

MRS Database in Nutrikids

May 9, 2014

Welcome Back!

Today's webinar will complete the update process begun yesterday and include:

- Downloading database from OCN website
- Restoring database in district Nutrikids program
- Duplicating recipes
- Importing district recipes
- Reviewing some features
- Answering questions

Downloading the Database

The screenshot shows a web browser window with the URL <http://www.mde.k12.ms.us/healthy-schools/nutrition-services>. The page header features the Mississippi Department of Education logo and navigation links. A search bar is present, and a menu bar includes links for Home, About MDE, News & Media, MS Schools, Reports, Public Notices, Careers, and Contact Us. A dropdown menu for 'Select MDE Office' is also visible. The main content area is divided into three columns. The left column, titled 'IN THIS SECTION', lists various links such as 'Healthy Schools Home', 'Partners', and 'Eight Components of Coordinated School Health'. The middle column features a large image of children running and a section titled 'Office of Child Nutrition' with a descriptive paragraph. The right column contains a list of links including 'Contacts', 'Programs', 'Online Programs', and 'Frequently Asked Questions'. The footer includes three sections: 'MDE Hot Topics', 'MDE News', and 'MDE Quick Links'.

Go to the Office of Child Nutrition Website:

<http://www.mde.k12.ms.us/healthy-schools/nutrition-services>

On bottom right side of screen, click on **Online Programs**

ide.k12.ms.us/healthy-schools/nutrition-services/nutrition-services---online-program

Nutrition Services - Online ...

d) - ms-sna@b... Suggested Sites Address Search eBay Web Slice Gallery


[Healthy Schools Home](#)

- [Staff](#)
- [iTunes U](#)
- [FAQ](#)

[Partners](#)
[Initiatives](#)
[Fundraising Opportunities](#)
[Resources](#)
[Success Stories](#)

Eight Components of Coordinated School Health

- [Health Education](#)
- [Physical Education](#)
- [Health Services](#)
- [Child Nutrition](#)
- [Counseling, Psychological, and Social Services](#)
- [Healthy School Environment](#)
- [Health Promotion for Staff](#)
- [Family and Community Involvement](#)




Online Programs

Statewide Purchasing

- [Purchasers \(click here to login\)](#)
- [Distributors \(click here to login\)](#)

[Nutrition Services Home](#)
[OCN FYI](#)
[Programs](#)
[Online Programs](#)
[Nutrition Education](#)
[Contacts](#)
[Resources](#)
[FAQ](#)
[Policies and Procedures](#)
[Reports](#)
[Successes](#)
[Non-Discrimination Statement](#)
[HealthierUS School Challenge](#)



Food Distribution / Donated Foods Online Service

OCEAN
MISSISSIPPI OFFICE OF CHILD NUTRITION

[Click here to log-in](#)

**** "FOOD RECALL" ****

If you requested an OCeaN login and have not received it, please email the Child Nutrition Helpdesk at cn_helpdesk@mde.k12.ms.us

Mississippi
RECIPES for SUCCESS
OFFICE OF THE STATEMENTAL DIRECTOR OF EDUCATION, OFFICE OF CHILD NUTRITION

[Click here to access forms for Online Programs.](#)

MDE User Tools MDE News MDE Quick Links

Downloading the Database

When this screen appears, click on **Mississippi Recipes for Success**

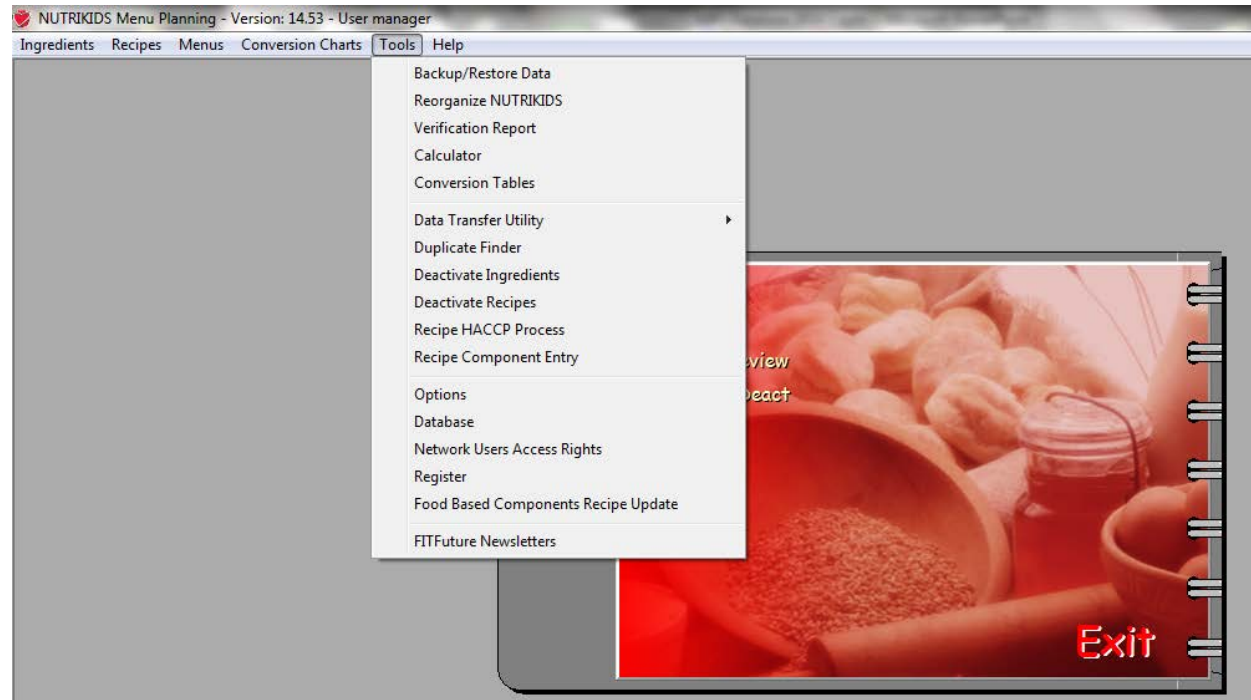
Downloading the Database

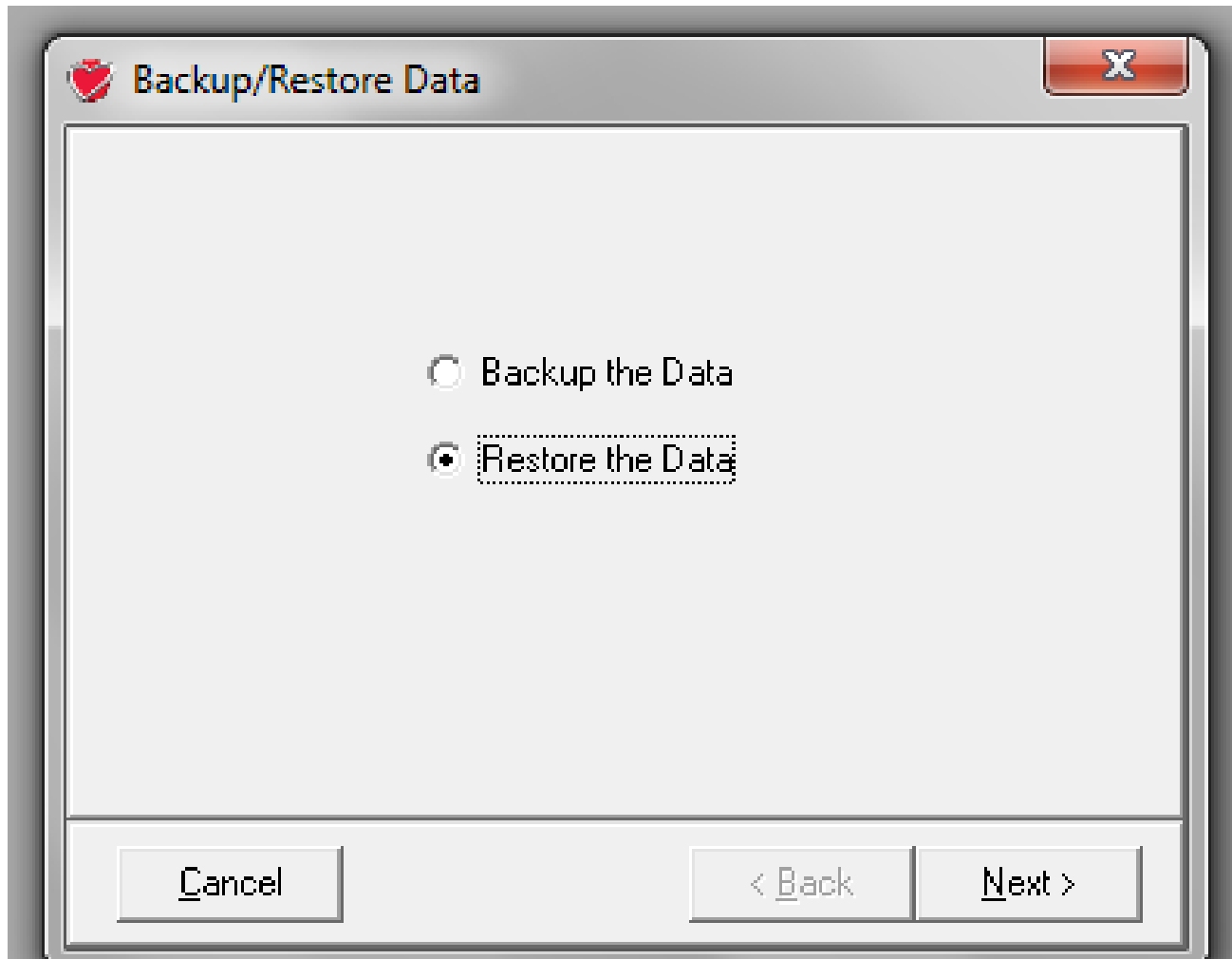
- A screen with the MRS Database File will appear and must be downloaded and saved on your computer or laptop
- Remember that since it contains data only and only the Nutrikids® Nutrient Analysis Program can open it, do not attempt to open the file
- As each browser, such as Internet Explorer, Google Chrome, Firefox, Safari, etc., has a different process for saving files, further steps to download will not be covered
- If you do not know steps for saving from the website, check with your district IT staff
- If an district IT staff member assists you with this part of the process, make sure that he or she does not open the file
- Save as MRS Database 2014 in the folder that you created for MRS data

Restoring the New Database

If the steps previously covered are completed, the MRS Database can now be restored in your Nutrikids® Program

- Go to the Home Screen as shown on this slide
- Click on **Tools** on the top menu bar and a menu box will appear
- In the menu box, click on **Backup/Restore Data**





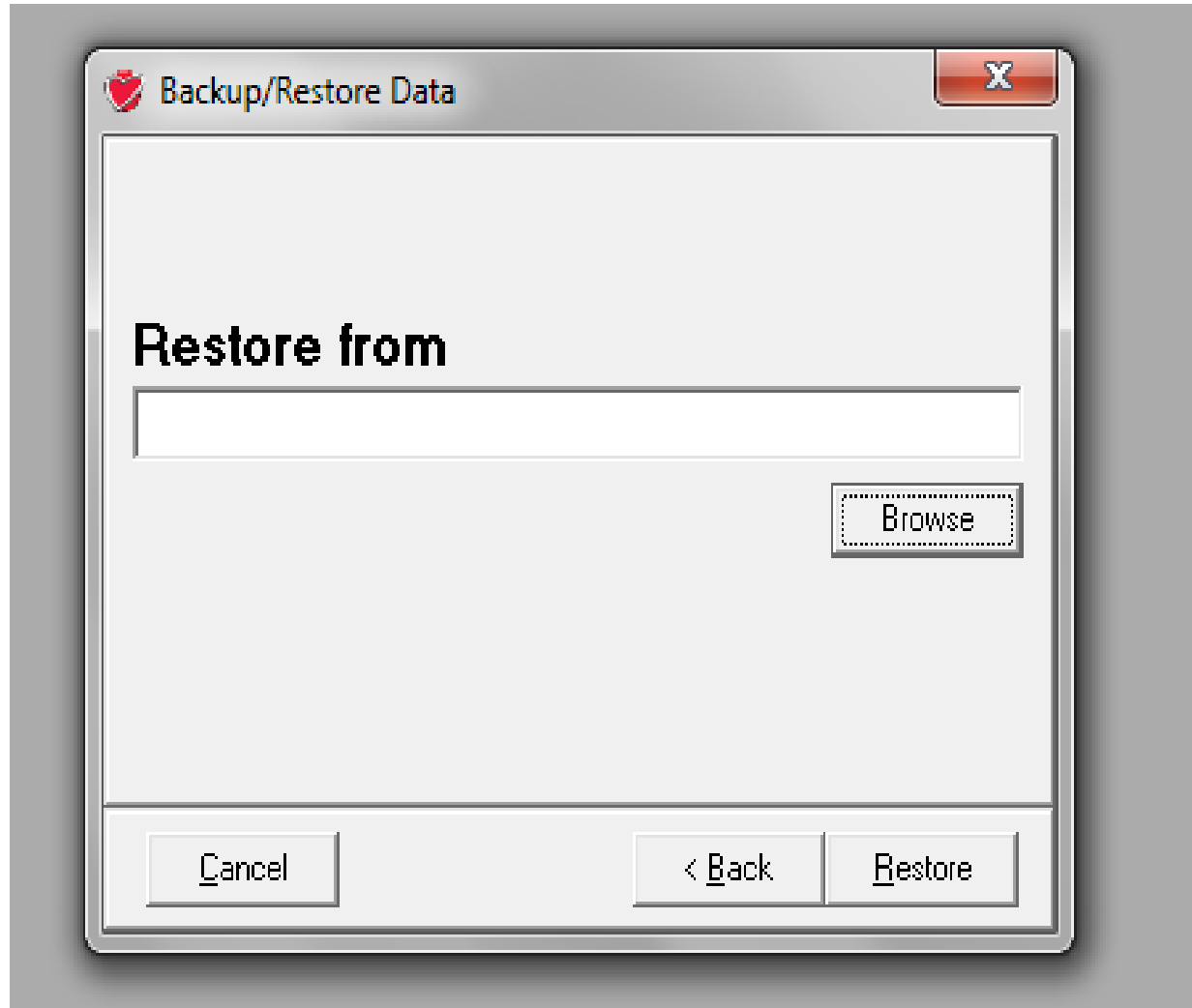
Restoring the New Database

After clicking on **Backup/Restore Data**, this screen will appear

Select **Restore the Data** by clicking on the radio button

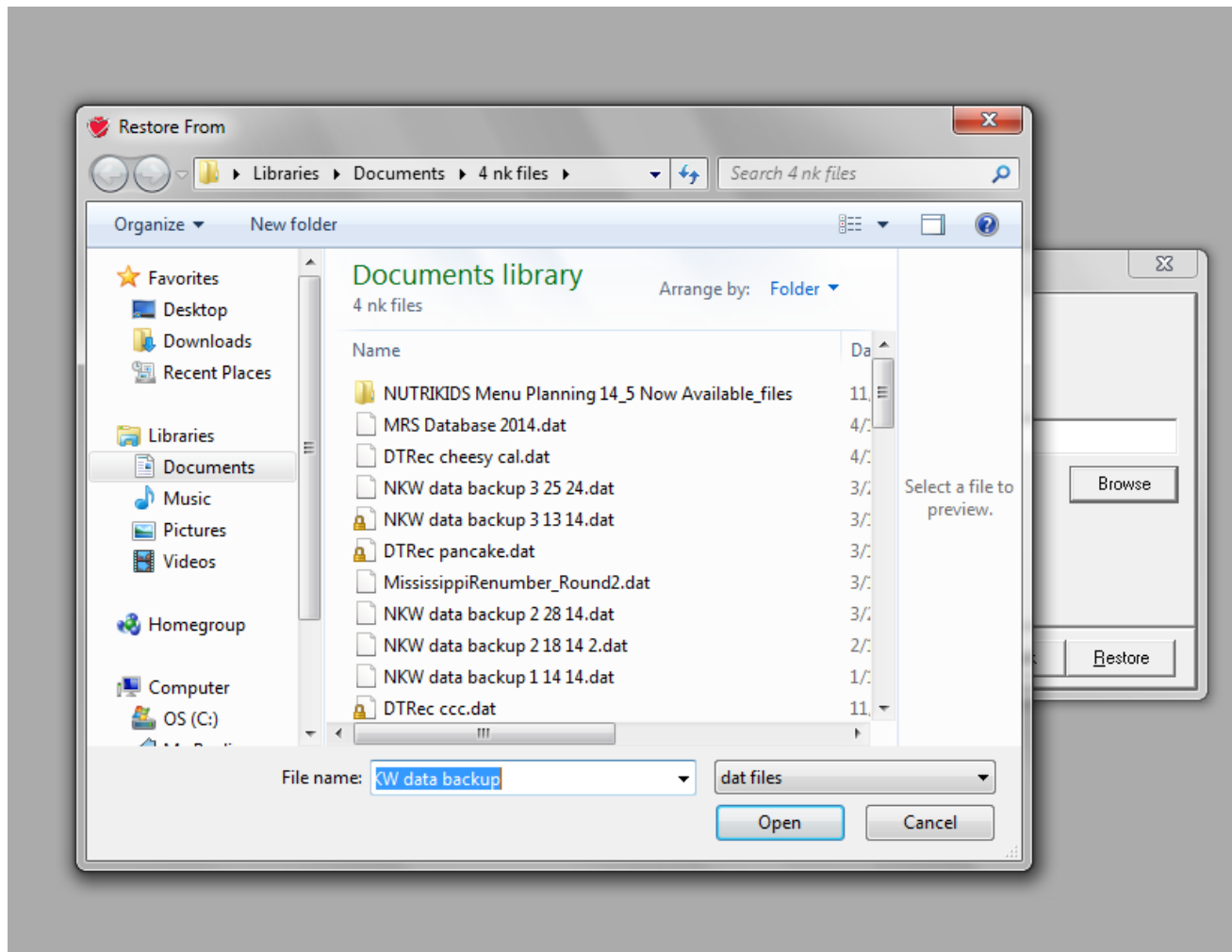
Click **Next** at the bottom of the box

Backup of the New Database



This screen will appear asking location of the data file to be restored
Click on **Browse**

Backup of the New Database



Select the folder where the MRS Database is located and click on it

The MRS Database file will appear in the **File Name box**

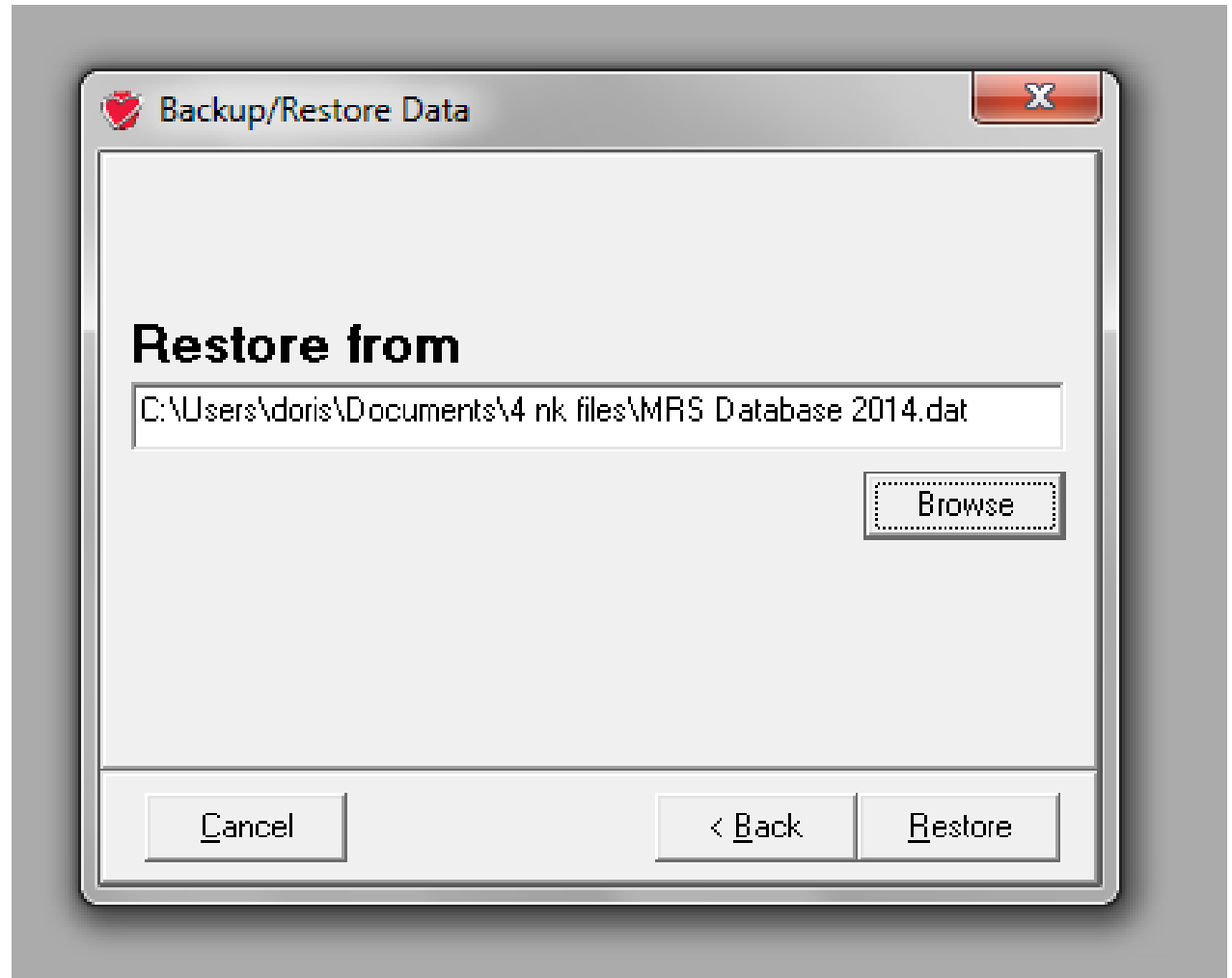
Click on **Open**

Backup of the New Database

This screen will appear

The file name will be in the box under **Restore from**

Click on **Restore** at the right hand bottom of the box

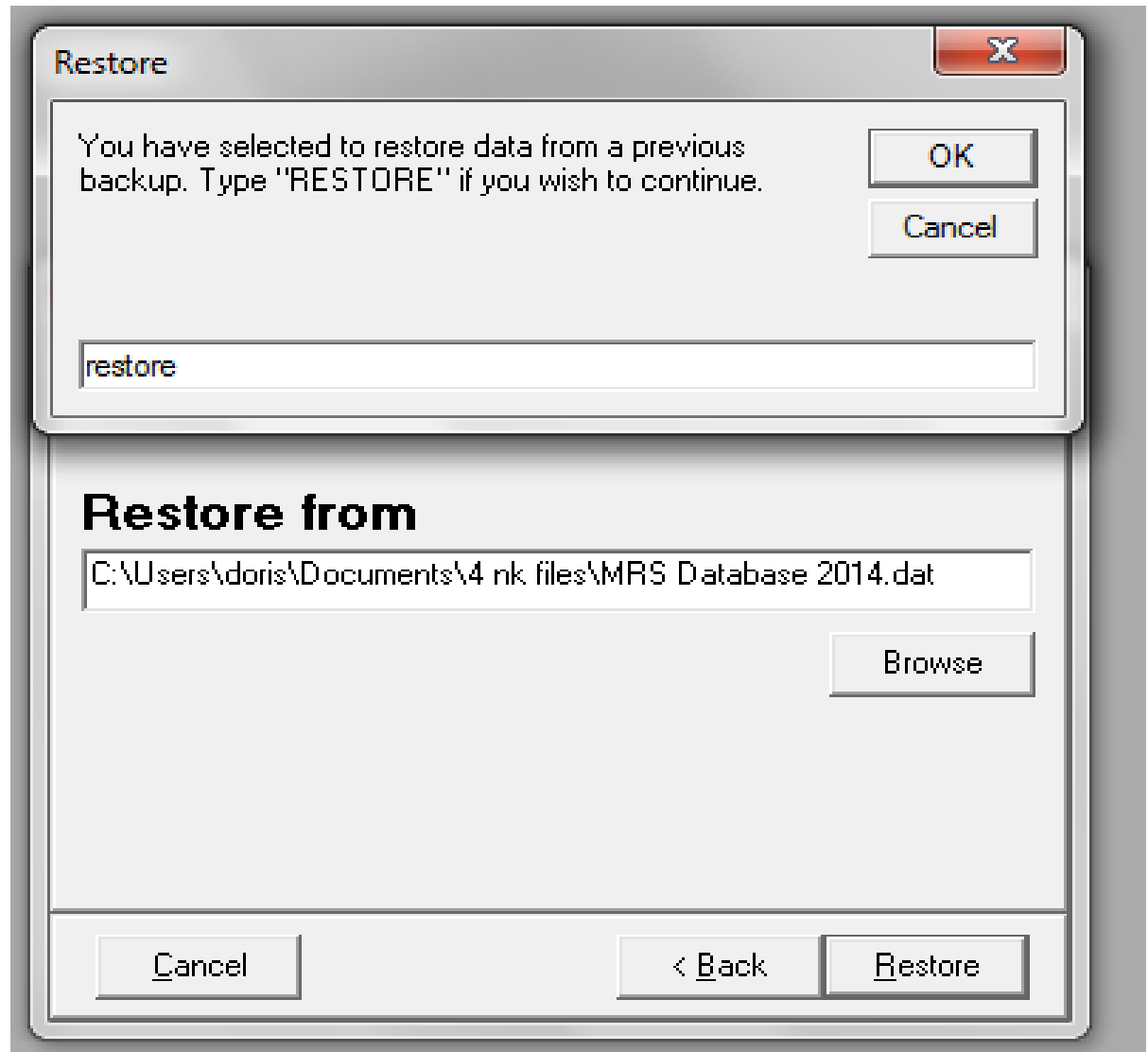


Backup of the New Database

This screen will appear

In the top box, type RESTORE

Click on **OK**



Backup of the New Database

This screen will appear

It tells you that you have successfully restored the data file

Remember that the data file contains all of the 2014 MRS data and it has replaced the data file that was previously used by the Nutrikids® Program on your computer

Click on **OK** so that we can go to the next screen



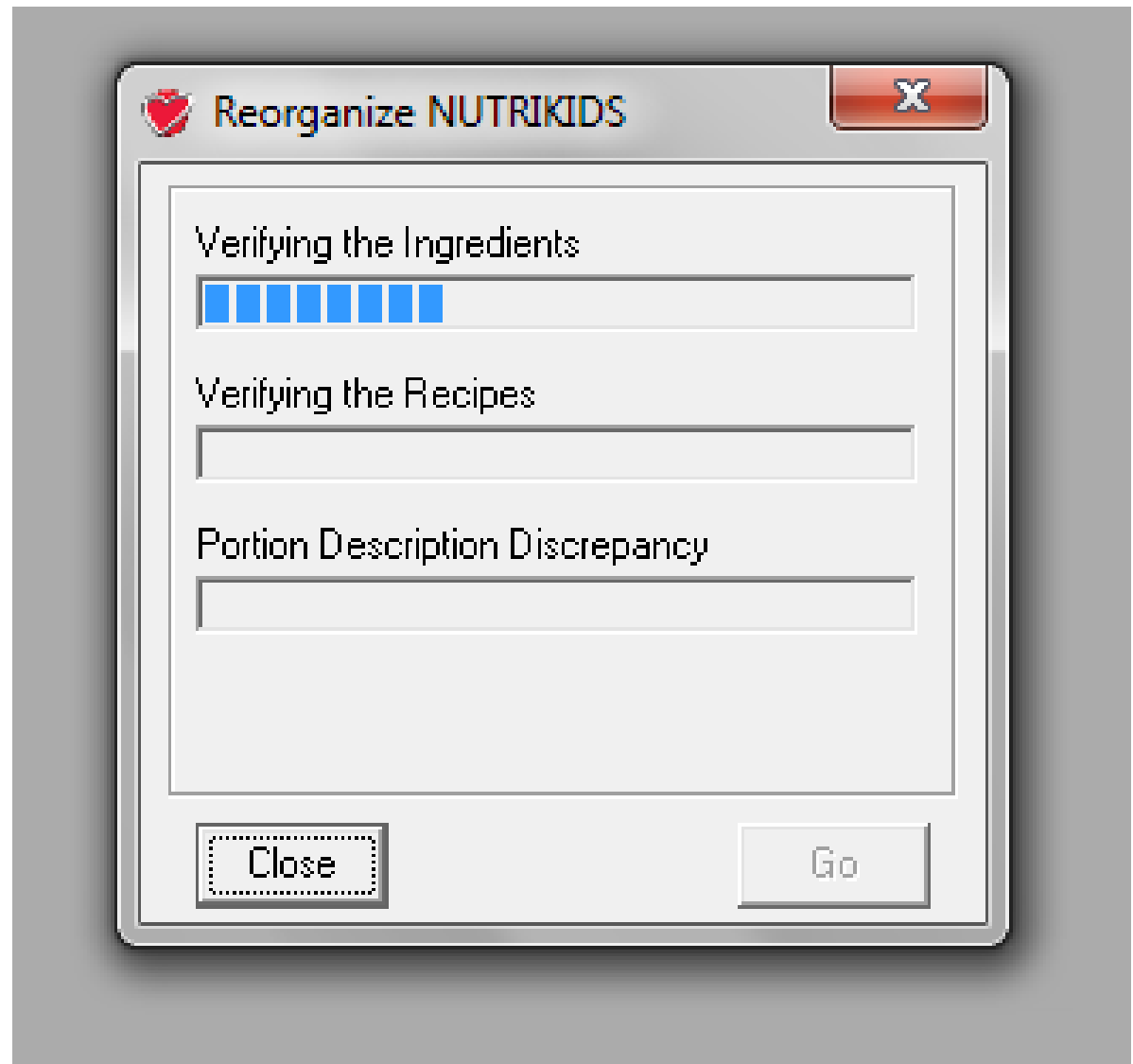
Verification and Reorganization Screen

When a data file is restored, the program reorganizes the data

The ingredients and recipes are verified

Let the program complete this function

This takes a few minutes and the screen will return to the home page when the process is complete





The Ingredient File

Now we are back to the home screen

Click on Modify/Review on the Ingredient Tab to look at the ingredient list

The Ingredient File

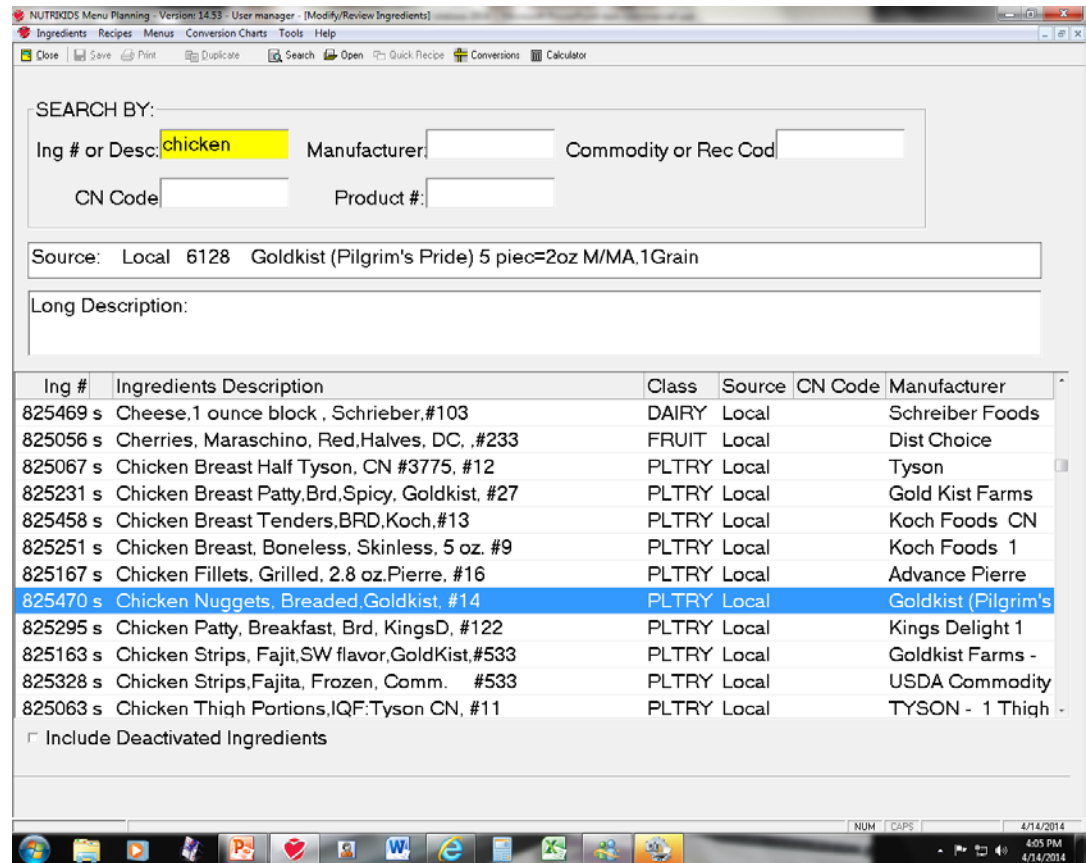
Search for the file with either the Ingredient # or the first word of the product description

A search for Chicken Nuggets starts by entering Chicken in the **Search By** box

The chicken ingredients appear

Cursor down until the blue line indicates that Ingredient #825470 Chicken Nuggets has been selected

Double click on the Chicken Nuggets line and the data will appear



The Recipe File

On the Home Screen, click on the Recipe tab

This screen will appear

To look at the recipe lists, click on Modify/Review to go to the recipe list

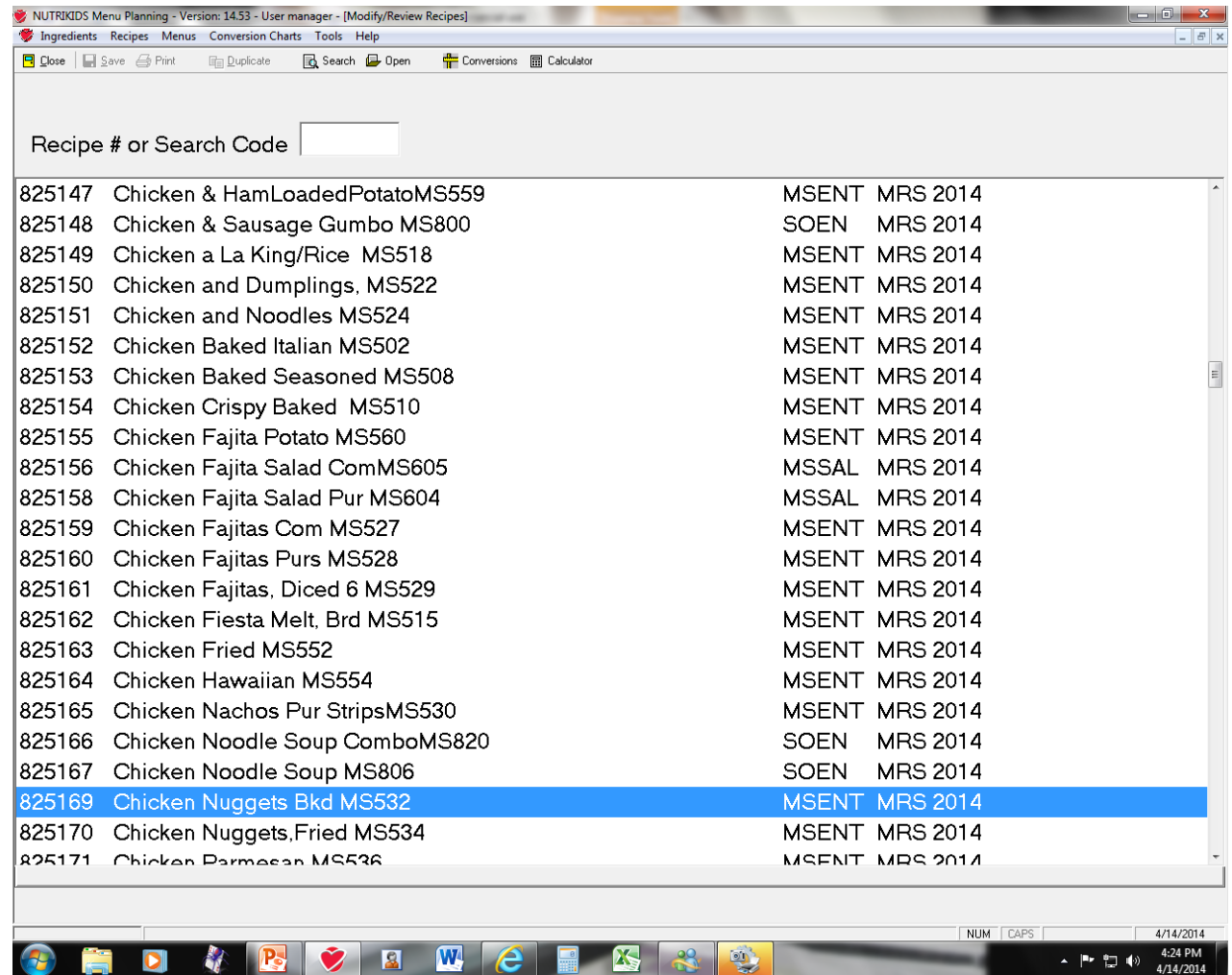


The Recipe File

This screen will appear

Scroll down the chicken recipes until Recipe # 825169, Chicken Nuggets Bkd, is highlighted in blue

Click on the recipe



The Recipe File

This screen will appear

Here is Recipe # 825169, Chicken Nuggets Bkd

Recipe names had to be abbreviated because of the space limitations

All of the 800,000 recipes are locked and cannot be changed, but can be duplicated and changed at the district level

The screenshot shows the 'NUTRIKIDS Menu Planning - Version: 14.53 - User manager - [Modify/Review Recipes]' window. The interface includes a menu bar with 'Ingredients', 'Recipes', 'Menus', 'Conversion Charts', 'Tools', and 'Help'. Below the menu bar is a toolbar with icons for 'Close', 'Save', 'Print', 'Duplicate', 'Search', 'Open', 'Conversions', and 'Calculator'. The main form area contains the following fields and sections:

- Recipe #**: 825169
- HACCP Process**: #2 Same Day Service
- Recipe Name**: Chicken Nuggets Bkd MS532
- Group Code**: MRS Poultry Entrees
- Recipe** tab selected, with sub-tabs for Ingredient, Nutrients, Instruction, Misc, Prod. Spec., Attributes, and Allergens.
- Alternate Menu Name**: Chicken Nuggets
- Source of Recipe**: MRS 2014
- 2nd Alternate Menu Name**: (empty)
- Last Modified On**: 3/27/2014 by manager
- Number of Portions this Recipe Makes**: (empty)
- Number of Portions**: 100
- Portion Size**: 5 nuggets
- Batch Quantities** table:

Quantity	Measure
- Non-Food Recipe

The Windows taskbar at the bottom shows the date 4/14/2014 and time 4:27 PM.

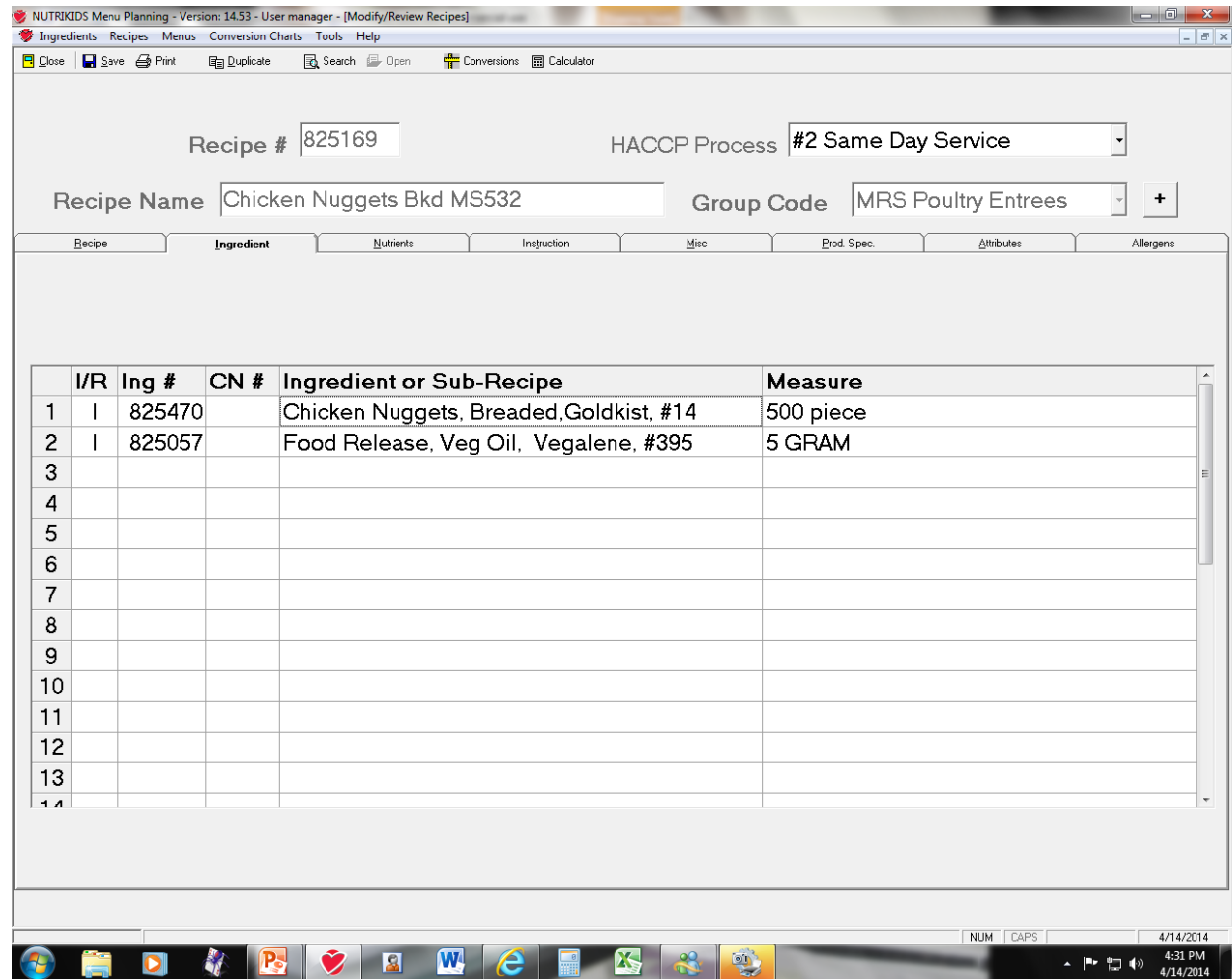
The Recipe File

This screen will appear when you click on the Ingredient Tab

Ingredients cannot be deleted, added, or quantities changed

There is no Menu Bar above the ingredients

Click on the **Instruction** Tab and look at the changes there



The Recipe File

This screen will appear when you click on the Instruction Tab

Instructions cannot be deleted, added, or changed

The sections for instructions are not visible and cannot be accessed

Let's look at the Misc Tab

The screenshot shows the 'NUTRIMDS Menu Planning' software interface. The title bar indicates 'Version: 14.53' and 'User manager - (Modify/Review Recipes)'. The menu bar includes 'Ingredients', 'Recipes', 'Menus', 'Conversion Charts', 'Tools', and 'Help'. The toolbar contains icons for 'Close', 'Save', 'Print', 'Duplicate', 'Search', 'Open', 'Conversions', and 'Calculator'. The main form area displays the following information:

- Recipe #: 825169
- HACCP Process: #2 Same Day Service
- Recipe Name: Chicken Nuggets Bkd MS532
- Group Code: MRS Poultry Entrees

Below this information is a tabbed interface with the following tabs: Recipe, Ingredient, Nutrients, **Instruction**, Misc, Prod. Spec., Attributes, and Allergens. The 'Instruction' tab is active, showing a table with the following data:

Step	Ingredient or Sub Recipe
1	A Chicken Nuggets, Breaded, Goldkist, #14
2	A Food Release, Veg Oil, Vegalene, #395
3	
4	
5	
6	
7	
8	
9	
10	
11	

To the right of the table is a yellow callout box with the following text:

Instructions can be grouped with ingredients just like the USDA recipe cards using 12 steps A - L.

Ingredients must be assigned to a step by typing A - L in the Step box in front of the ingredient name.

To enter the instructions, click on the step block along the bottom and that step text box will appear for you to enter your instructions.

At the bottom right of the form is a 'Preview Instructions' button. The Windows taskbar at the bottom shows the date as 4/14/2014 and the time as 4:35 PM.

The Recipe File

This screen will appear when you click on the Misc Tab

The **Food Based Components** that are credited by the recipe are entered here

In this version, all of the Subgroups for the recipes have been entered

On the left hand side of the screen, click on **Subgroups**

The screenshot shows the NUTRIMDS Menu Planning software interface. The title bar reads "NUTRIMDS Menu Planning - Version: 14.53 - User manager - (Modify/Review Recipes)". The menu bar includes "Ingredients", "Recipes", "Menus", "Conversion Charts", "Tools", and "Help". The toolbar contains icons for "Close", "Save", "Print", "Duplicate", "Search", "Open", "Conversions", and "Calculator".

At the top, the "Recipe #" field contains "825169" and the "HACCP Process" dropdown is set to "#2 Same Day Service". The "Recipe Name" field contains "Chicken Nuggets Bkd MS532" and the "Group Code" dropdown is set to "MRS Poultry Entrees".

The main area is divided into tabs: "Recipe", "Ingredient", "Nutrients", "Instruction", "Misc" (selected), "Prod. Spec.", "Attributes", and "Allergens".

On the left side, there is a vertical menu with buttons for "Food Based Components", "Moisture/Fat Change", "Recipe Details", "Notes", "Farm to School", and "Subgroups".

The "Food Based Components" section is active, showing a table with the following entries:

Food Based Components:	
Meat/ALT	<input type="text" value="2.000"/> OZ.
Grains	<input type="text" value="1.000"/> OZ / OZ EQUIV.
Fruit	<input type="text"/> CUP
Vegetable	<input type="text"/> CUP
Milk	<input type="text"/> CUP

To the right of the table, a red text note reads: "Per USDA guidelines food based components measured in CUPS are creditable to the nearest 1/8 CUP and those measured in OZ are creditable to the nearest 1/4 OZ. The program will automatically round down to the next creditable portion when you click SAVE."

The bottom of the screen shows the Windows taskbar with various application icons and the system tray displaying the date "4/14/2014" and time "4:37 PM".

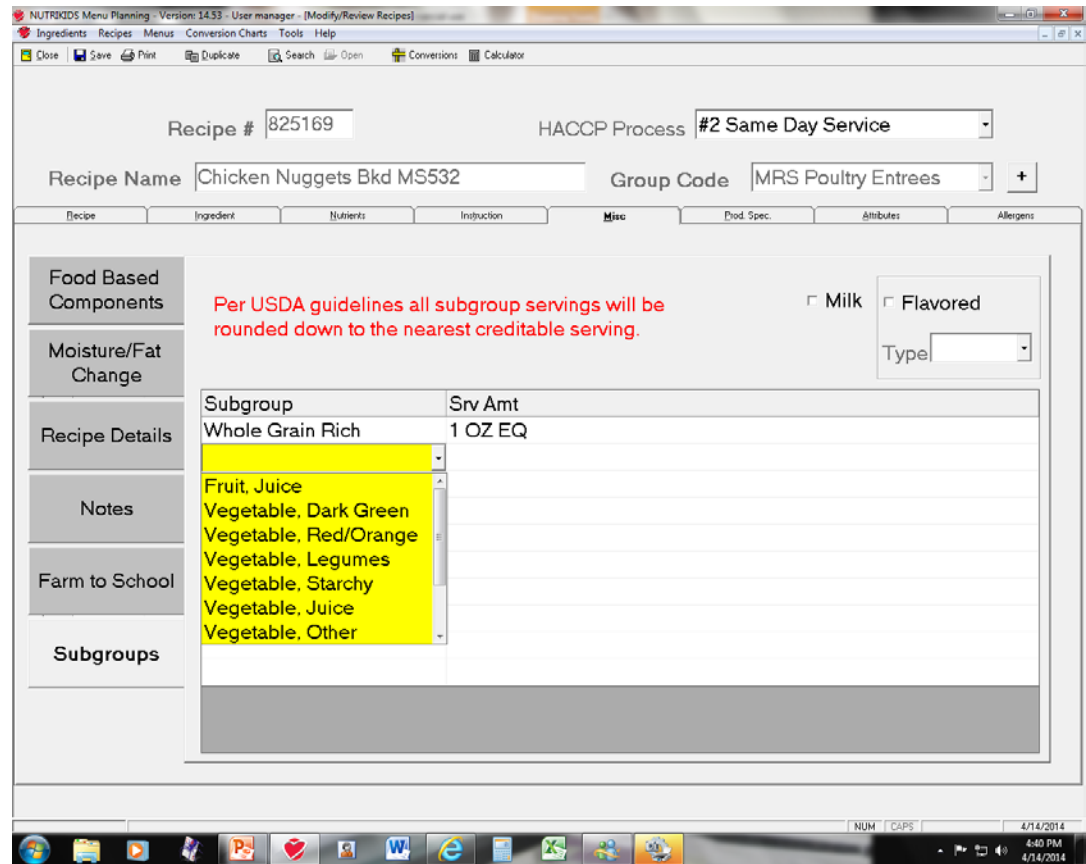
The Recipe File

This screen will appear when you click on the Subgroups Box

The Chicken Nuggets have a Whole Grain Rich Breading that has been entered with the 1 oz. eq.

The other selections are in yellow on the drop down menu to show the various options

Let's close this recipe and duplicate a recipe



Duplicating Recipes

When changed recipes were printed, some may have had only an ingredient added or slight changes in instructions

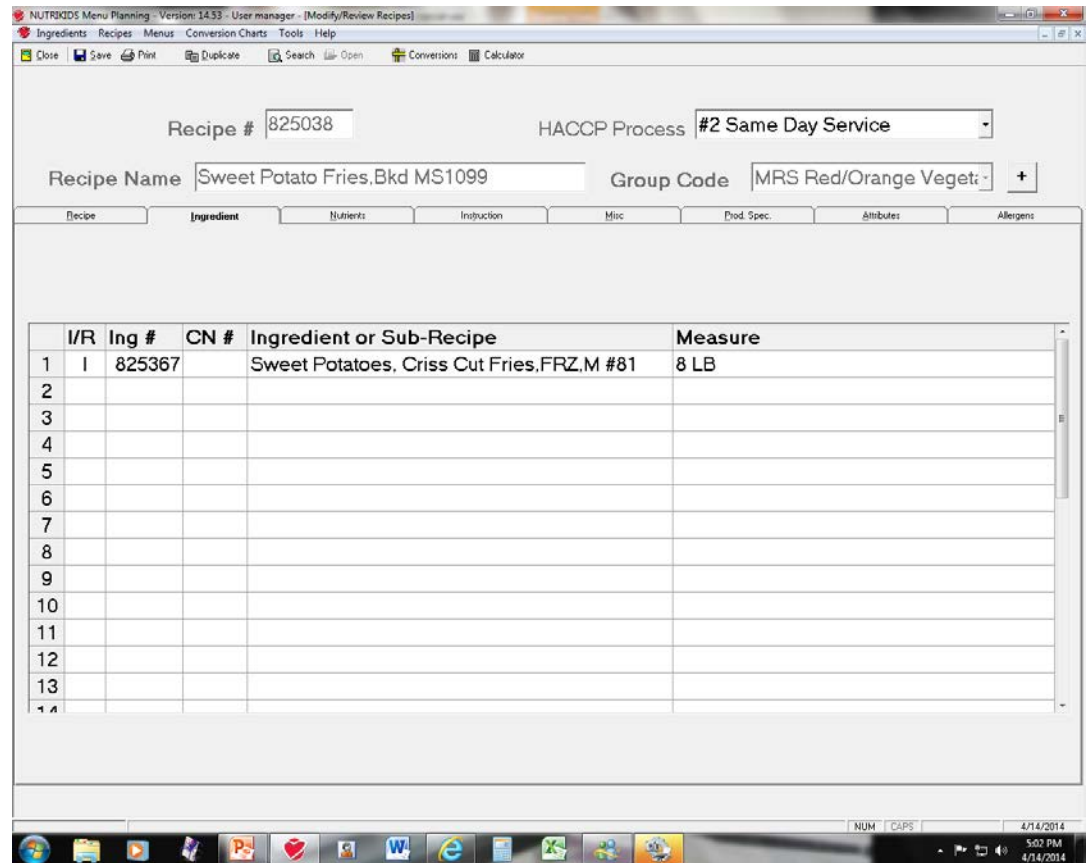
These changes can be easily made by duplicating existing MRS Recipes

Find the print copy of the changed recipe

Use the steps previously covered to select the recipe, in this case Recipe # 825038, Sweet Potato Fries

This year the Southwest Spice Blend was added as a seasoning and the students liked the change

On the top menu bar, click on **Duplicate**



After clicking on **Duplicate**, this screen appears

Duplicating Recipes

All new recipes, whether duplicated, imported, or entered as new recipes, are numbered in a range starting with 1

Changes should be made to indicate that this is a duplicated recipe

Source of Recipe has been changed from MRS 2014 to DJS 2014

Hint: Use letters from district to make a new source name and change source to it in all duplicated recipes

D is inserted in the recipe name to differentiate it from the original locked recipe in the data base

The alternate menu name was changed

The screenshot shows the 'Duplicate Recipe' form in the NUTRINKIDS Menu Planning software. The form is titled 'NUTRINKIDS Menu Planning - Version: 14.53 - User manager - (Modify/Review Recipes)'. The 'Recipe #' field contains '000001' and is highlighted with a yellow box. The 'Recipe Name' field contains 'Sweet Potato Fries, DBkd MS1099' and is also highlighted with a yellow box. The 'Group Code' field contains 'MRS Red/Orange Veget:'. The 'Alternate Menu Name' field contains 'Seasoned Criscut Sweet'. The 'Source of Recipe' field contains 'DJS 2014'. The 'Last Modified On' field contains '8/24/2013' and the 'by' field contains 'manager'. The 'Number of Portions this Recipe Makes' field contains '50' and the 'Portion Size' field contains '1/2 cup'. A 'Batch Quantities' table is visible on the right side of the form, with columns for 'Quantity' and 'Measure'. The table has five rows, each with empty input fields. A checkbox for 'Non-Food Recipe' is located at the bottom right of the form. The Windows taskbar at the bottom shows the date and time as 4/14/2014 5:16 PM.

Quantity	Measure

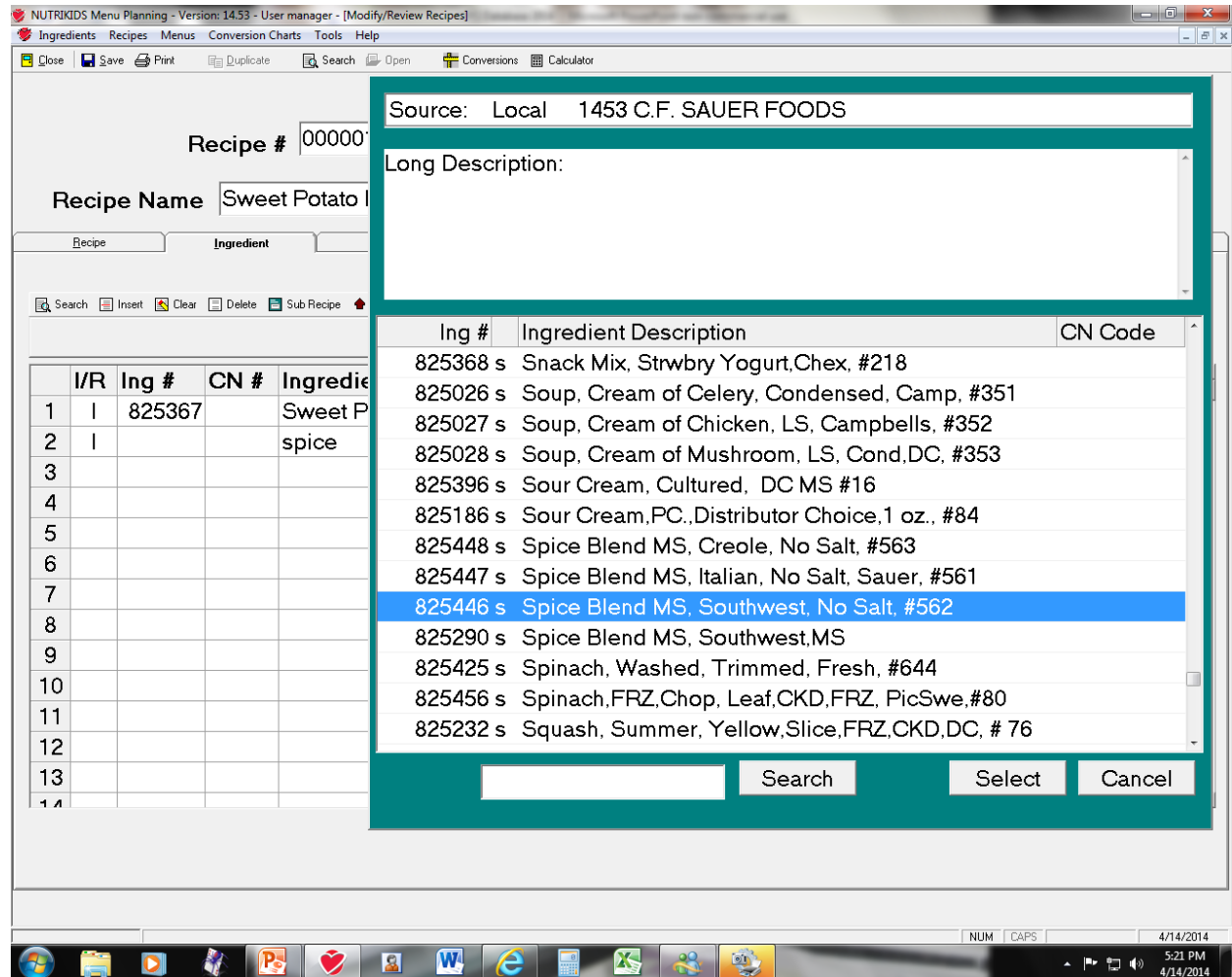
Duplicating Recipes

Click on **Ingredient tab** and this screen appears

Type in spice, the first word of the ingredient in the ingredient column and search

Click on the **Spice Blend MS, Southwest** so that it is highlighted in blue

Click on **Select**



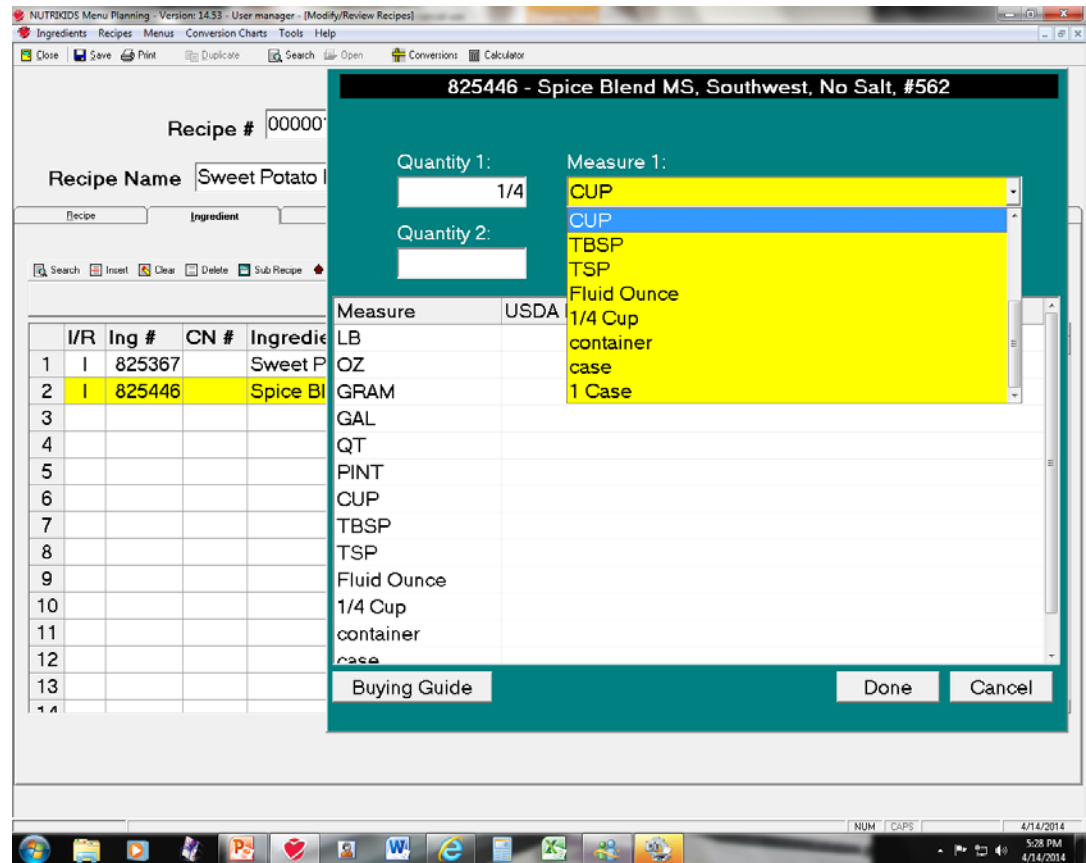
The quantity of the ingredient is entered on this screen

This is a recipe for 50 servings and $\frac{1}{4}$ cup of the Southwest Spice Blend will be sprinkled on the sweet potatoes

Enter $\frac{1}{4}$ cup as the quantity (the fraction will be converted to a decimal and either decimals or fractions can be entered in this area)

From the drop down box on **Measure**, select **CUP** and click on **Done**

Duplicating Recipes



Duplicating Recipes

The ingredient and the quantity has been added to the ingredient column

The next step is to add the ingredient to the instructions

Click on the **Instruction Tab**

The screenshot shows the 'NUTRIKIDS Menu Planning - Version: 14.53 - User manager - [Modify/Review Recipes]' window. The 'Ingredients' tab is active, and the 'Duplicate' button is highlighted. The recipe details are as follows:

- Recipe #: 000001 (highlighted as 'Duplicated Recipe')
- HACCP Process: #2 Same Day Service
- Recipe Name: Sweet Potato Fries, DBkd MS1099
- Group Code: MRS Red/Orange Vegetar...

The 'Ingredient' tab is selected, showing a table with the following data:

I/R	Ing #	CN #	Ingredient or Sub-Recipe	Measure
1	I	825367	Sweet Potatoes, Criss Cut Fries, FRZ, M #81	8 LB
2	I	825446	Spice Blend MS, Southwest, No Salt, #562	0.25 CUP
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

The 'Instruction' tab is highlighted in yellow, indicating the next step in the process. The Windows taskbar at the bottom shows the date as 4/14/2014 and the time as 5:30 PM.

Duplicating Recipes

This is the screen shot of the Instruction Screen

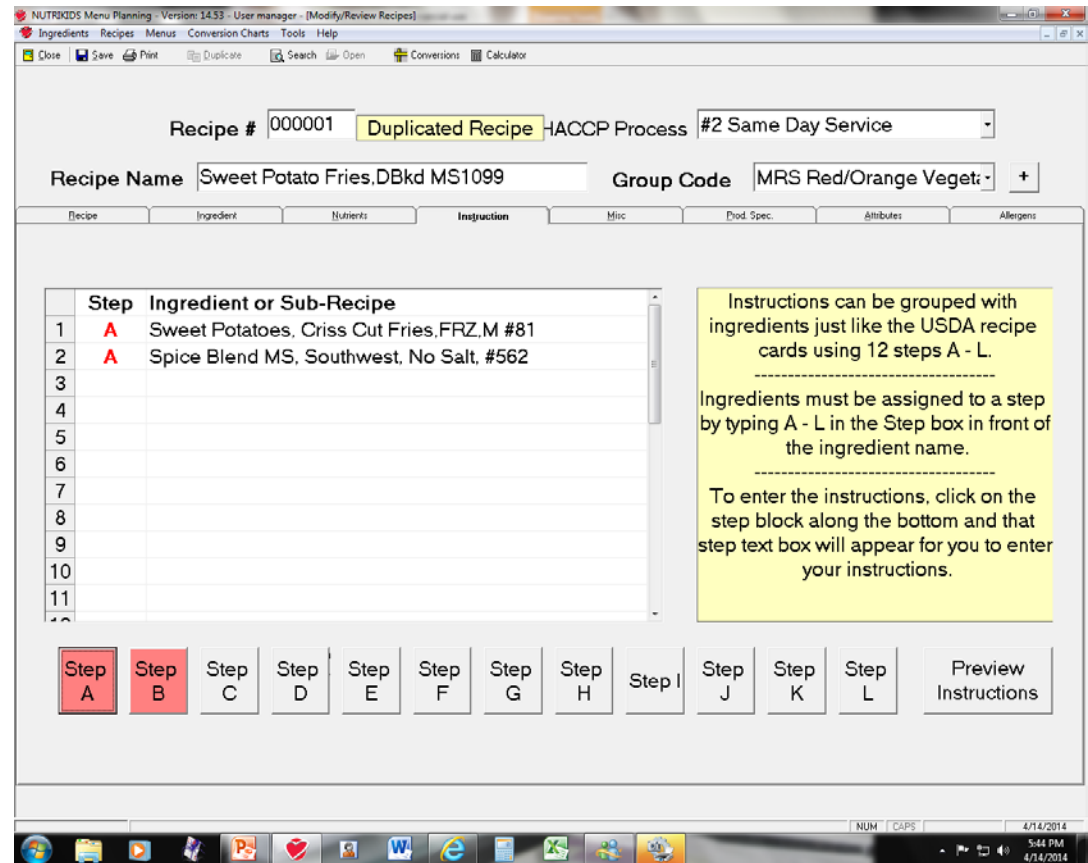
The recipe ingredients appear in the box

The Step Column assigns ingredients to a step

Both the ingredients are added in Step A

This recipe has two steps as indicated by the two step boxes that are red

Click on Step A to add to the instructions



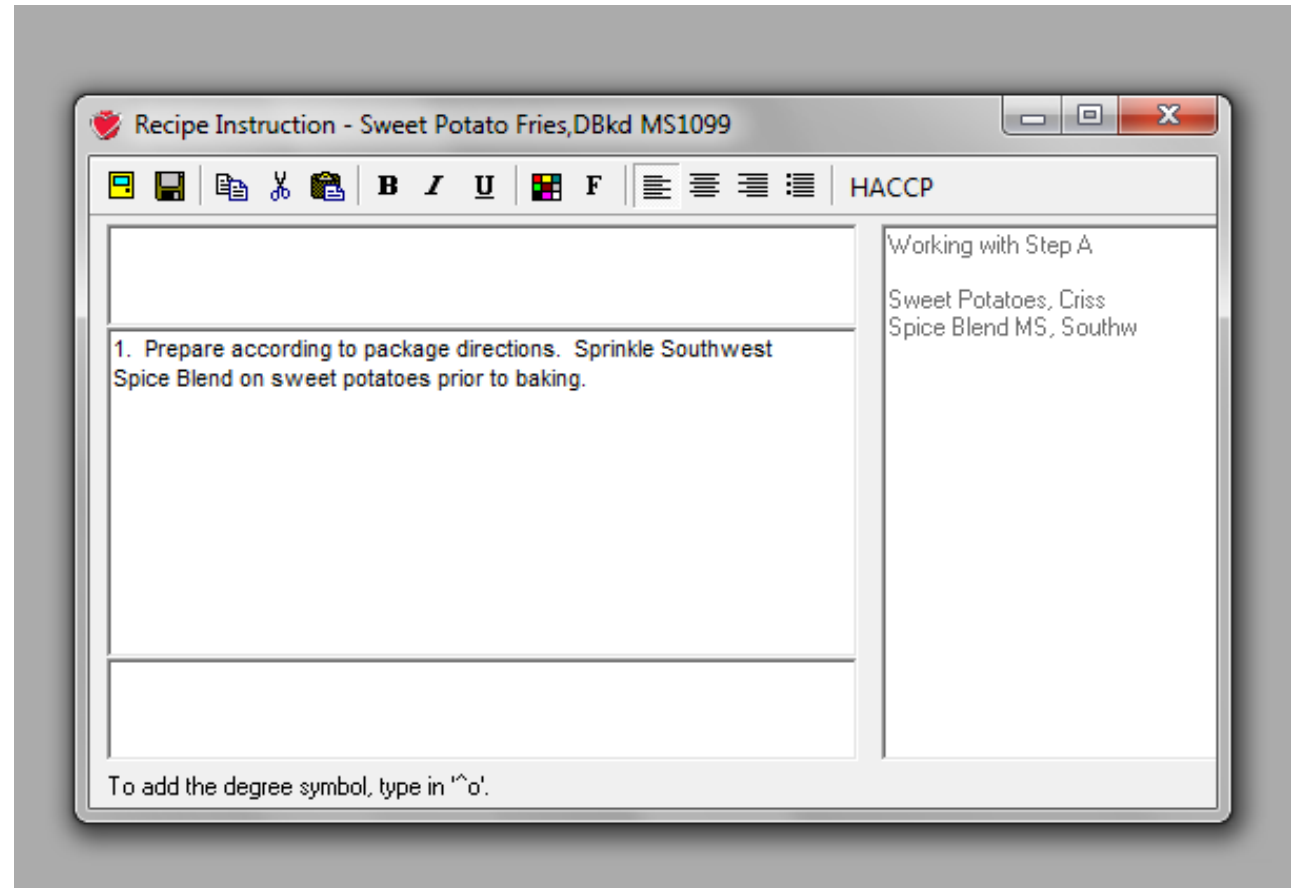
Duplicating Recipes

This is the screen shot of the Instruction Screen that appears when Step A is selected

The two ingredients appear in the left hand box

The second sentence has been added to the instructions

To save this addition to Step 1, click on the file icon on the top menu bar



Duplicating Recipes

The screen shot of the recipe will appear

Click on **Save** to save the changes that have been made

Click on **Print** to print a hard copy of the recipe

Click on **Close** to close the recipe

The screenshot shows the NUTRIKIDS Menu Planning software interface. The window title is "NUTRIKIDS Menu Planning - Version: 14.53 - User manager - [Modify/Review Recipes]". The menu bar includes "Ingredients", "Recipes", "Menus", "Conversion Charts", and "Tools". The toolbar contains "Close", "Save", "Print", "Duplicate", "Search", "Open", "Conversions", and "Calculator".

Form fields include:

- Recipe #: 000001
- Duplicated Recipe (highlighted)
- HACCP Process: #2 Same Day Service
- Recipe Name: Sweet Potato Fries, DBkd MS1099
- Group Code: MRS Red/Orange Vegeta

Navigation tabs: Recipe, Ingredient, Nutrients, Instruction, Misc, Prod. Spec., Attributes, Allergens.

Step	Ingredient or Sub-Recipe
1	A Sweet Potatoes, Criss Cut Fries, FRZ, M #81
2	A Spice Blend MS, Southwest, No Salt, #562
3	
4	
5	
6	
7	
8	
9	
10	
11	

Instructions can be grouped with ingredients just like the USDA recipe cards using 12 steps A - L.

Ingredients must be assigned to a step by typing A - L in the Step box in front of the ingredient name.

To enter the instructions, click on the step block along the bottom and that step text box will appear for you to enter your instructions.

Step buttons: Step A, Step B, Step C, Step D, Step E, Step F, Step G, Step H, Step I, Step J, Step K, Step L, Preview Instructions.

System tray: NUM, CAPS, 4/14/2014, 5:47 PM, 4/14/2014.

Duplicating Recipes

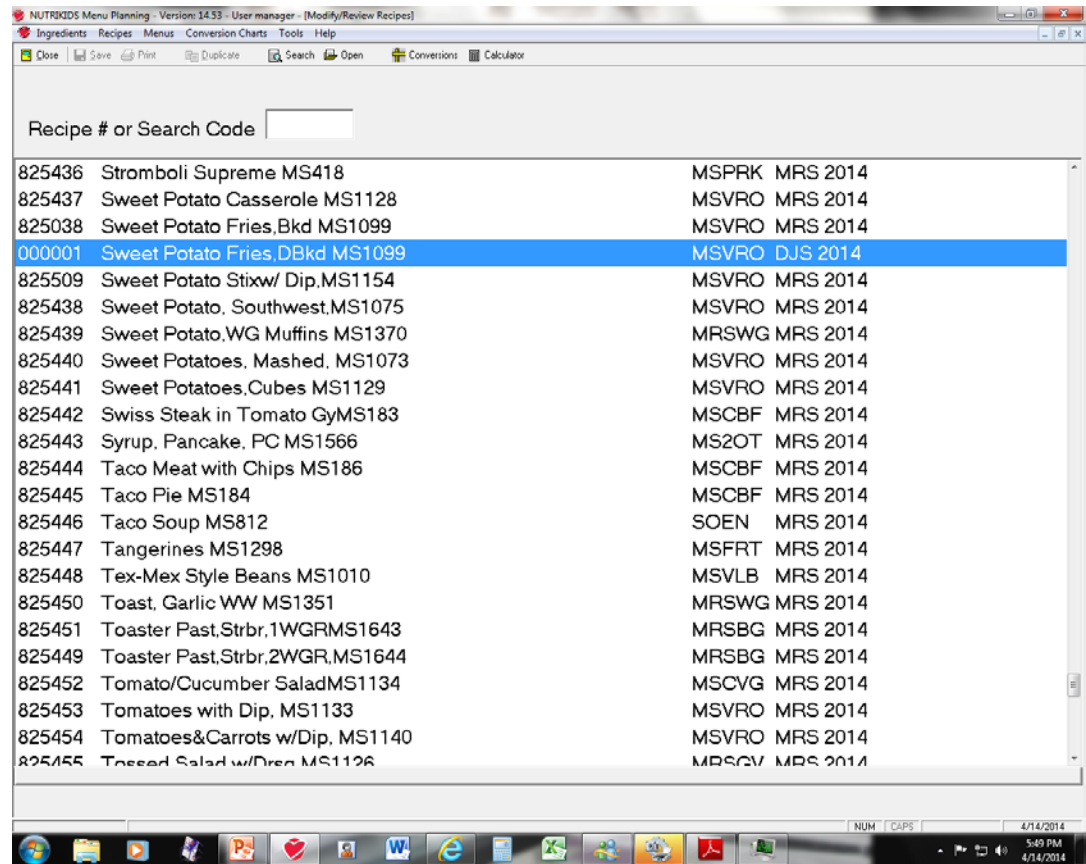
The screen shot of the recipe list will appear

The duplicated recipe has been added to the list with the changes made

Recipe Number is 000001

D has been added to the Recipe Name

The source has been changed from MRS 2014 to DJS 2014

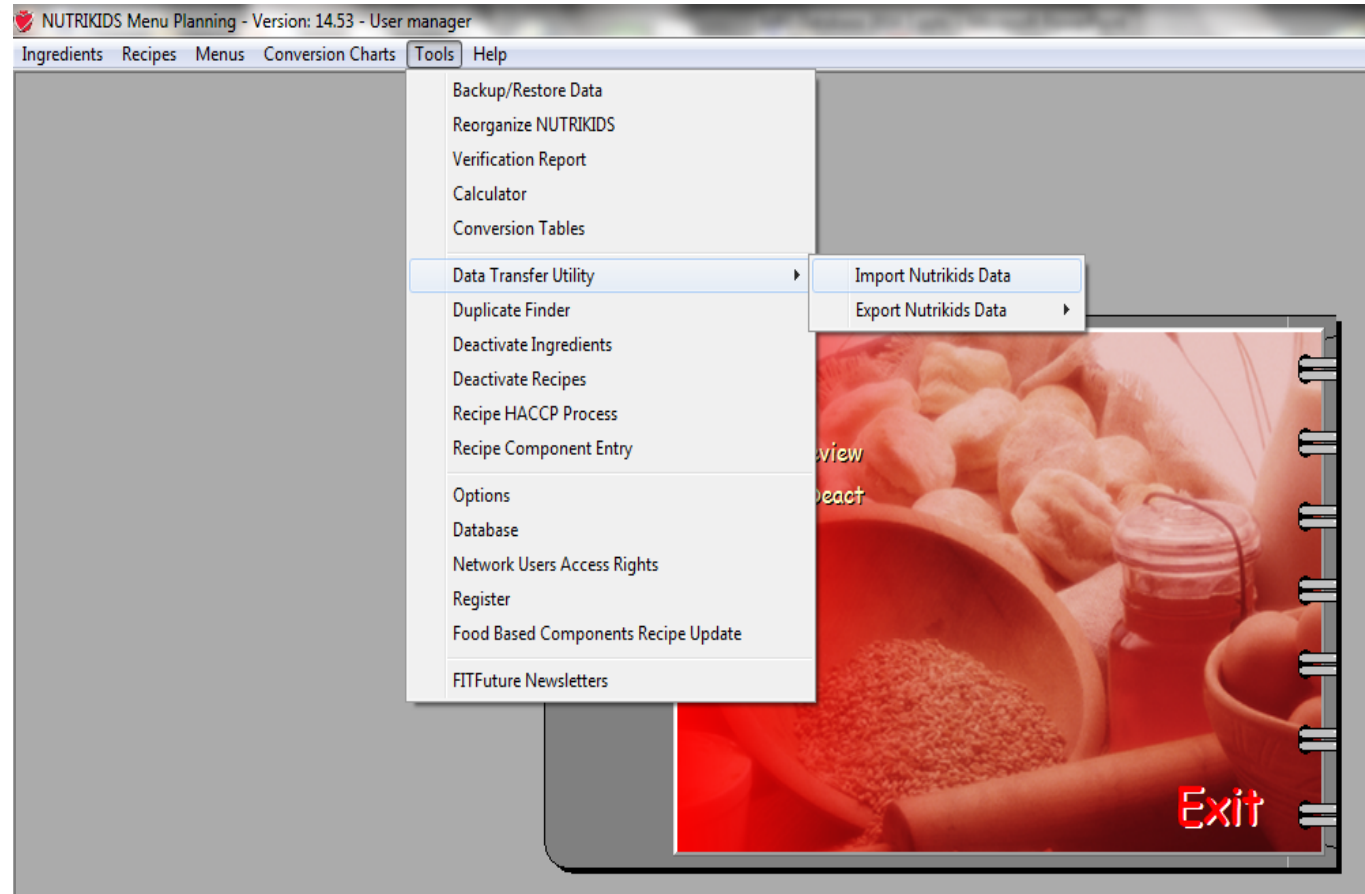


After recipes have been duplicated, exported recipes should be imported

Always go back to the home screen when exporting or importing data files

- Close the recipe section and click on **Tools** on the top part of the screen
- When drop-down box appears, click on **Data Transfer Utility**
- Next click on **Import Nutrikids Data**

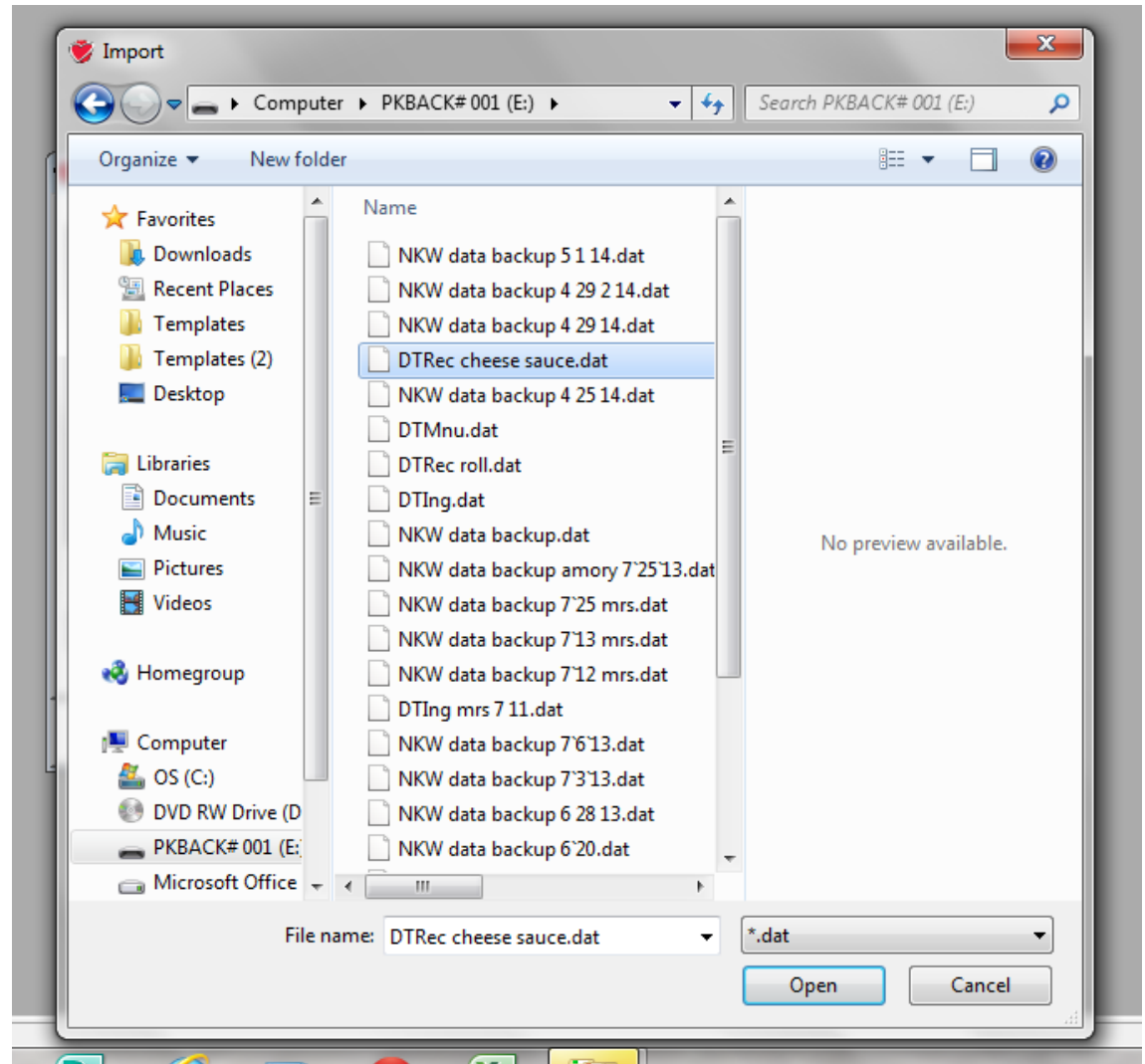
Importing Exported Recipes



Importing Exported Recipes

An **Import** window will appear

- Select the location where the exported recipe data files are saved
- Locate the file you wish to import, Cheese Sauce, highlight it, and click **Open**

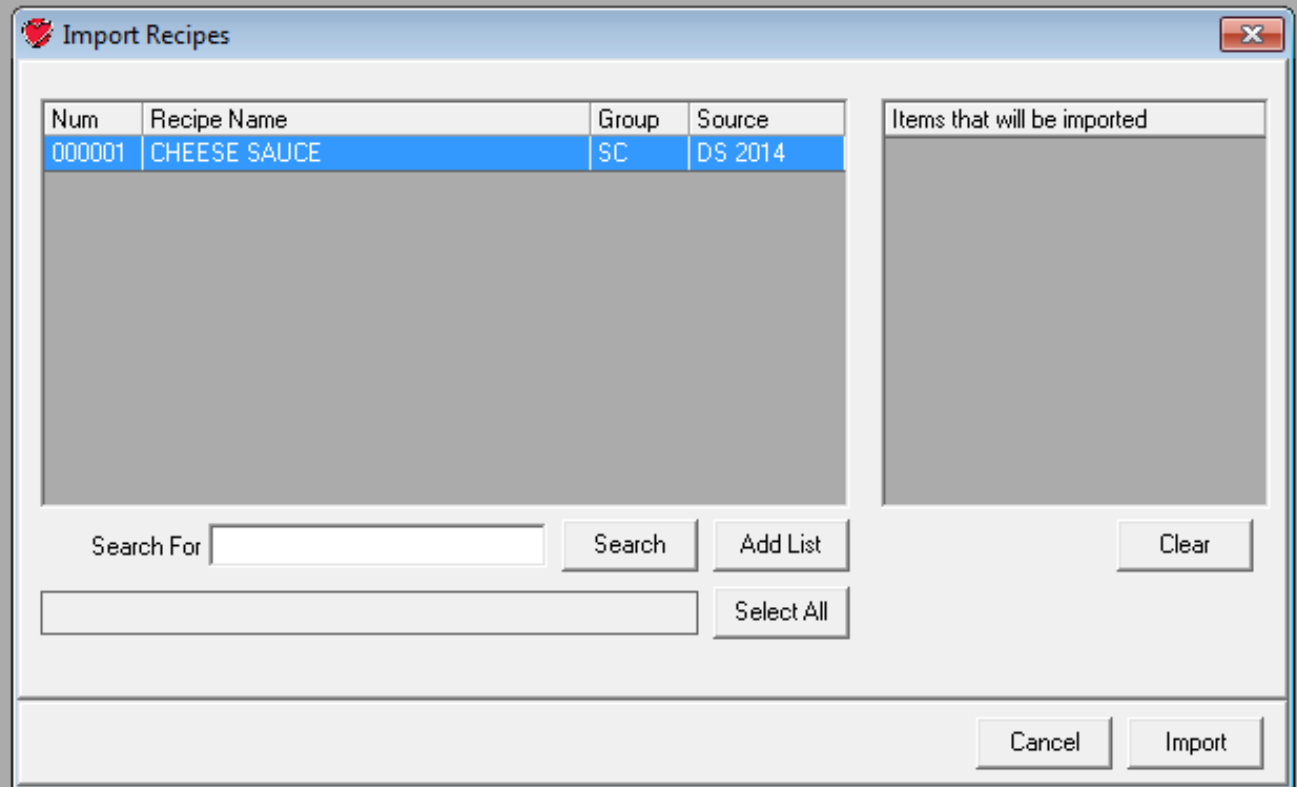


Importing Exported Recipes

The Import window will appear with the recipe names listed

If the imported data file had several recipes, all will be listed

The data file that was imported only had one recipe item

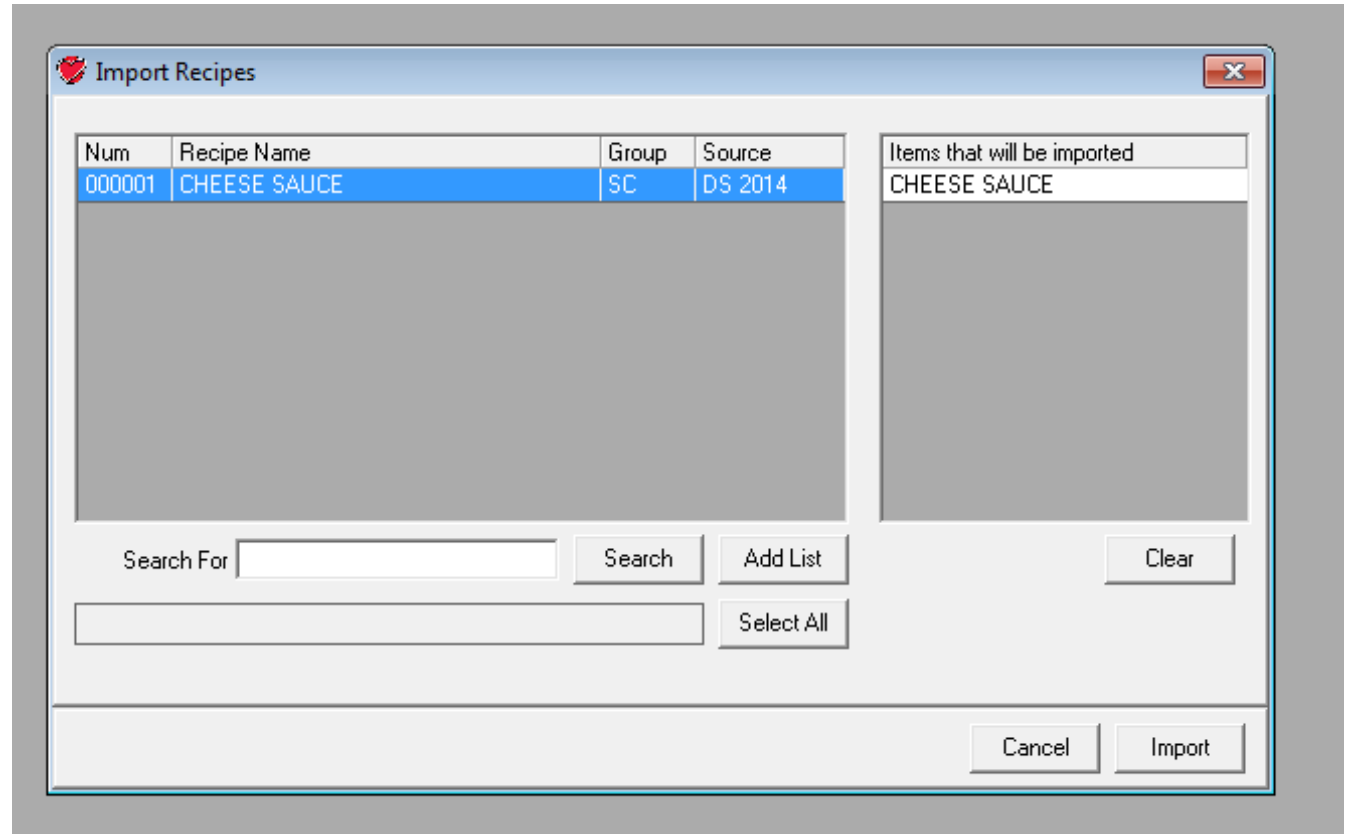


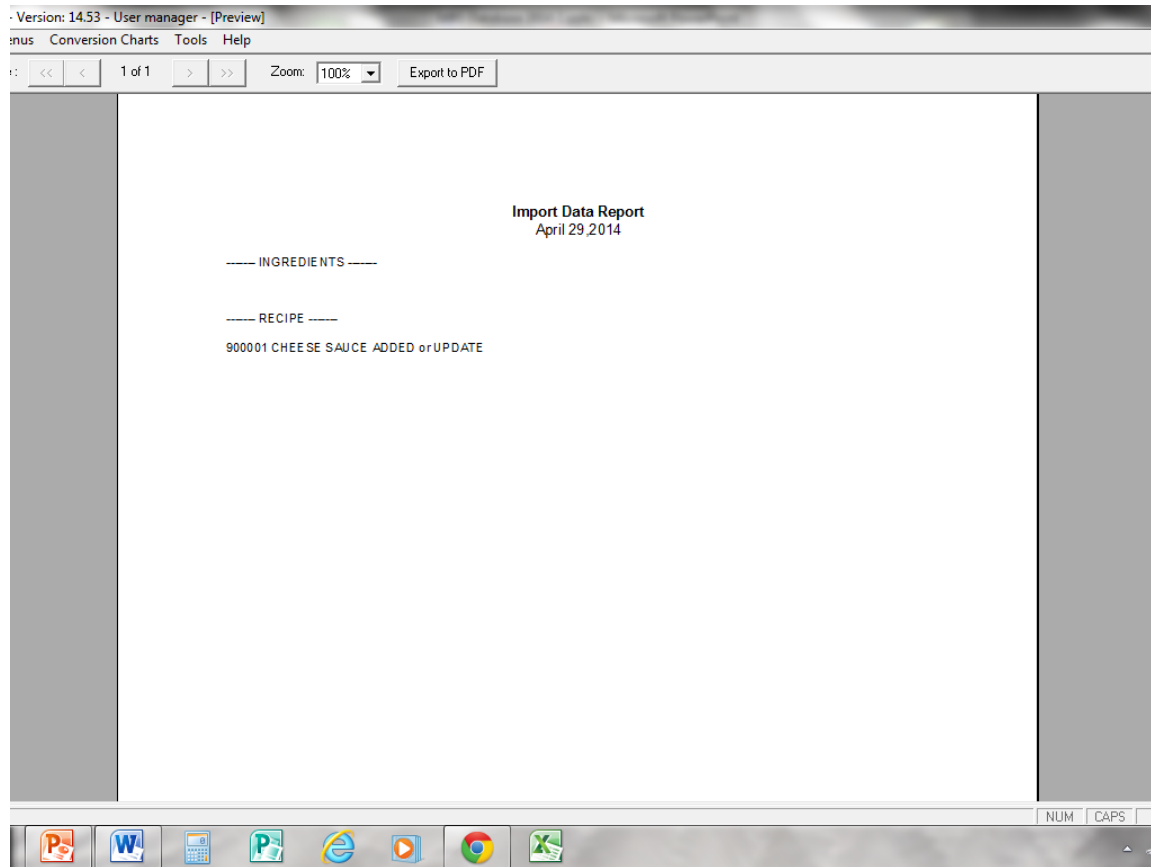
Importing Exported Recipes

After highlighting CHEESE SAUCE, click on Add List and the recipe name will appear in the **Items that will be imported** box

If several recipes are imported, click **Select All** and all of the recipes will move to the **Items that will be imported** box. If you want to remove an item, highlight the item and click **Clear**.

Next click **Import**.





Importing Exported Recipes

This screen appears indicating which recipes have been imported

Print to have a record of recipes imported

Close this screen and go back to the home screen



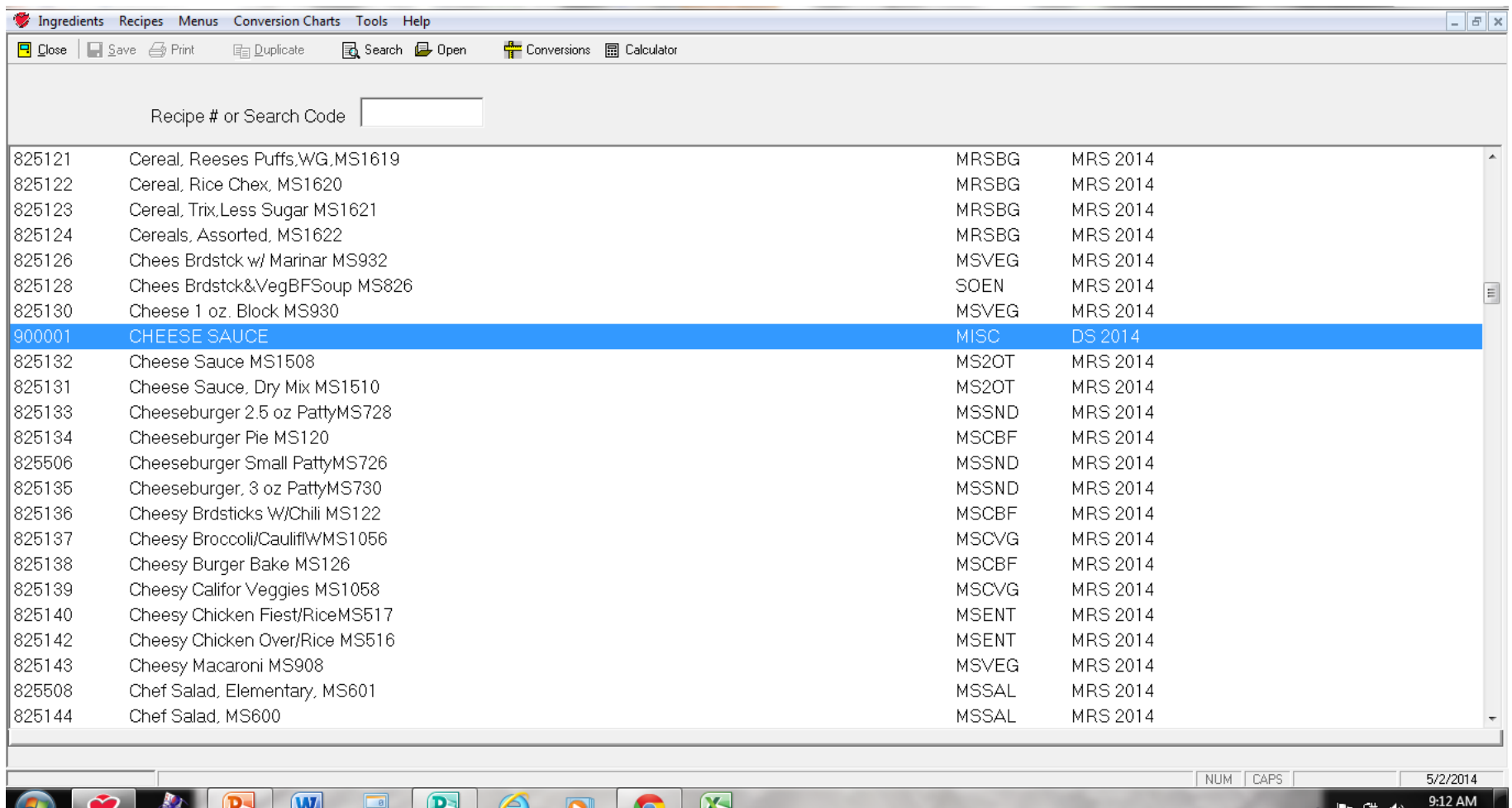
Importing Exported Recipe Files

To finish the process, click on Modify/Review

Recipe # or Search Code <input type="text" value="Cheese"/>			
825014	American Sandwich MS700	MSSND	MRS 2014
825015	Apple and Orange Wedges MS1240	MSFRT	MRS 2014
825016	Apple Delicious MS1200	MSFRT	MRS 2014
825017	Apple Slices in Bag MS1202	MSFRT	MRS 2014
825018	Applesauce, MS1204	MSFRT	MRS 2014
825019	Apricots MS1218	MSFRT	MRS 2014
82503	Apricots, FRZ, PC, MS1219	MSFRT	MRS 2014
825020	Arroz Con Queso MS900	MSVEG	MRS 2014
825021	Assorted Gelatin w/ Top MS1450	MSDES	MRS 2014
825023	Assorted Gelatin, No TopMS1454	MSDES	MRS 2014
825022	Assorted Gelatin,PC CupsMS1458	MSDES	MRS 2014
825024	Assorted Pudding CupsMS1462	MSDES	MRS 2014
825025	Assorted Sandwich, Combo MS701	MSSND	MRS 2014
825029	Au Gratin Potatoes MS1072	MRSSV	MRS 2014
825031	Bacon Burger 2.5 oz PattyMS702	MSSND	MRS 2014
825032	Bacon Burger 3 oz Patty MS704	MSSND	MRS 2014
825507	Bacon Cheeseburger2.5 oz MS706	MSSND	MRS 2014
825034	Bacon, 2 Slices, MS1500	MS2OT	MRS 2014
825035	Bagel & Yogurt Choice, MS1681	MRSBC	MRS 2014
825037	Bagel, 2WGR, Toasted, MS1600	MRSBG	MRS 2014
825036	Bagel, Breakfast, WG, MRS 1695	MRSBC	MRS 2014
825039	Baked Beans MS1000	MSVLB	MRS 2014
825040	Baked Beans MS918	MSVEG	MRS 2014

Importing Exported Recipe Files

On this screen, enter Cheese into the Recipe # or Search Code Box
 The recipe number that printed out, 900001, can also be entered



Importing Exported Recipe Files

When this screen appears, cursor to CHEESE SAUCE

Click on the recipe name to open the file

Close Save Print Duplicate Search Open Conversions Calculator

Recipe # 900001 HACCP Process #2 Same Day Service

Recipe Name CHEESE SAUCE Group Code MISCELLANEOUS +

Recipe Ingredient Nutrients Instruction Misc Prod. Spec. Attributes Allergens

Alternate Menu Name Cheese Sauce Source of Recipe DS 2014

2nd Alternate Menu Name

Last Modified On 5/2/2014 by manager

Number of Portions this Recipe Makes

Number of Portions 32 Portion Size 2 TBSP

Batch Quantities

Quantity	Measure

Non-Food Recipe

NUM CAPS 5/2/2014

Importing Exported Recipe Files

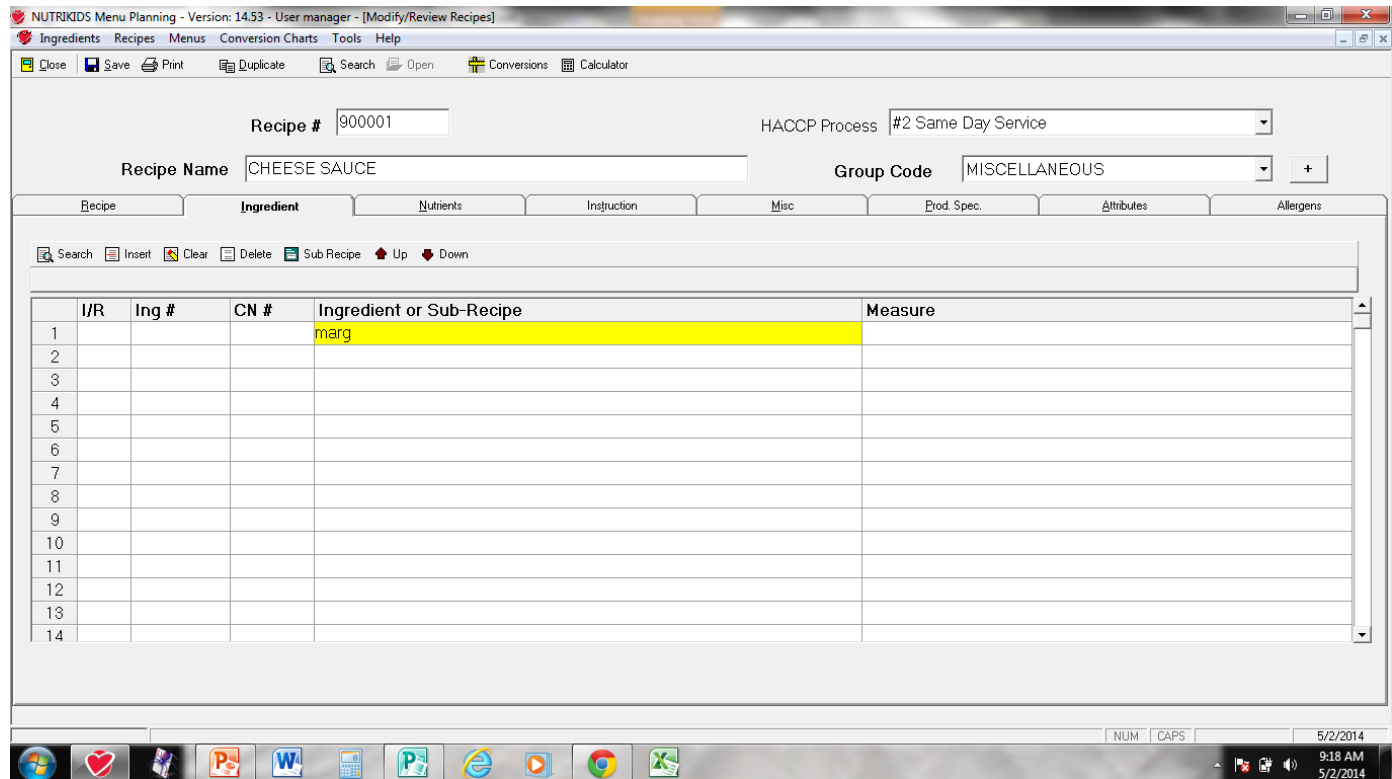
The recipe file for CHEESE SAUCE appears on the screen

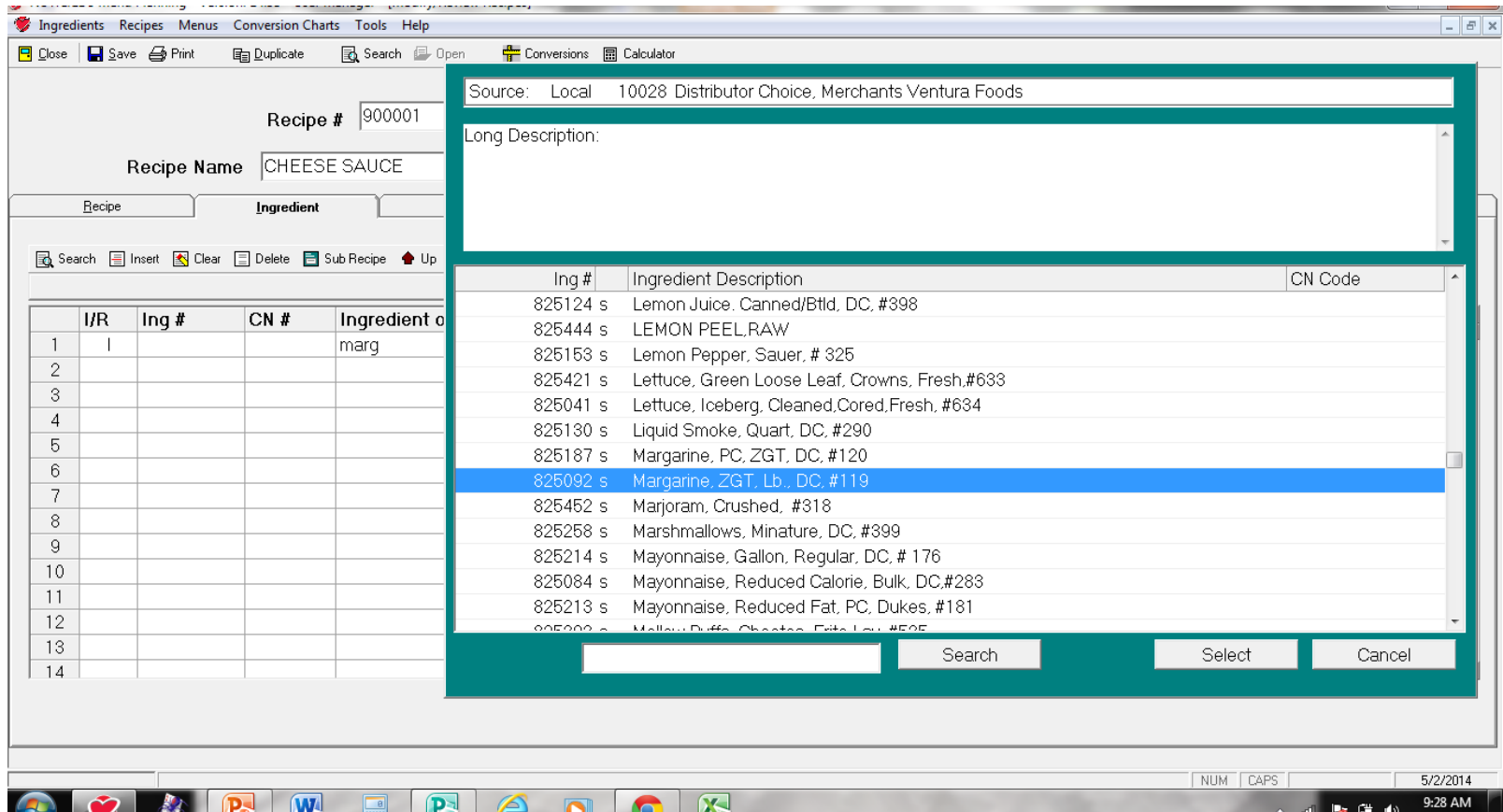
To enter the ingredients that were deleted, click on the ingredient screen

Importing Exported Recipes

Locate the ingredients to be entered on the printed copy and enter the ingredient in the **Ingredient or Subrecipe** column

Type in the first word of the ingredient and press enter





Importing Exported Recipe Files

This screen appears from the Ingredient file
Cursor down to Ingredient #825092, Margarine
Click on this ingredient

Importing Exported Recipes

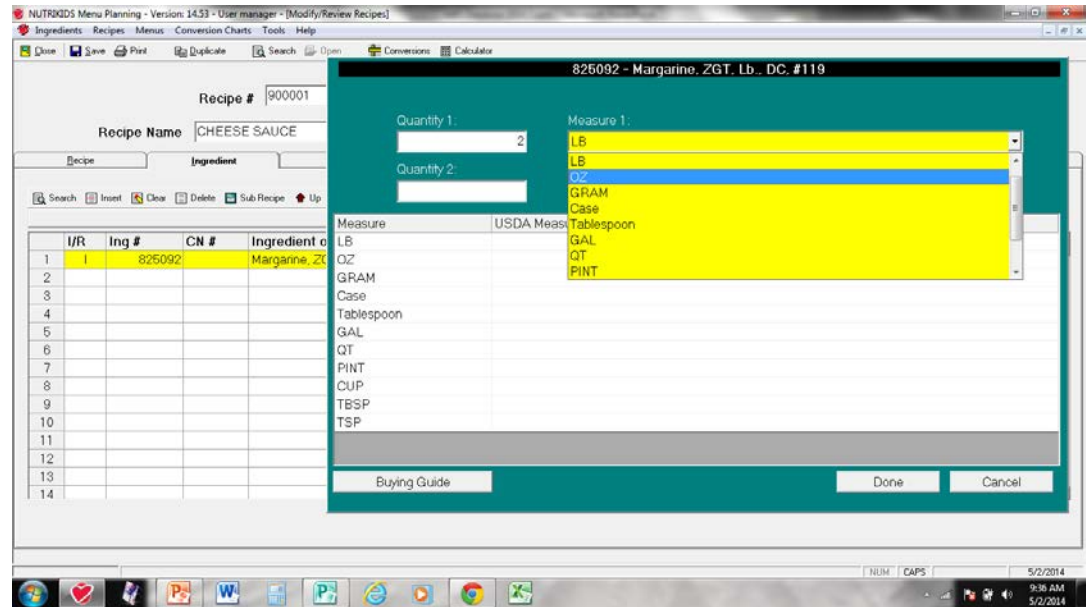
This screen will appear

Enter in the quantity of the ingredient in **Quantity 1**

Quantities can be entered as either fractions or decimals

Fractions are converted to decimals in the recipe, but will print as fractions in the printed copy of the recipe

Next select the measure in **Measure 1** and click on **Done**



Close Save Print Duplicate Search Open Conversions Calculator

Recipe # 900001 HACCP Process #2 Same Day Service

Recipe Name CHEESE SAUCE Group Code MISCELLANEOUS +

Recipe Ingredient Nutrients Instruction Misc Prod. Spec. Attributes Allergens

Search Insert Clear Delete Sub Recipe Up Down

I/R	Ing #	CN #	Ingredient or Sub-Recipe	Measure
1	I	825092	Margarine, ZGT, Lb., DC, #119	2 OZ
2	I	825089	Flour, All Purpose, Enriched, DC, #358	0.25 CUP
3	I	825080	Salt, Table, Distributor Choice, #343	0.25 TBSP
4	I	825248	Milk, Lowfat, Unflavored, 1% Milk Fat, #3	3.25 CUP
5	I	825010	Cheese, 5 Blend, Shredded: DC, #59	10 OZ
6				
7				
8				
9				
10				
11				
12				
13				
14				

NUM CAPS 5/6/2014

Importing Exported Recipes

- When all of the ingredients have been entered, click on **Save** on the top menu bar
- Check to see that all ingredients have been entered with the correct measurements
- Click on the **Nutrients** tab as a check

Entering Menus

- After importing exported recipes and duplicating any recipes and entering changes, menus can be planned for school year 2014-15
- Check the menu standards for menus

Future Updates of Data

Future updates will only be ingredients that are new, changed ingredients, new recipes, and any changes in recipes and will not affect current data!!!!!!!!!!!!!!

District recipes and any changes made by duplicating MRS 2014 Recipes will remain!!!!!!!!!!

District menus will remain, so isn't this change great!!!!!!!!!!!!!!!!!!!!!!

Future Updates of Data

- Ingredient updates will include data on new products (new ingredient numbers) and changes in data on existing products or changed products (same ingredient number as existing products)
- Recipe updates will include data on new recipes (new recipe numbers) and changes in data on existing recipes such as crediting, instructions, portion size, etc.
- All in one update

Future Updates of Data

- Since ingredient numbers of changed or updated products will remain the same, ingredients in district recipes with these ingredients will be updated with these changes, even in district duplicated recipes
- For instance if the manufacturer for Item #14, Chicken Nuggets, changes with the next update when that updated information is imported into Nutrikids, the data will change in the the district program[®] in the ingredients and recipes with that ingredient

Future Updates of Data

- The next update of data will occur with further changes in products for the 2014-15 school year
- Some changes are included in current update
- Data update will be posted on the MDE-OCN website on the Online Programs Screen
- Data will be imported into Nutrikids using the import data steps
- Updates will be available quarterly

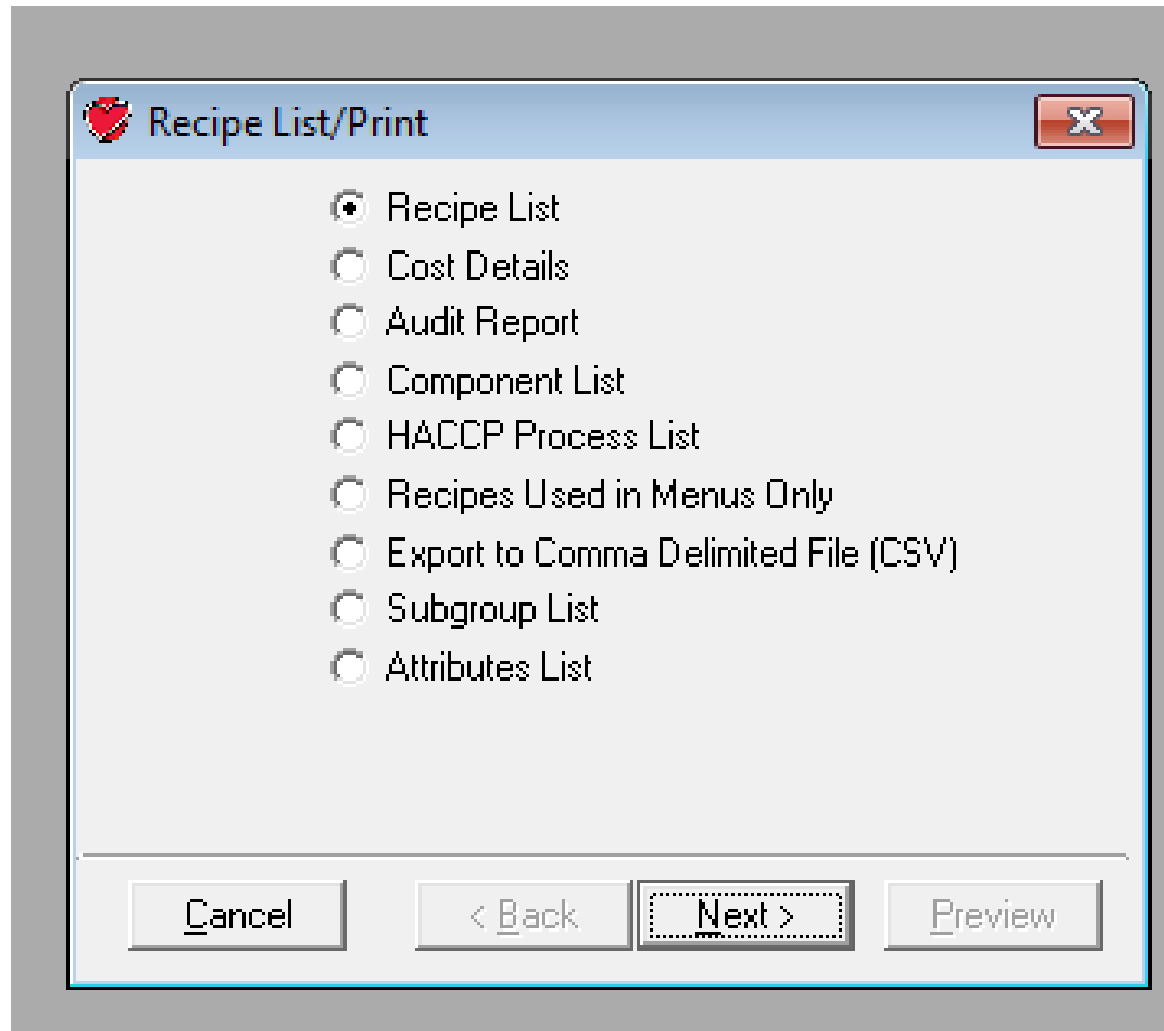


Printing Lists from Nutrikids

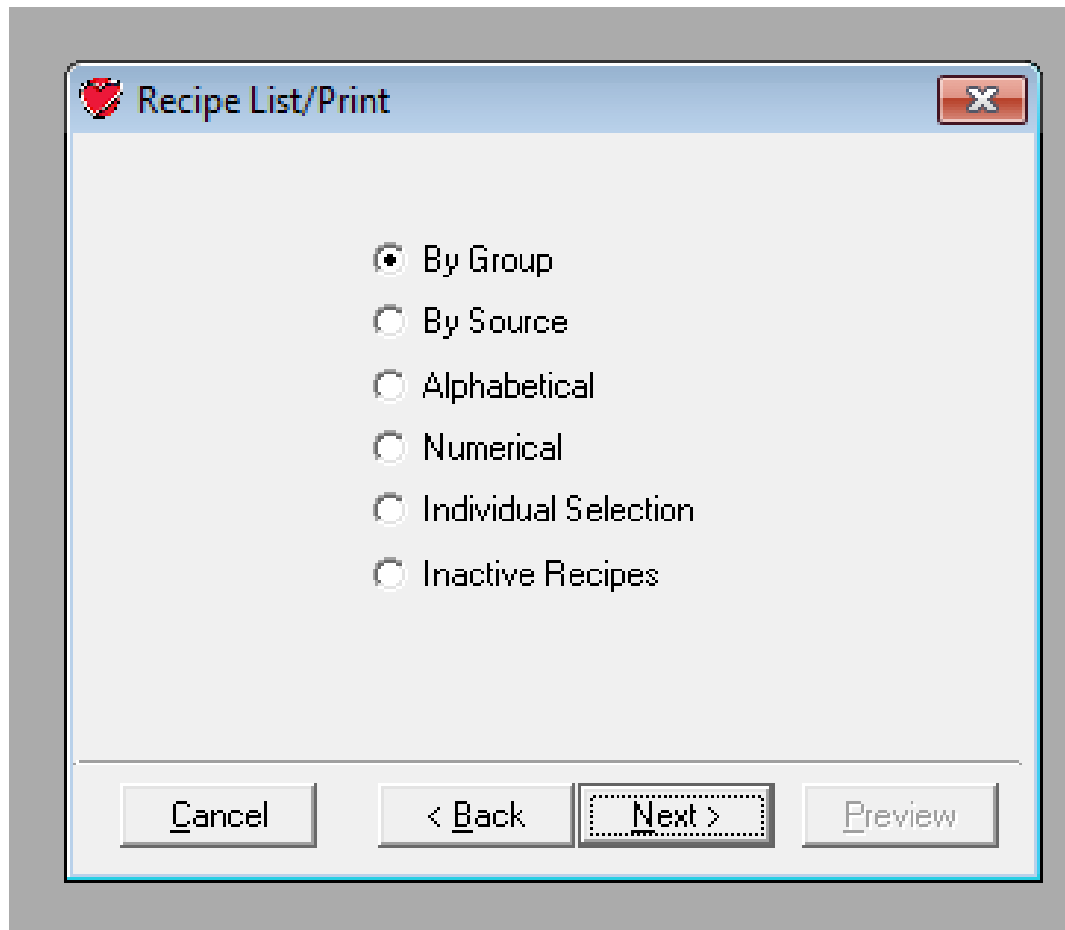
Many lists can be printed from Nutrikids

To view some of the lists, click on **List/Print** on the **Recipes** tab

L i s t s



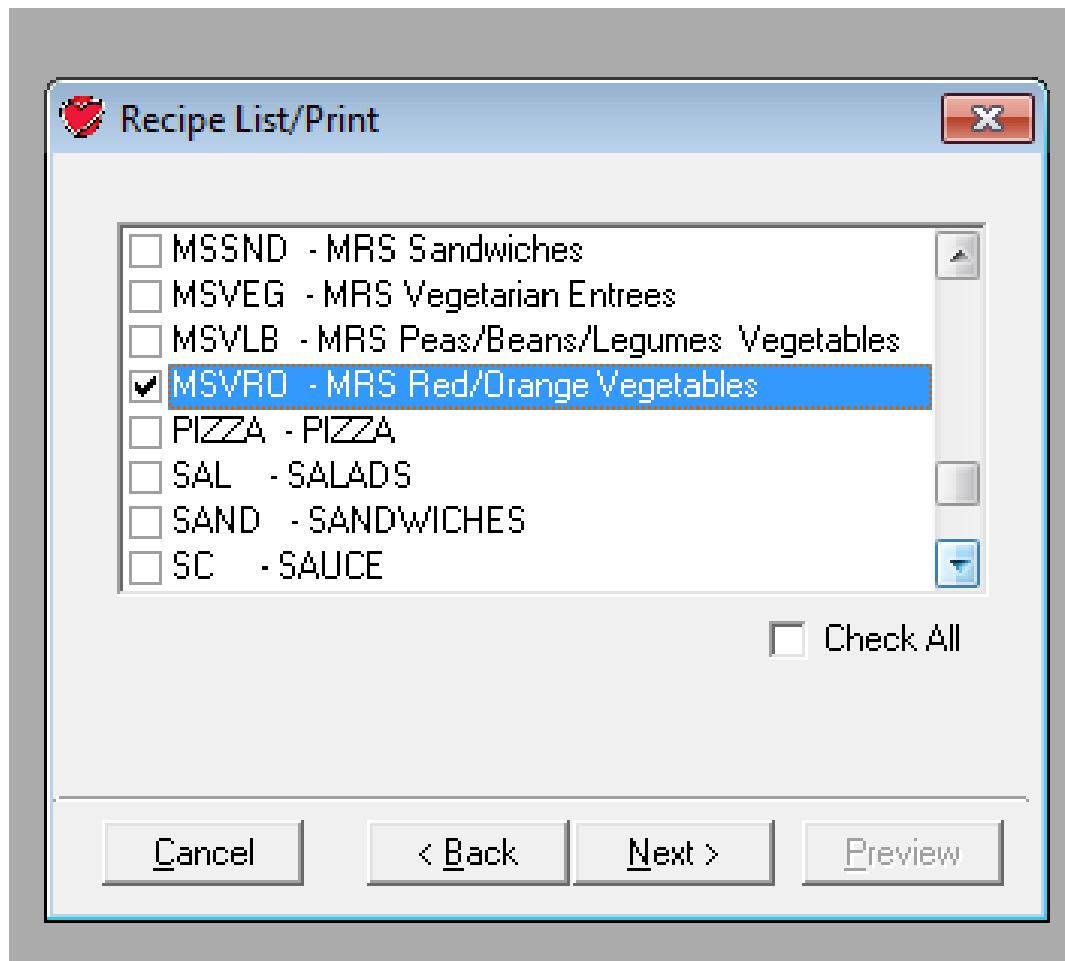
If looking for a recipe that you cannot find, click on the radio button on **Recipe List**
Click on **Next**



Lists

Next, click on the radio button **By Group**

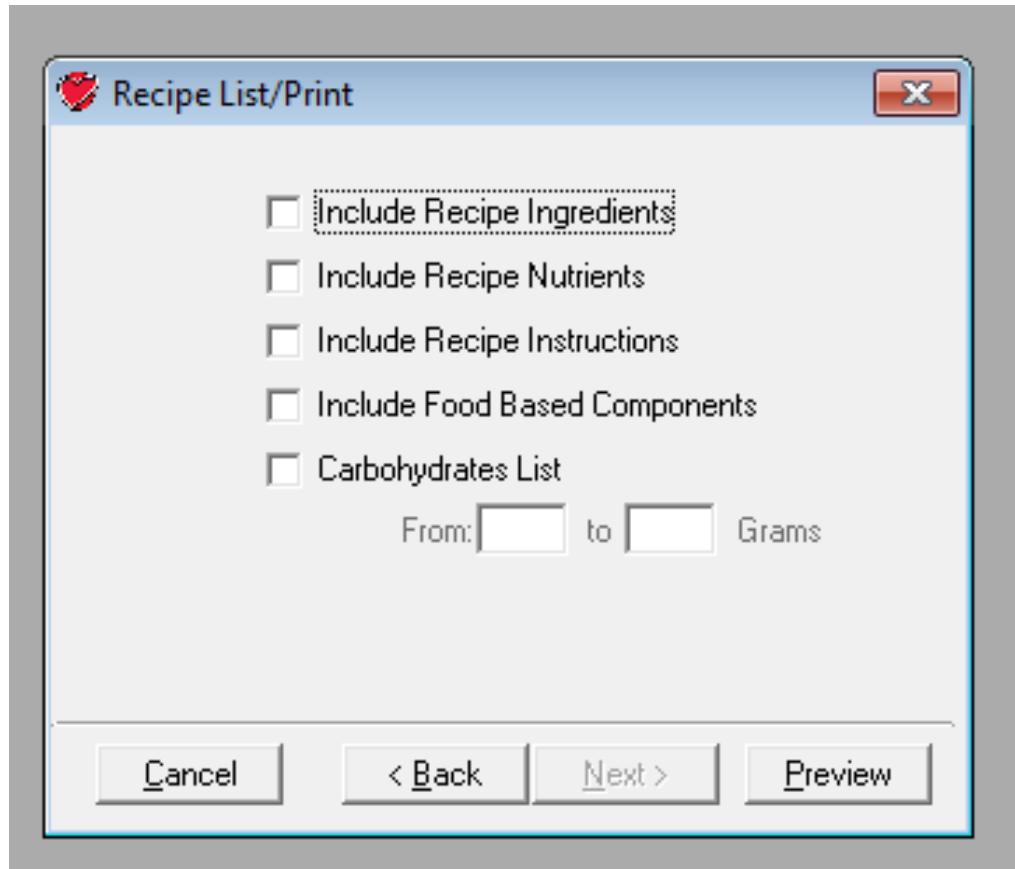
Click on **Next**



Lists

On this screen, click on the radio button for **MRS Red/Orange Vegetables**

Click on **Next**



Lists

We have various options here,
since we just want to view the list, click on **Preview**

NUTRIKIDS Menu Planning - Version: 14.53 - User manager

Ingredients Recipes Menus Conversion Charts Tools Help

Close Print Page: 1 of 1 Zoom: 150% Export to PDF

MSVRO

825049	Baked Sweet Potato/Marg.	MS1076	MRS 2014	1 each
825050	Baked Swt Potato/Apples	MS1050	MRS 2014	1/2 cup
825102	Carrot Souffle	MS1130	MRS 2014	2/3 cup
825103	Carrot-Raisin Salad	MS1112	MRS 2014	1/2 cup
825107	Carrotines in a Bag	MS1023	MRS 2014	3 oz. bag
825108	Carrots and Red Peppers,	MS1142	MRS 2014	1/2 cup
825109	Carrots, Baby w/ Dip,	MS#1017	MRS 2014	1/2 cup
825505	Carrots, Sliced, Italian,	MS1144	MRS 2014	1/2 cup
825272	Glazed Carrots	MS1018	MRS 2014	1/2 cup
825316	Lemon-Glazed Carrots	MS1020	MRS 2014	1/2 cup
825400	Salsa, Portion,	MS1146	MRS 2014	1 ounce
825433	Steamed Carrots	MS1022	MRS 2014	1/2 Cup
825437	Sweet Potato Casserole	MS1128	MRS 2014	1/2 Cup
825038	Sweet Potato Fries, Bkd	MS1099	MRS 2014	1/2 cup
825509	Sweet Potato Stixw/ Dip,	MS1154	MRS 2014	1/2 cup
825438	Sweet Potato, Southwest,	MS1075	MRS 2014	1/2 cup
825440	Sweet Potatoes, Mashed,	MS1073	MRS 2014	1/2 cup
825441	Sweet Potatoes, Cubes	MS1129	MRS 2014	1/2 cup
825453	Tomatoes with Dip,	MS1133	MRS 2014	1/2 cup servi
825454	Tomatoes&Carrots w/Dip,	MS1140	MRS 2014	1/2 cup servi

NUM CAPS 4/15/2014

Lists

Here is the list of Red/Orange Vegetables

See the sweet potato recipes

The recipes can be accessed by either the name or the recipe number

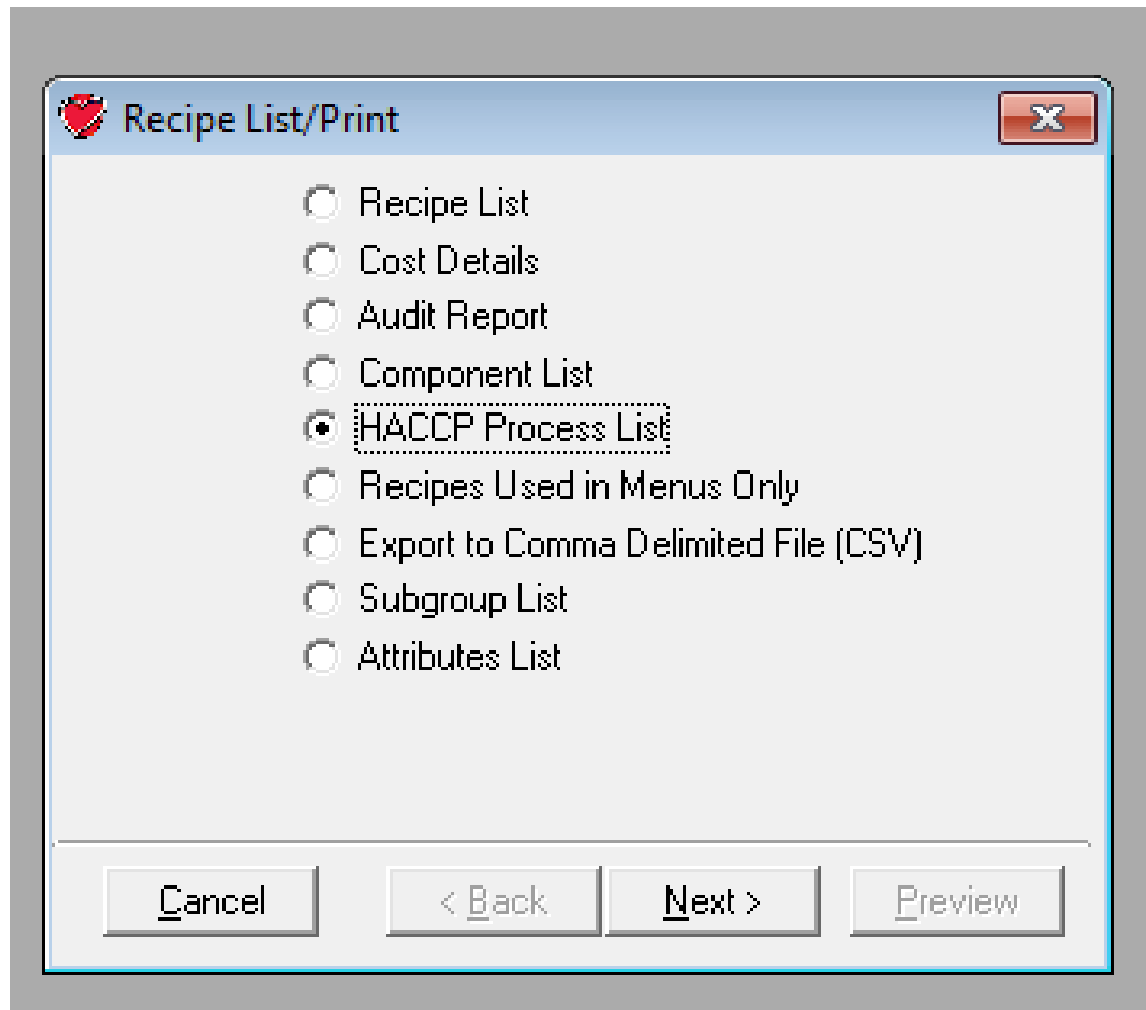
No.	Description	Portion Size	Carbohydrates (Grams)
MSVRO			
825049	Baked Sweet Potato/Marg.MS1076	1 each	26.16
825050	Baked Swt Potato/ApplesMS1050	1/2 cup	30.46
825102	Carrot Souffle MS1130	2/3 cup	25.78
825103	Carrot-Raisin Salad MS1112	1/2 cup	28.57
825107	Carrotines in a Bag MS1023	3 oz. bag	6.93
825108	Carrots and Red Peppers.MS1142	1/2 cup	8.39
825109	Carrots, Baby w/ Dip, MS#1017	1/2 cup	9.95
825505	Carrots, Sliced, Italian,MS1144	1/2 cup	5.87
825272	Glazed Carrots MS1018	1/2 cup	9.28
825316	Lemon-Glazed Carrots M S1020	1/2 cup	7.41
825400	Salsa, Portion, MS1146	1 ounce	1.89
825433	Steamed Carrots M S1022	1/2 Cup	7.11
825437	Sweet Potato Casserole MS1128	1/2 Cup	50.89
825038	Sweet Potato Fries,Bkd MS1099	1/2 cup	17.92
825509	Sweet Potato Stixw/ Dip.MS1154	1/2 cup	10.86
825438	Sweet Potato, Southwest,MS1075	1/2 cup	34.99
825440	Sweet Potatoes, Mashed, M S1073	1/2 cup	37.74
825441	Sweet Potatoes,Cubes MS1129	1/2 cup	12.87
825453	Tomatoes with Dip, MS1133	1/2 cup serving	6.95
825454	Tomatoes&Carrots wDip, M S1140	1/2 cup serving	7.65
825491	Yam Patties M S1135	1/2 Cup	32.00

Lists

Click on the Carbohydrates List, and this screen appears

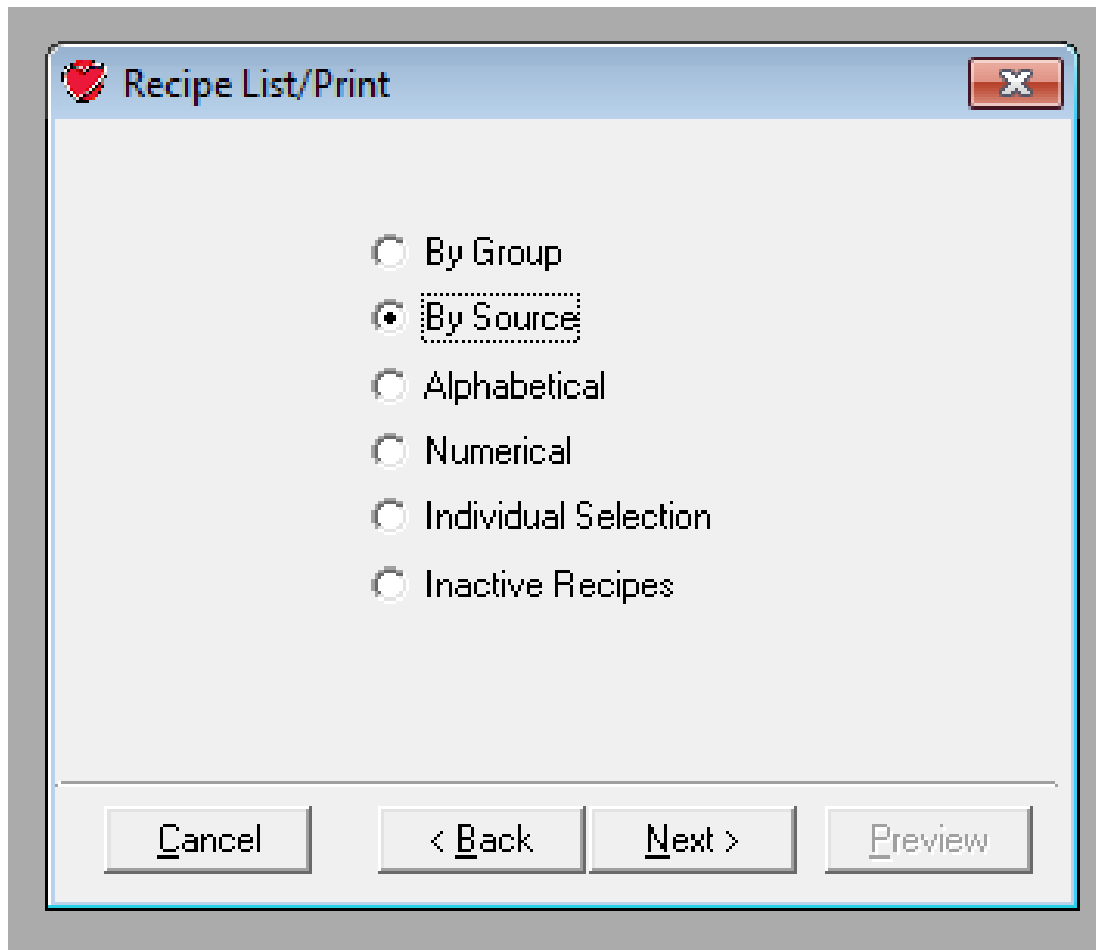
When the school nurses ask for a list of carbohydrates in menu items, this can be printed

L I S T S



Another helpful list is the HAACP Process list

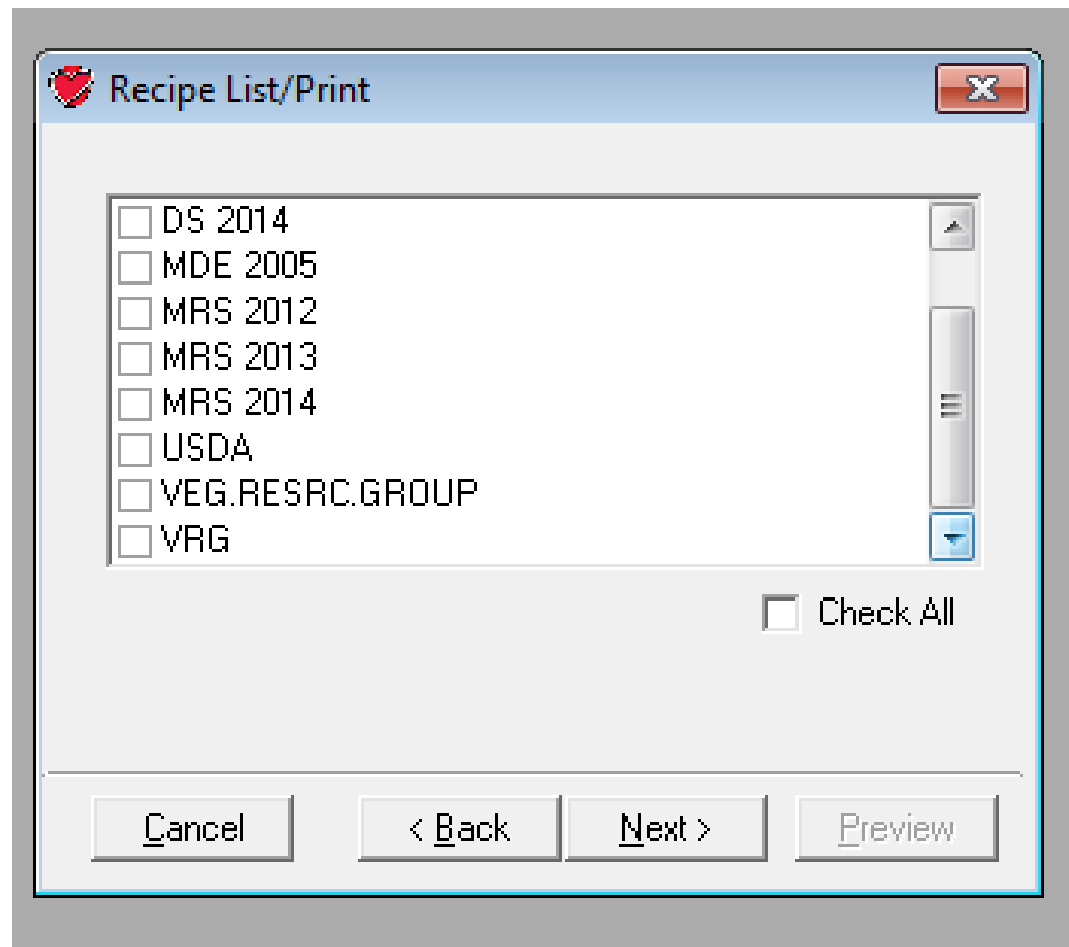
To print that list, select it on this screen



Lists

This screen will appear

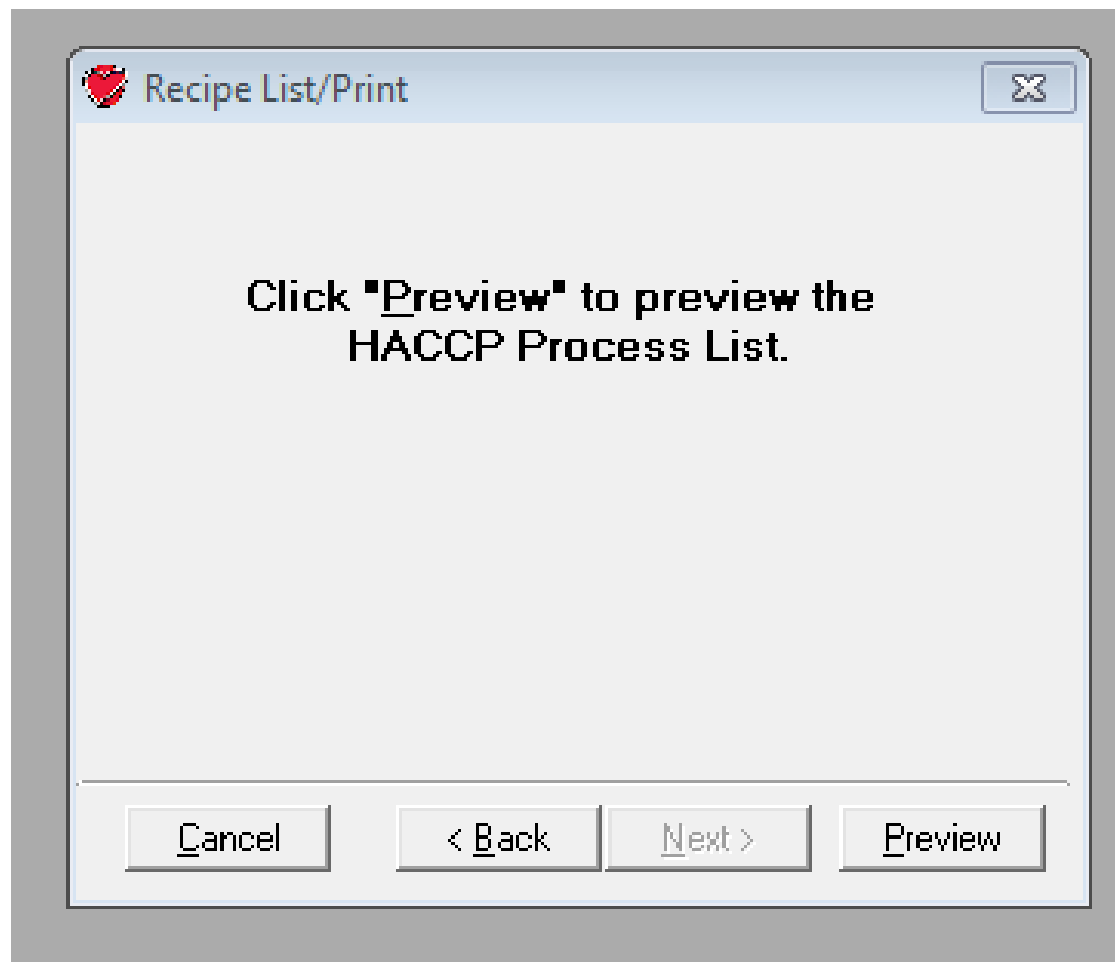
Select **Source** to print all of the MRS 2014 recipes and click **Next**



Lists

This screen will appear

Select **MRS 2014** and click on **Next**



Lists

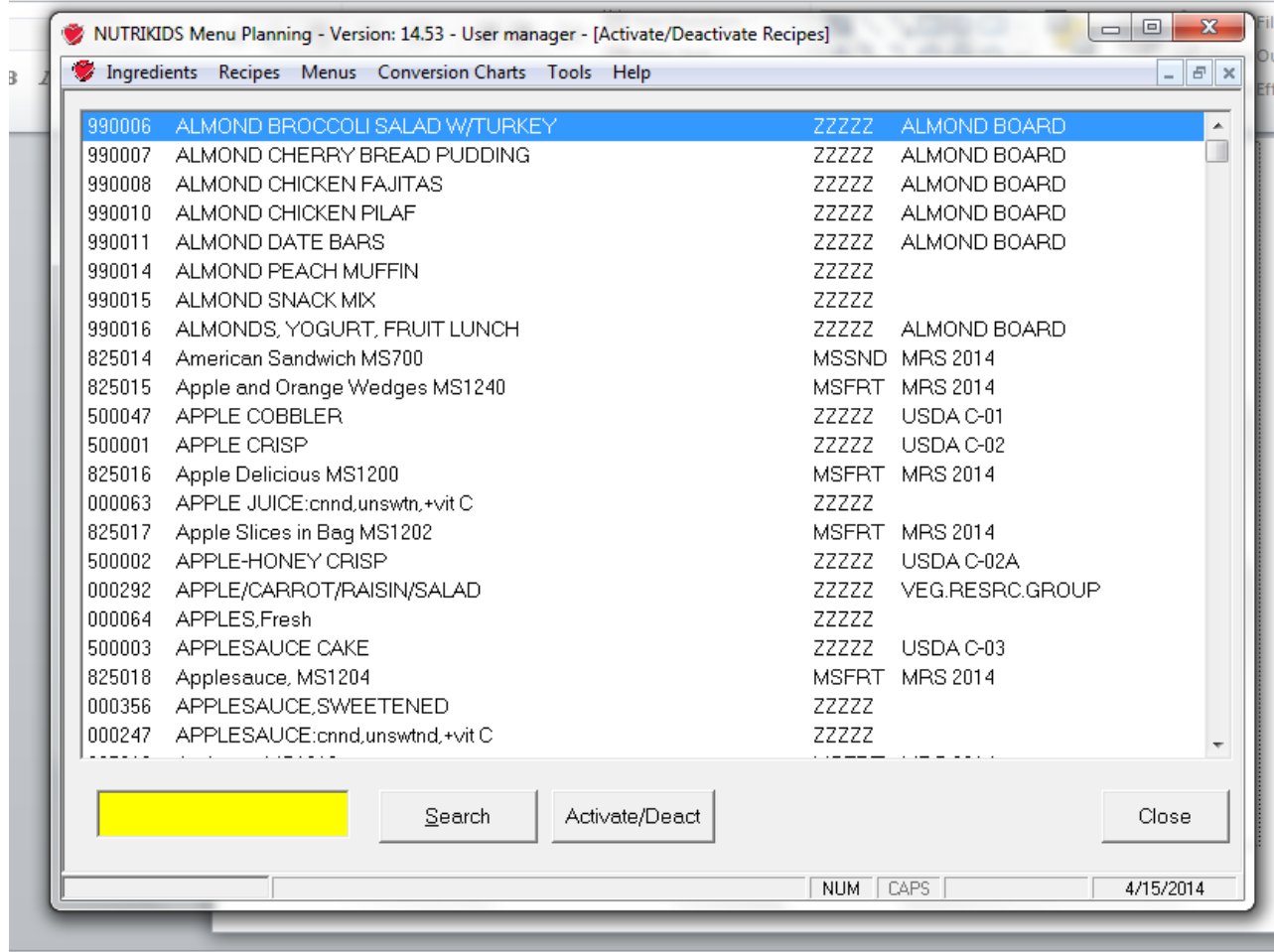
Click on **Preview**

No.	Description	Group	# of Portion	Portion Size
#1 No Cook				
MRS 2014				
825014	American Sandwich MS700	MSSND	100	1 sandwich
825015	Apple and Orange Wedges MS1240	MSFRT	100	1/2 cup
825016	Apple Delicious MS1200	MSFRT	100	each
825017	Apple Slices in Bag MS1202	MSFRT	100	1/2 cup
825018	Applesauce, MS1204	MSFRT	100	1/2 cup
825019	Apricots MS1218	MSFRT	100	1/2 cup
825503	Apricots, FRZ, PC, MS1219	MSFRT	100	1/2 cup
825025	Assorted Sandwich, Combo MS701	MSSND	4	sandwich
825035	Bagel & Yogurt Choice, MS1681	MRSBC	100	1 serving
825051	Banana Berry Blend MS1224	MSFRT	100	1/2 cup
825072	Black Bean Salad MS1104	MSCVG	100	1/2 cup
825074	Blueberries w/Whipd Top, MS1221	MSFRT	100	1/2 cup
825085	Broccoli Florets w/ Dip, MS1148	MRSBV	32	1/2 cup
825088	Broccoli Salad (Ranch) MS1106	MRSBV	100	1/2 cup
825090	Broccoli Salad Grapes MS1110	MRSBV	50	2/3 cup
825100	Calico Fruit MS1225	MSFRT	60	1/2 cup
825103	Carrot-Raisin Salad MS1112	MSVRO	50	1/2 cup
825104	Carrot/Cely/Cucumber MS1021	MSCVG	100	1/2 cup
825105	Carrot/PepStrip/Broc MS1019	MSCVG	100	1/2 cup
825107	Carrotines in a Bag MS1023	MSVRO	50	3 oz. bag
825108	Carrots and Red Peppers, MS1142	MSVRO	50	1/2 cup
825109	Carrots, Baby w/ Dip, MS#1017	MSVRO	50	1/2 cup
825111	Celery Sticks with Dip MS1120	MSCVG	100	1/2 cup
825114	Cereal Bar, ChocChp, 1WGR, MS1608	MRSBG	100	1 bar
825112	Cereal Bar, Fruit F, 1WGR, MS1606	MRSBG	100	1 bar
825115	Cereal Bar, Oat, 1WGR, MS1609	MRSBG	100	1 bar
825113	Cereal Bar, Strwb, 1WGR, MS1607	MRSBG	100	1 bar
825117	Cereal Rice Square, Cocoa MS1611	MRSBG	100	1 square
825116	Cereal Rice Square, Berry, MS1610	MRSBG	100	1 square
825118	Cereal, Cinnamon Toast, MS1612	MRSBG	100	1 bowl pack
825499	Cereal, Frosted Flakes, MS1613	MRSBG	100	1 bowl pack
825119	Cereal, Honey Nut Chex, MS1615	MRSBG	100	1 bowl pack
825125	Cereal, Honey Nut Chex, MS1615	MRSBG	100	1 bowl pack

Lists

This list will appear

The recipes are listed alphabetically by Process 1, Process 2, and Process 3



Activate/Deactivate

USDA Recipes were deactivated as were other recipes

This is the screen that appears when Activate/Deactivate Recipes is selected

To activate a recipe , double click on the name and the recipe will appear on the recipe list and can be opened

Remember that ingredients will have to be updated

What Was Presented

- Features of MRS 2014 Database
- Backing up current database
- Saving district duplicated and added recipes
- Exporting district added recipes
- Downloading and restoring MRS 2014 Database
- Duplicating recipes
- Importing district added recipes
- Printing lists
- Receiving future updates