu) or a menu without grain component choices ("No Choices" menu). Lunch matrix menu planning options include a menu planning tool with meat/meat alternate component calorie ranges that rise over the week ("Ascending Ranges" menu) or meat/meat alternate component calorie ranges that are assorted throughout the week ("Mixed Ranges" menu).

The second section of this webpage is the recipes lists for matrixes. Each list includes the MRS recipe names, MRS recipe numbers, amount of calories, saturated fat and sodium for each recipe, meal component(s) the recipe meet ("credit") and amount of each meal component included in that recipe ("menu contribution"). The breakfast grain, breakfast meat/meat alternate and lunch meat/meat alternate lists are arranged by calorie levels into groups. The vegetable lists are divided into each vegetable subgroup.

► MENU MATRIXES

► RECIPE LISTS

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Contact

We're here to help! So reach out to us if you have any questions about Mississippi Recipes for Success.

601-576-5000

PHYSICAL ADDRESS

500 Greymont Avenue Suite F
Jackson, MS 39202

MAILING ADDRESS

P. O. Box 771
Jackson, MS 39205-0771

CONTACTS

Listed below are links and phone numbers to each department in the Child Nutrition Office. Staff's email for each department is on the links provided.

ADMINISTRATION

601-576-4990

SCHOOL SUPPORT

601-576-4955

TRAINING

601-576-4970

PURCHASING AND FOOD DISTRIBUTION

601-576-4980

CHILD AND ADULT CARE FOOD PROGRAM

601-576-4954

CLAIMS AND FINANCE

601-576-4975



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