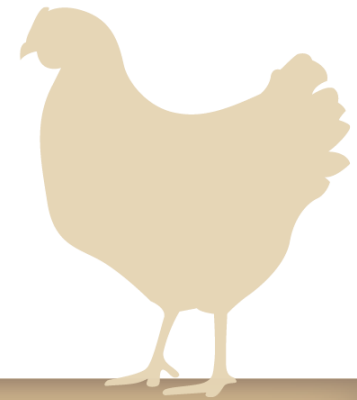


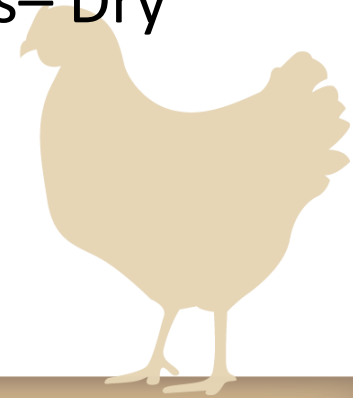
# Software Update It's a Snap!

Doris J. Schneider, RD



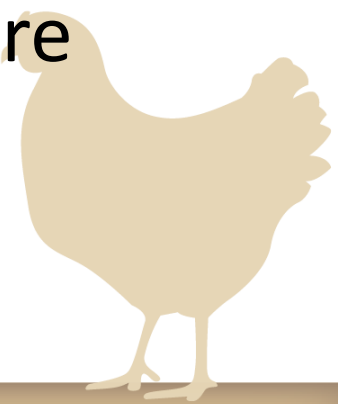
# Resources on MRS Webpage

- Ingredient Changes – Database
- Ingredient Changes – PDF list of changes
- Recipe Changes – Database
- Recipe Changes – PDF list of changes
- Current Database
- Quick Find Order Guide with Database Numbers  
Frozen/Refrigerated
- Quick Find Order Guide with Database Numbers– Dry  
Storage
- Ice Cream Products with Database Numbers
- Milk Products with Database Numbers
- Produce List with Database Numbers (to come)




# Database Files on MRS Website(OCN)

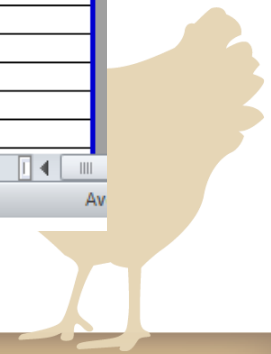
- Ingredient Changes October 2014 – Import Using Data Transfer Utility Tool on NK Toolbar (**Changes from July to October**)
- Recipe Changes October 2014 - Import Using Data Transfer Utility Tool on NK Toolbar (**will not change duplicated recipes**)
- Database – Complete Database – Restore Using Backup/Restore on NK Toolbar (**Will REPLACE Current Database**)



# Quick Find Order Guide w/ NK Numbers

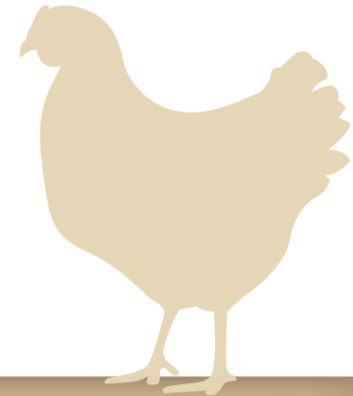
	A	B	C	D	E	F	G	H
1			<b>Order Guide</b>	<b>DRY ITEMS</b>			<b>2014-15</b>	
2	<b>Line #</b>	<b>NK#</b>	<b>Description</b>	<b>Pack Size</b>	<b>Brd Name</b>	<b>Mfr. #</b>	<b>Serving Size</b>	<b>Meal Component/Serving</b>
3			<b>BAKING PRODUCTS</b>					
4	363	825146	Baking Powder	10 lb.	Dist. Choice			
5	364	825221	Baking Soda	12/2 lb.	Dist. Choice			
6	371	825261	Chocolate Chips, Imitation	24/12 ounce(18#)	Dist. Choice			
7	372	825230	Cocoa, Natural	1/5 lb.	Gel Spice	80682		
8	377	825100	Corn Starch	24/1 lb.	Dist. Choice			
9	361	825138	Cornmeal, Stone Ground Yellow (WG)	50 lb.	Hodgson's Mill			
10	362	825490	Cornmeal, Stone Ground, White (WG)	25 lb.	Dist. Choice			
11	390	not in nk	Cornmeal, White, Self-Rising	25 lb.	Dist. Choice			
12	358	825089	Flour, All Purpose	25 lb.	Peter Pan	176		
13	360	825292	Flour, Ultragrain	25 lb.	Dist. Choice			
14	374	825426	Bakeable Breeding Mix	25 lb. bag	Gilster-Mary-Lee	71923-64060		
15	379	825391	Flavoring, Lemon	Pint	Dist. Choice			
16	380	825106	Flavoring, Vanilla	1 gallon	First Quality	462540		
17	381	825273	Food Coloring, Red	Pint	Dist. Choice			
18	383	825239	Food Coloring, Yellow	pint	Dist. Choice			
19	376	825090	Milk, Non Fat, Dry Instant	25 lb.	Dist. Choice			
20	366	825194	Yeast, Instant	20/1 lb.	Fleishmans	2139		
21	375	825101	Syrup, Corn, Clear	4/1 gallon.	Dist. Choice			
22	405	825097	Sugar, Brown, Light	24 lb.	Dist. Choice			

Page 1



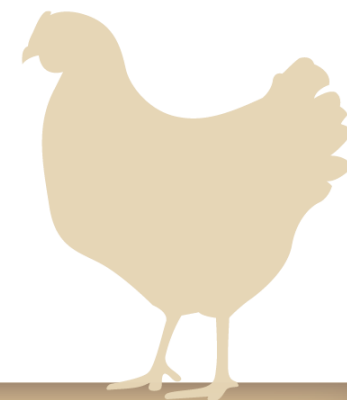
# Ingredient Changes – PDF List

Ingredient Changes October 2014		
NK#	Ingredient Description	Change in Product/Nutritional Data
825013	Eggs, Whole, Liquid, #115	Delete frozen from description
825352	Baked Rice MM Square, Berry Flav, GM,#539	deactivate
825516	Ice Cream LF Strawberry Cup Luvel #3	added new ingredient
825517	Ice Cream LF Vanilla Luvel Cup #1	added new ingredient
825518	Ice Cream LF Chocolate Cup Luvel #2	added new ingredient
825140	Mix, Brownie, WGR,HOTB, #370	Updated nutritional values
825530	Ice Cream LF Chocolate Cup BB #2	added new ingredient
825519	Ice Cream Sandwich LF Luvel Chocolate #4	added new ingredient
825521	Ice Cream LF Luvel Fudge Bar #8	added new ingredient
825520	Ice Cream Bar LF Dream Bar Luvel #6	added new ingredient
825522	Ice Cream Bar LF Luvel Cookies 'n Cream #6	added new ingredient
825523	Ice Cream LF Cookie Cone Luvel #11	added new ingredient
825524	Ice Cream LF Vanilla Cup BB #1	added new ingredient
825525	Ice Cream FZN Yogurt Strawberry Swirl Luvel #7	added new ingredient
825526	Ice Cream FZN Vanilla Yogurt Luvel #9	added new ingredient
825528	Ice Cream Strawberry Shortcake Bar Luvel #12	added new ingredient
825527	Ice Cream Chocolate Shortcake Bar Luvel #11	added new ingredient
825529	Ice Cream Crumbled Cookie Cone Luvel #13	added new ingredient
825531	Ice Cream LF Strawberry Cup BB #3	added new ingredient
825532	Ice Cream LF Ice Cream Sandwich BB #4	added new ingredient
825533	Ice Cream LF Sandwich Cook/Cream BB #5	added new ingredient
825534	<b>Ice cream LF Dream Bar BB #6</b>	added new ingredient
825535	Ice cream LF Fudge Bar BB #7	added new ingredient
825077	Apple Slices DFM#547	deactivate
825536	Ice Cream LF Banana Fudge Bar BB #8	added new ingredient



# Recipe Changes – PDF List

Recipe Changes October 2014		
NK#	Recipe Name	Change
825513	Raisins, Flavored, MS1291	added recipe number to recipe name
825439	Sweet Potato, WG Muffins MS1370	in instructions moved sweet potatoes to B
825516	Croutons, PC, .5 Gram, PC, #1318	Added recipe number to recipe name
825001	Mini WG Crackers, MS1367	Changed recipe #
825514	Breakfast Bread, Variety, MS1646	added recipe number to recipe name
825515	Breakfast Sliders, MS1696	added recipe number to recipe name
825067	Beef Tips Over Noodles MS112	Updated subgroups
825126	Chees Brdstck&VegBFSoup MS826	Updated subgroups
825134	Cheeseburger Pie MS120	Updated subgroups
825020	Arroz Con Queso MS900	Updated subgroups
825378	Pizza, WGR Pepperoni, Wdg MS306	Updated subgroups
825148	Chicken & Sausage Gumbo MS800	Updated subgroups
825151	Chicken and Noodles MS524	Updated subgroups
825185	Chicken Salad w/Crackers MS610	Updated subgroups
825191	Chicken Tetrizzini WWht MS550	Updated subgroups
825221	Country Fried Steak Sand MS746	Updated subgroups
825273	Graham Crackers MS1408	Updated subgroups
825315	Lasagna MS154	Updated subgroups
825322	Macaroni and Cheese MS1338	Updated subgroups
825444	Taco Meat with Chips MS186	Updated subgroups
825462	Tuna Salad in Bread Bowl MS715	Updated subgroups
825449	Toaster Past, Strbr, 2WGR, MS1644	deactivated as not on order guide anymore
825476	Vegetable Lasagna MS914	Updated subgroups

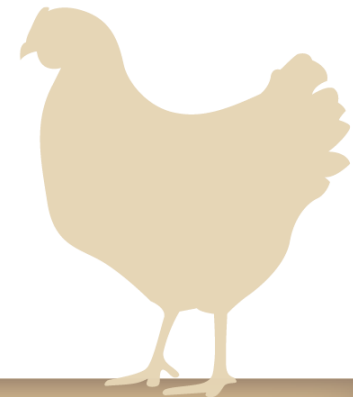


# Milk Products Database

## MILK PRODUCTS DATABASE NUMBERS

September 2014

#	Description	Beth	Luvell	Borden
1	Milk, Whole, 3.25%, ½ pint			
2	Milk, unflavored, 1%, ½pt.		825339	825530
3	Milk, chocolate, skim ½pt.		825543	825543
4	Milk, strawberry, skim, ½pt.		825494	825544
5	Milk, vanilla, skim, ½pt.	825493		
6	Milk, Skim, ½ pint		825161	825161
7	Milk, Skim, ½ pint, plastic chub		825161	825161
8	Milk, 1% unflav., ½ pint, plastic chub		825339	825530
9	Milk, chocolate, skim, ½pt. plastic chub		825543	825543
10	Milk, strawberry, skim, ½pt. plastic chub		825494	825544
11	Milk, vanilla, skim, ½pt. plastic chub	825493		
12	Buttermilk, 1%, ½ gallon			
13	Whole Milk, 3.25%, gallon			

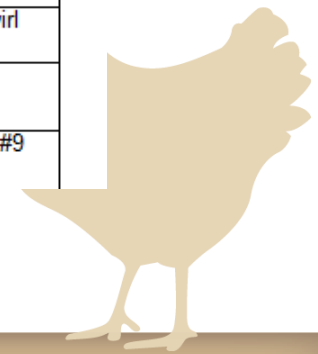


# Ice Cream Database List

7/17/14

## ICE CREAM PRODUCTS DATA BASE LIST LUVEL DAIRY PRODUCTS August 1, 2014 – July 31, 2015

Item #	DESCRIPTION	Pack Size	NK #	NK Description
1	Ice Cream, low fat vanilla w/spoon, 3 oz. cup	24	825517	Ice Cream LF Vanilla Luvell Cup #1
2	Ice Cream, low fat chocolate w/spoon, 3 oz. cup	24	825518	Ice Cream LF Chocolate Cup Luvell #2
3	Ice Cream, low fat strawberry w/spoon, 3 oz. cup	24	825516	Ice Cream LF Strawberry Cup Luvell #3
4	Ice Cream Sandwich, low fat, chocolate wafer	24	825519	Ice Cream Sandwich LF Luvell Chocolate #4
5	Low fat <i>Dream Bar</i>	24	825520	Ice Cream Bar LF Dream Bar Luvell #6
6	Low fat <i>Cookies N' Cream Bar</i>	24	825522	Ice Cream Bar LF Luvell Cookies 'n Cream #6
7	Frozen yogurt, strawberry swirl	24	825525	Ice Cream FZN Yogurt Strawberry Swirl Luvell #7
8	<i>Fudge Bar</i>	24	825521	Ice Cream LF Luvell Fudge Bar #8
9	Frozen yogurt, vanilla	24	825526	Ice Cream FZN Vanilla Yogurt Luvell #9





# Nutrikids Version 15. (July 2014)

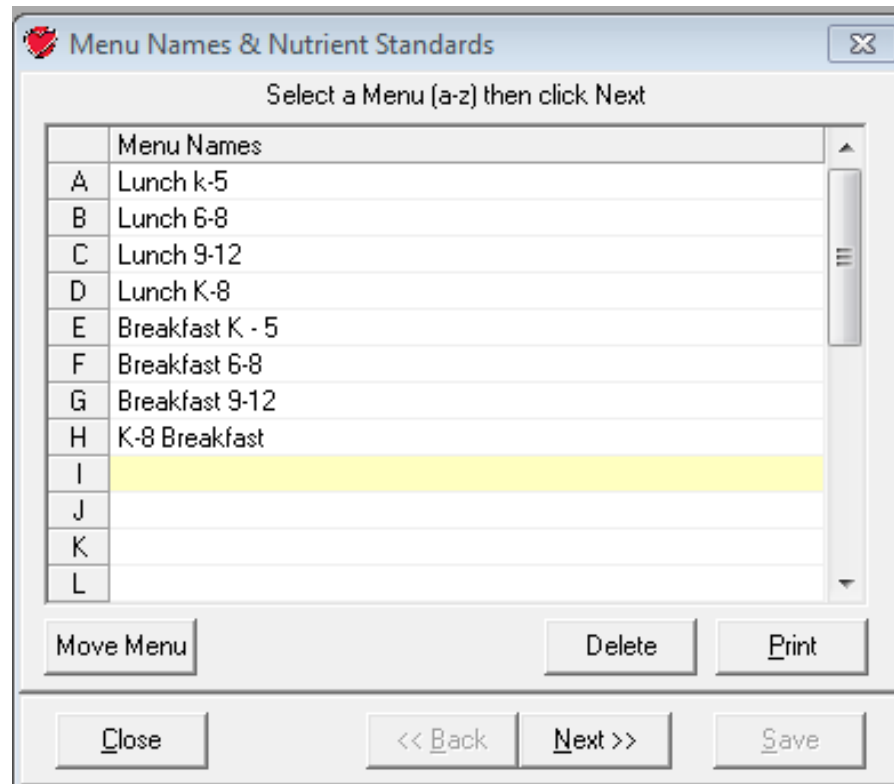
- K-12 added as a Menu Option for Breakfast
- Food Based Component M/MA option
- Sugar is added to the Nutrient Tab
- Contains USDA Database Release: CN18  
(This added multiple ingredients)
- Others



# Menu Names & Nutrient Standards



# To add Breakfast K-12 highlight line I and hit Next on bottom of screen



# Enter Breakfast K-12 in yellow box

Menu Names | **Breakfast K-12**

Menu Planning Options | HHFKA, Food Based

Meal

- Breakfast
- Lunch

Age/Grade Group

- K-5 (age 5-10)
- K-8 (age 5-13)
- K-12 (age 5-18)**
- 6-8 (age 11-13)
- 9-12 (age 14-18)

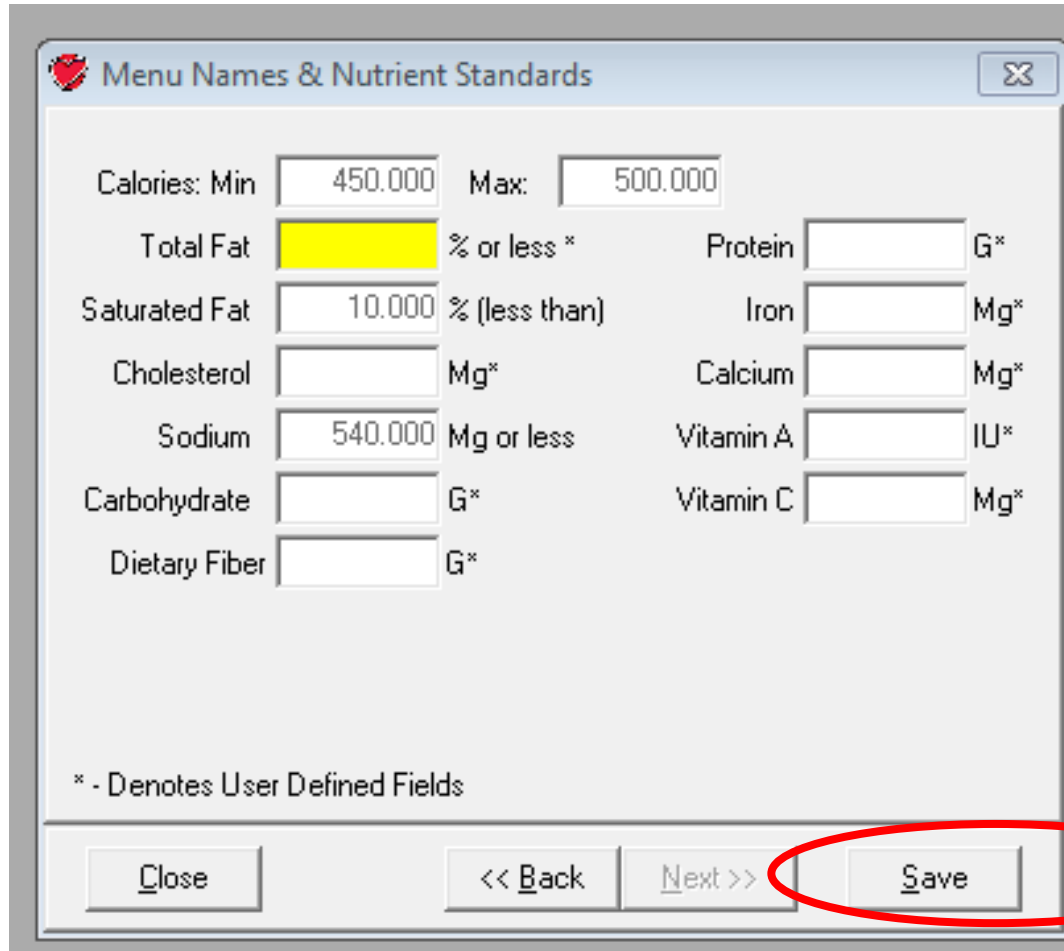
Close    << Back    Next >>    Save

Select  
Breakfast

Select K-12 (Ages 5-18)



# Save Menu Name by Clicking on Save



Menu Names & Nutrient Standards

Calories: Min  Max:

Total Fat	<input type="text" value=""/>	% or less *	Protein	<input type="text" value=""/>	G*
Saturated Fat	<input type="text" value="10.000"/>	%(less than)	Iron	<input type="text" value=""/>	Mg*
Cholesterol	<input type="text" value=""/>	Mg*	Calcium	<input type="text" value=""/>	Mg*
Sodium	<input type="text" value="540.000"/>	Mg or less	Vitamin A	<input type="text" value=""/>	IU*
Carbohydrate	<input type="text" value=""/>	G*	Vitamin C	<input type="text" value=""/>	Mg*
Dietary Fiber	<input type="text" value=""/>	G*			

\* - Denotes User Defined Fields



# K-12 Breakfast Saved!

Menu Names & Nutrient Standards

Select a Menu (a-z) then click Next

	Menu Names
A	Lunch k-5
B	Lunch 6-8
C	Lunch 9-12
D	Lunch K-8
E	Breakfast K - 5
F	Breakfast 6-8
G	Breakfast 9-12
H	K-8 Breakfast
I	K-12 Breakfast
J	
K	
L	

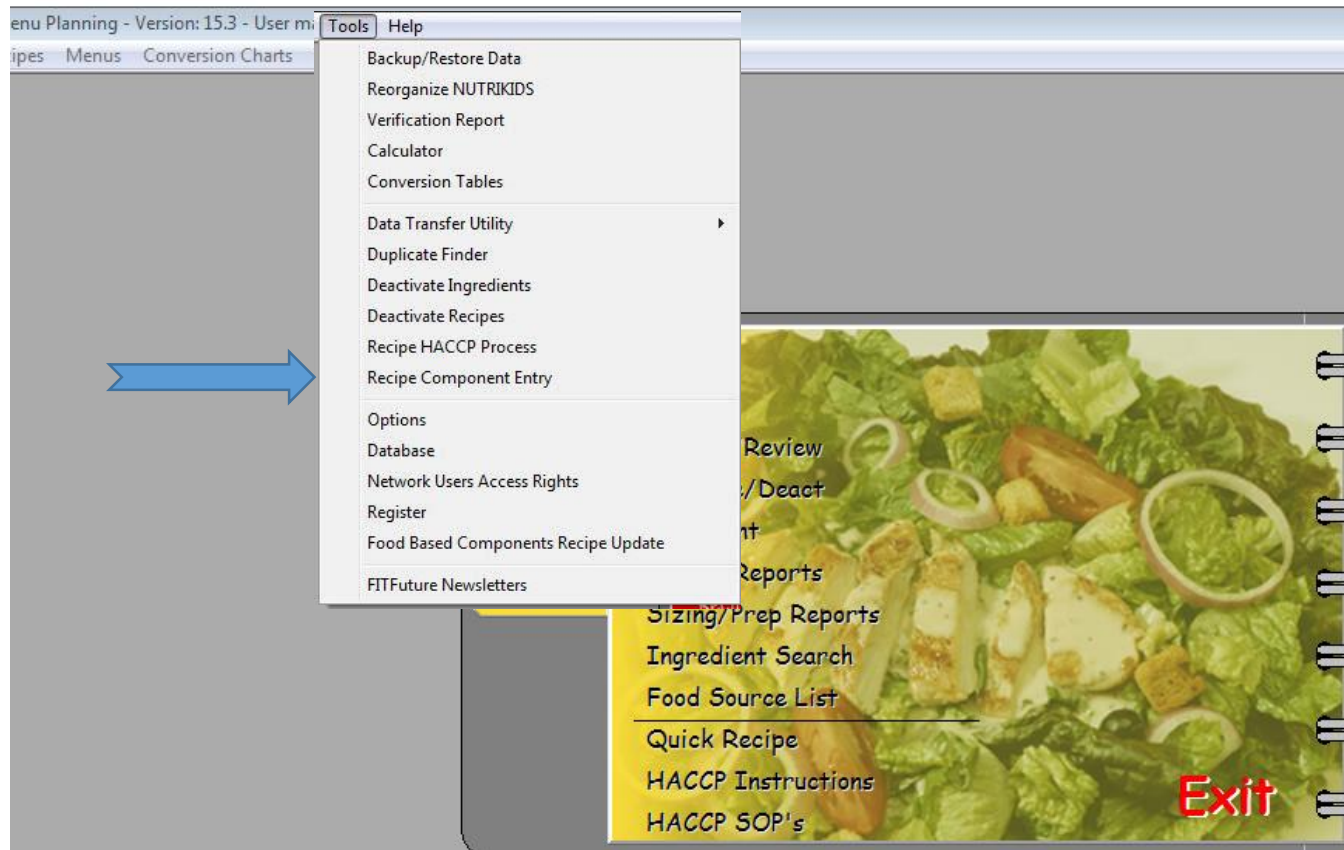
Move Menu      Delete      Print

Close      << Back      Next >>      Save



# To Change M/MA to Grains for Breakfast

1. Click on Tools
2. Click on Recipe Component Entry



**Recipe Components**

Per USDA guidelines food based components will be rounded down to the nearest creditable portion.  
 \*When selected, Meat/Meat Alternates contributions will be counted as Grains during breakfast if the daily Grain requirement has been met.

Rec #	Description	M/MA as Grain	Meat	Grain	Fruit	Vegetable	Milk
825014	American Sandwich MS700	<input type="checkbox"/>					
825015	Apple and Orange Wedges MS1240	<input type="checkbox"/>					
825016	Apple Delicious MS1200	<input type="checkbox"/>					
825018	Applesauce, MS1204	<input type="checkbox"/>					
825019	Apricots MS1218	<input type="checkbox"/>					
825503	Apricots, FRZ, PC, MS1219	<input type="checkbox"/>					
825020	Arroz Con Queso MS900	<input type="checkbox"/>					
825021	Assorted Gelatin w/ Top MS1450	<input type="checkbox"/>					
825023	Assorted Gelatin, No TopMS1454	<input type="checkbox"/>					
825022	Assorted Gelatin,PC CupsMS1458	<input type="checkbox"/>					
825024	Assorted Pudding CupsMS1462	<input type="checkbox"/>					
825025	Assorted Sandwich, Combo MS701	<input type="checkbox"/>					
825523	Atomic Cheez-its, Kellogg's, #	<input type="checkbox"/>					
825029	Au Gratin Potatoes MS1072	<input type="checkbox"/>	0.5				0.5
500305	AZTEC GRAIN SALAD	<input type="checkbox"/>					
825031	Bacon Burger 2.5 oz PattyMS702	<input type="checkbox"/>	2	2			

Select All

Search [ ] Close

**Recipe Components**

This process will configure all active recipes to count the Meat/Meat Alternate contributions towards the Grain component during Breakfast, once the 1 oz Grain equivalent requirement has been met.

Are you sure you would like to proceed?

Yes No

**3. Click on Select All**

**4. Click on Yes**



# 5. All of the M/MA Become Grains for Breakfast!!!!

Recipe Components

Per USDA guidelines food based components will be rounded down to the nearest creditable portion.  
 \* When selected, Meat/Meat Alternates contributions will be counted as Grains during breakfast if the daily Grain requirement has been met.

Rec #	Description	M/MA as Grain	Meat	Grain	Fruit	Vegetable	Milk
825014	American Sandwich MS700	<input checked="" type="checkbox"/>	2	2			
825015	Apple and Orange Wedges MS1240	<input checked="" type="checkbox"/>			0.5		
825016	Apple Delicious MS1200	<input checked="" type="checkbox"/>			0.5		
825018	Applesauce, MS1204	<input checked="" type="checkbox"/>			0.5		
825019	Apricots MS1218	<input checked="" type="checkbox"/>			0.5		
825503	Apricots, FRZ, PC, MS1219	<input checked="" type="checkbox"/>			0.5		
825020	Arroz Con Queso MS900	<input checked="" type="checkbox"/>	2	0.75		0.25	
825021	Assorted Gelatin w/ Top MS1450	<input checked="" type="checkbox"/>					
825023	Assorted Gelatin, No Top MS1454	<input checked="" type="checkbox"/>					
825022	Assorted Gelatin, PC Cups MS1458	<input checked="" type="checkbox"/>					
825024	Assorted Pudding Cups MS1462	<input checked="" type="checkbox"/>					
825025	Assorted Sandwich, Combo MS701	<input checked="" type="checkbox"/>	1	2			
825523	Atomic Cheez-its, Kellogg's, #	<input checked="" type="checkbox"/>					
825029	Au Gratin Potatoes MS1072	<input checked="" type="checkbox"/>	0.5			0.5	
500305	AZTEC GRAIN SALAD	<input checked="" type="checkbox"/>					
825031	Bacon Burger 2.5 oz Patty MS702	<input checked="" type="checkbox"/>	2	2			

Search   Select All



# Enter Grams of Sugar in Nutrients

NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Modify/Review Ingredients]

Ingredients Recipes Menus Conversion Charts Tools Help

Close Save Print Duplicate Search Open Quick Recipe Conversions Calculator

Ing #: 825518 Desc: Ice Cream LF Chocolate Cup Luvel #2

Class: Ice Cream ICECR +

Measurement Nutrients Purchase Info Buying Guide Miscellaneous

Base Weight 48 GRAMS

\*N/A\* Denotes Missing Nutrient Values

Calories	70.000	100.000 Grams	145.833	Sugars	0.000 g	100.000 Grams	0.000 g
Total Fat	1.000 g	2.083 g	2.083 g	Protein	2.000 g	4.167 g	4.167 g
Saturated Fat	0.500 g	1.042 g	1.042 g	Iron	0.000 mg	0.000 mg	0.000 mg
Trans. Fat <sup>2</sup>	0.000 g	0.000 g	0.000 g	Calcium	80.000 mg	166.667 mg	166.667 mg
Cholesterol	10.000 mg	20.833 mg	20.833 mg	Vitamin A	200.000 IU	416.667 IU	416.667 IU
Sodium	45.000 mg	93.750 mg	93.750 mg	Vitamin C	0.000 mg	0.000 mg	0.000 mg
Carbohydrate	12.000 g	25.000 g	25.000 g	Water <sup>1</sup>	*N/A* g	*N/A* g	*N/A* g
Dietary Fiber	0.000 g	0.000 g	0.000 g	Ash <sup>1</sup>	*N/A* g	*N/A* g	*N/A* g

<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NUM CAPS 9/26/2014

# Search for Ingredient by Manufacturer Name

NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Modify/Review Ingredients]

Ingredients Recipes Menus Conversion Charts Tools Help

Close Save Print Duplicate Search Open Quick Recipe Conversions Calculator

SEARCH BY:

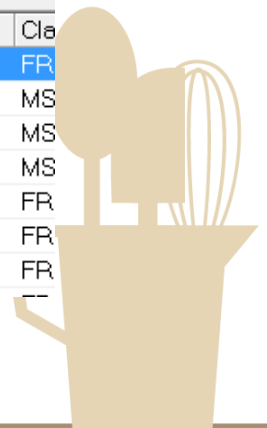
Ing # or Desc:  Manufacturer:  Commodity or Rec C

CN Code:  Product #:

Source: USDA Apple, Granny Smith, raw, with skin [100512]

Long Description: Apple, Granny Smith, raw, with skin [100512]

Ing #	Ingredients Description	Cl
799963	APPLES, FRESH, GRANNY SMITH, WITH SKIN	FR
825394 s	Apples, Gala, Whole, Fresh, #646	MS
825395 s	Apples, Granny Smith, Whole, Fresh, #646	MS
825408 s	Apples, Raw, Red Delicious, #613	MS
825491 s	Apples, Cnd, Water Pack, Sliced, DC, #231	FR
799979	APPLES, RAW, WITHOUT SKIN	FR
825404 s	Applesauce, Canned, Without Sugar, DC, #232	FR



# Ingredients Made by Frito-Lay

Ingredients Recipes Menus Conversion Charts Tools Help

File Edit View Options Save Print Duplicate Search Open Quick Recipe Conversions Calculator

SEARCH BY:

Ing # or Desc:  Manufacturer:  Commodity or Rec Code:

CN Code:  Product #:

Source: Local 30933 Frito Lay

Ingredient Description:

Ing #	Ingredients Description	Class	Source	CN Code	Manufacturer
825463 s	Corn Dog, Foster Farms, #29	CONV	Local		Foster Farms 1 Co
825428 s	Salad, Mesclun Mix, (Spring Mix), #609	VRGFM	Local		Fresh express
825318 s	Baked Corn Stick, Hot Flavor, Frito, #220	GRAIN	Local		Frito Lay
825323 s	Chili Cheese Stick, Baked, Frito Lay, #224	GRAIN	Local		Frito Lay
825387 s	RF Spicy Sweet Chili Tortilla Chips, FL #225	GRAIN	Local		Frito Lay
825322 s	Sunchips, French Onion, 1-oz., Frito, #223	GRAIN	Local		Frito Lay
825386 s	Sunchips, Garden Salsa, 1-oz., Frito, #223	GRAIN	Local		Frito Lay
825385 s	Sunchips, Harvest Cheddar, 1-oz., Frito, #219	GRAIN	Local		Frito Lay
825542 s	RF Tortilla Chips Nacho Frito Lay #536	SNACK	Local		Frito Lay - 1 Packa
902820 s	Chili Cheese Stick, Baked, Frito, #224	ZZZZZ	Local		Frito Lay - Bag = 1 C
825384 s	Flaming Hot Puffs, Cheetos, 1 GR, #215	GRAIN	Local		Frito Lay - Cheetos
825259 s	Chip, Tortilla, Reduced Fat/Ranch, Frito, #537	SNACK	Local		Frito Lay - Reduce
825393 s	Mellow Puffs, Cheetos, Frito Lay, #535	SNACK	Local		Frito Lay Cheetos-

Include Deactivated Ingredients



# Search by Product Number

NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Modify/Review Ingredients]

Ingredients Recipes Menus Conversion Charts Tools Help

Close Save Print Duplicate Search Open Quick Recipe Conversions Calculator

SEARCH BY:

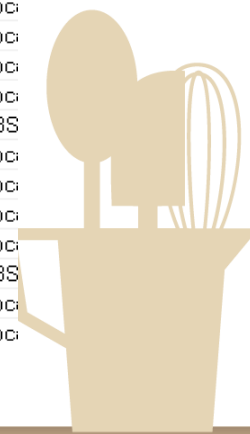
Ing # or Desc:  Manufacturer:  Commodity or Rec Code:

CN Code:  **Product #: 8676**

Source: USDA Apple, Granny Smith, raw, with skin [100512]

Long Description: Apple, Granny Smith, raw, with skin [100512]

Ing #	Ingredients Description	Class	Sou
799963	APPLES, FRESH, GRANNY SMITH, WITH SKIN	FRUIT	LBS
825394 s	Apples, Gala, Whole, Fresh, #646	MSFRT	Loc
825395 s	Apples, Granny Smith, Whole, Fresh, #646	MSFRT	Loc
825408 s	Apples, Raw, Red Delicious, #613	MSFRT	Loc
825491 s	Apples,Cnd,Water Pack,Sliced, DC, #231	FRUIT	Loc
799979	APPLES,RAW,WITHOUT SKIN	FRUIT	LBS
825404 s	Applesauce, Canned, Without Sugar, DC, #232	FRUIT	Loc
825431 s	Apricots, Canned, Light Syrup,USDA	FRUIT	Loc
825280 s	Apricots, FRZ,Sliced, 4.5 oz.,USDA Foods	FRUIT	Loc
825503 s	Atomic Cheez-its, Kellogg's, #221	GRAIN	Loc
799980	AVOCADOS,RAW,ALL COMM VAR	FRUIT	LBS
825094 s	Bacon ,Sliced, Precooked, Jimmy Dean, #121	PORK	Loc
825137 s	Bacon Bits, Imitation, Bulk, DC, #199	COND	Loc



# Bread Bowl with product number

ARCH BY: \_\_\_\_\_

# or Desc:  Manufacturer:  Commodity or Rec Code:

CN Code:  Product #:

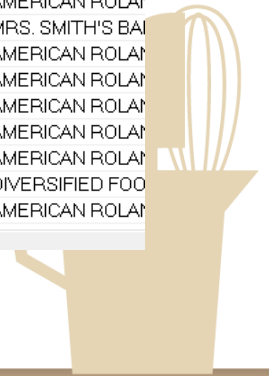
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Source: Local 8676 Super Bakery, 1 bowl = 2 Grains

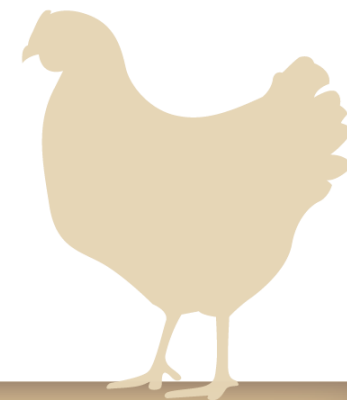
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Description:

Ing #	Ingredients Description	Product Number	Manufacturer
111817	MACARONI WITH BEEF IN CHILI GRAVY	86660	DIVERSIFIED FOOD
825380 s	Hoagie Bun, WG, 2 WGR, SB, #566	8674	Super Bakery 1 Hc
825320 s	Bread Bowl, WG, Super Bakery, #559	8676	Super Bakery, 1 Hc
111157	TOASTED ALMOND CRUNCH DESSERT TOPPING	870050	BAKER & BAKER
104012	SATAY BARBECUE SAUCE, ROLAND	87016	AMERICAN ROLAND
901058 s	ONION RINGS	87025	MRS. SMITH'S BAKERY
104013	SPICY BLACKBEAN SAUCE-NO MSG, ROLAND	87026	AMERICAN ROLAND
104014	OYSTER SAUCE-CONTAINS NO MSG	87060	AMERICAN ROLAND
109016	SOY SAUCE, GOLDEN, ROLAND	87086	AMERICAN ROLAND
104016	HOISIN SAUCE, CONTAINS NO MSG	87108	AMERICAN ROLAND
109075	PLUM SAUCE- CONTAINS NO MSG	87116	AMERICAN ROLAND
901486 s	SPICY BROWN MUSTARD	87140	DIVERSIFIED FOOD
990230 s	PURE SESAME OIL	87142	AMERICAN ROLAND



# Adding a Quick Recipe



# Search and Select Ingredient

NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Quick Recipe]

Ingredients Recipes Menus Conversion Charts Tools Help

Close Save Print Search Open Conversions Calculator

Ing # or Search Code

799963	APPLES, FRESH, GRANNY SMITH, WITH SKIN	FRUIT	LBS
825394 s	Apples, Gala, Whole, Fresh, #646	MSFRT	Local
825395 s	Apples, Granny Smith, Whole, Fresh, #646	MSFRT	Local
825408 s	Apples, Raw, Red Delicious, #613	MSFRT	Local
825491 s	Apples,Cnd,Water Pack,Sliced, DC, #231	FRUIT	Local
799979	APPLES,RAW,WITHOUT SKIN	FRUIT	LBS
825404 s	Applesauce, Canned, Without Sugar, DC, #232	FRUIT	Local
825431 s	Apricots, Canned, Light Syrup,USDA	FRUIT	Local
825280 s	Apricots, FRZ,Sliced, 4.5 oz.,USDA Foods	FRUIT	Local
825503 s	Atomic Cheez-its, Kellogg's, #221	GRAIN	Local
799980	AVOCADOS,RAW,ALL COMM VAR	FRUIT	LBS
825094 s	Bacon ,Sliced, Precooked, Jimmy Dean, #121	PORK	Local
825137 s	Bacon Bits, Imitation, Bulk, DC, #199	COND	Local
825250 s	Bacon Bits, Imitation, PC, DC, #197	COND	Local
825293 s	Bagel, Breakfast # 129	MSBBG	Local
825468 s	Bagel, Whole Wheat, Sliced,2 grains, #130	BAKE	Local
825318 s	Baked Corn Stick, Hot Flavor, Frito, #220	GRAIN	Local
825341 s	Baked Rice MM Square, Cocoa Fl, Kelloggs,#217	MSBGR	Local
825383 s	Baked Tostito Scoops, IP, Frito, #213	GRAIN	Local
825146 s	Baking Powder, Double Acting, DC, #363	SPICE	Local
825221 s	Baking Soda, DC, #364	SPICE	Local
825409 s	Bananas, Raw, Regular, Green Tips, #614	MSFRT	Local
825353 s	Base, Bacon, Low Na, Major, #349	SOUP	Local

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# Complete these fields as a minimum

NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Quick Recipe]

Ingredients Recipes Menus Conversion Charts Tools Help

Close Save Print Conversions Calculator

Recipe #  HACCP Process

Recipe Name  Group Code

Recipe Ingredient Nutrients Instruction Misc Prod. Spec. Attributes Allergens

Alternate Menu Name  Source of Recipe

2nd Alternate Menu Name

Last Modified On  by

Number of Portions this Recipe Makes

Number of Portions	Portion Size
<input type="text" value="1"/>	<input type="text" value="Package"/>

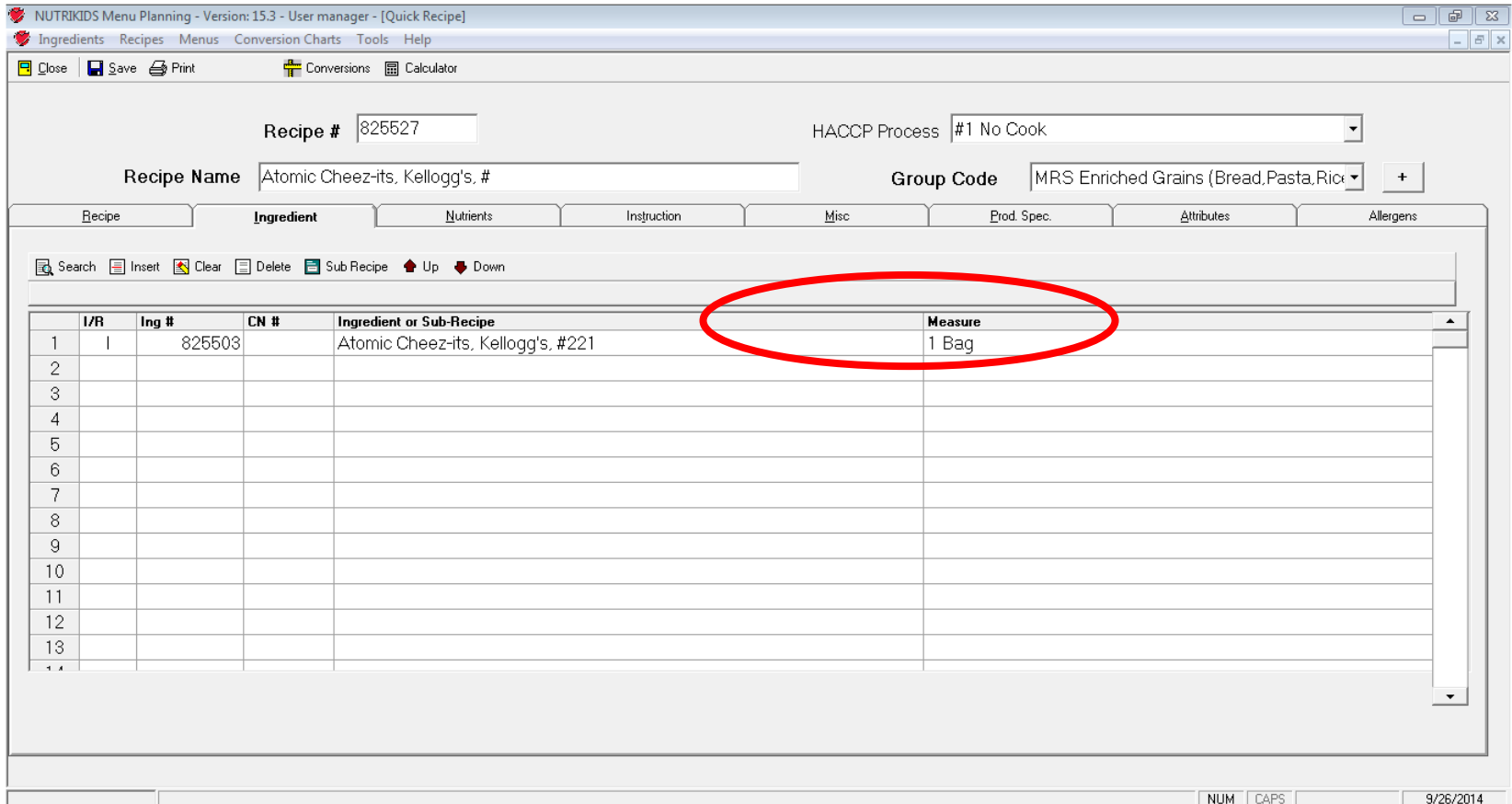
Batch Quantities

Quantity	Measure
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Non-Food Recipe

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# On Ingredient Tab, Enter Measure



NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Quick Recipe]

Ingredients Recipes Menus Conversion Charts Tools Help

Close Save Print Conversions Calculator

Recipe # 825527 HACCP Process #1 No Cook

Recipe Name Atomic Cheez-its, Kellogg's. # Group Code MRS Enriched Grains (Bread,Pasta,Rice) +

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	825503	Atomic Cheez-its, Kellogg's. #221	1 Bag
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

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# On Misc. Tab, enter 1 oz. in Component Section, click on Subgroups

The screenshot shows the NUTRIKIDS Menu Planning software interface. The window title is "NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Quick Recipe]". The menu bar includes "Ingredients", "Recipes", "Menus", "Conversion Charts", "Tools", and "Help". The toolbar has "Close", "Save", "Print", "Conversions", and "Calculator".

At the top, the "Recipe #" field contains "825527" and the "HACCP Process" dropdown is set to "#1 No Cook". The "Recipe Name" field contains "Atomic Cheez-its, Kellogg's, #" and the "Group Code" dropdown is set to "MRS Enriched Grains (Bread,Pasta,Rice)".

The interface has several tabs: "Recipe", "Ingredient", "Nutrients", "Instruction", "Misc" (selected), "Prod. Spec.", "Attributes", and "Allergens".

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

The "Misc" tab is active, showing the "Food Based Components" section. A red text box contains the following text: "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 "Grains" component is set to "1 OZ / OZ EQUIV" and is circled in red. Other components include "Meat/ALT", "Fruit", "Vegetable", and "Milk", each with a corresponding unit.

At the bottom right, there are fields for "NUM", "CAPS", and the date "9/26/2014".

Click on Dropdown box and select Whole Grain Rich  
Enter 1 in Contribution Amt. Box. Save. Print

NUTRIKIDS Menu Planning - Version: 15.3 - User manager - [Quick Recipe]

Ingredients Recipes Menus Conversion Charts Tools Help

Close Save Print Conversions Calculator

Recipe # 825527 HACCP Process #1 No Cook

Recipe Name Atomic Cheez-its, Kellogg's, # Group Code MRS Enriched Grains (Bread,Pasta,Rice) +

Recipe Ingredient Nutrients Instruction Misc Prod. Spec. Attributes Allergens

Food Based Components

Moisture/Fat Change

Recipe Details

Notes

Farm to School

Subgroups

Per USDA guidelines all subgroup servings will be rounded down to the nearest creditable serving.

Milk  Flavored

Type: [ ]

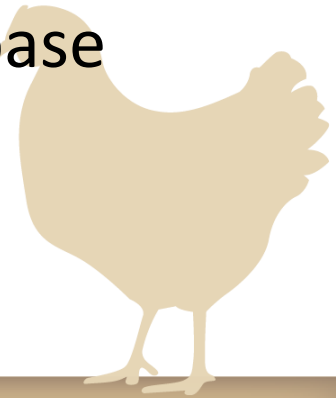
Subgroup	Contribution Amt
Whole Grain Rich	1.000 OZ EQ

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# ?? And Calls I Get

Computer crashed and I didn't save a backup. I have a new computer. What should I do?

- Lesson learned – ALWAYS BACKUP to another device!!!
- Call Nutrikids for assistance with downloading their program
- Go to MRS Website
- Download to computer current MRS database
- Follow NK procedures for Restoring Database
- Remember to backup to another device!



# ?? And Calls I Get

- The portion size on the recipe is  $\frac{3}{4}$  cup, but the recipe only credits as a  $\frac{1}{2}$  cup red/orange vegetable
- In some recipes, extra ingredients that do not credit add volume to the portion size
- During preparation the volume is increased
- Only the amount of credible foods can be credited
- Examples – Carrot Soufflé

Fruit Smoothie



# ??? And Calls I Get

I can't find a recipe for \_\_\_\_\_ ingredient

- For some ingredients, recipes using the ingredient have not been submitted
- The recipe name in database is different than MRS Recipes online
- Do an ingredient search for the recipes that include that ingredient (found on recipe tab)

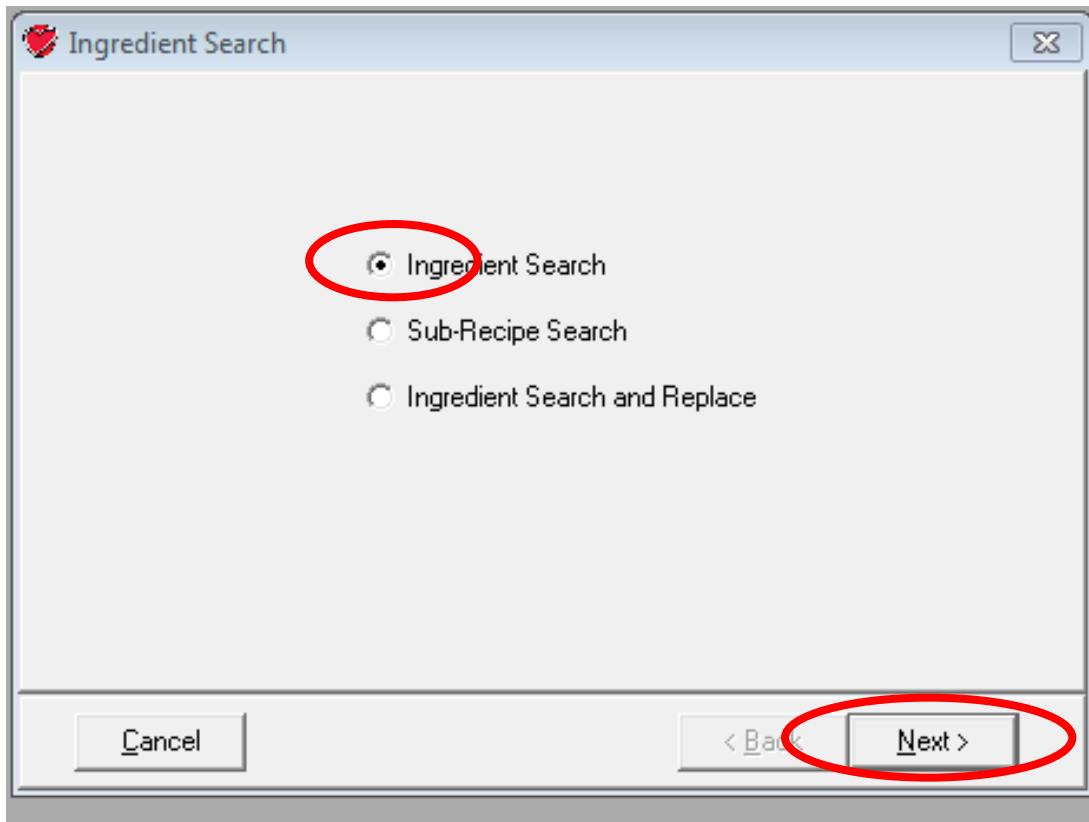


# On the Recipe Tab, Click Ingredient Search



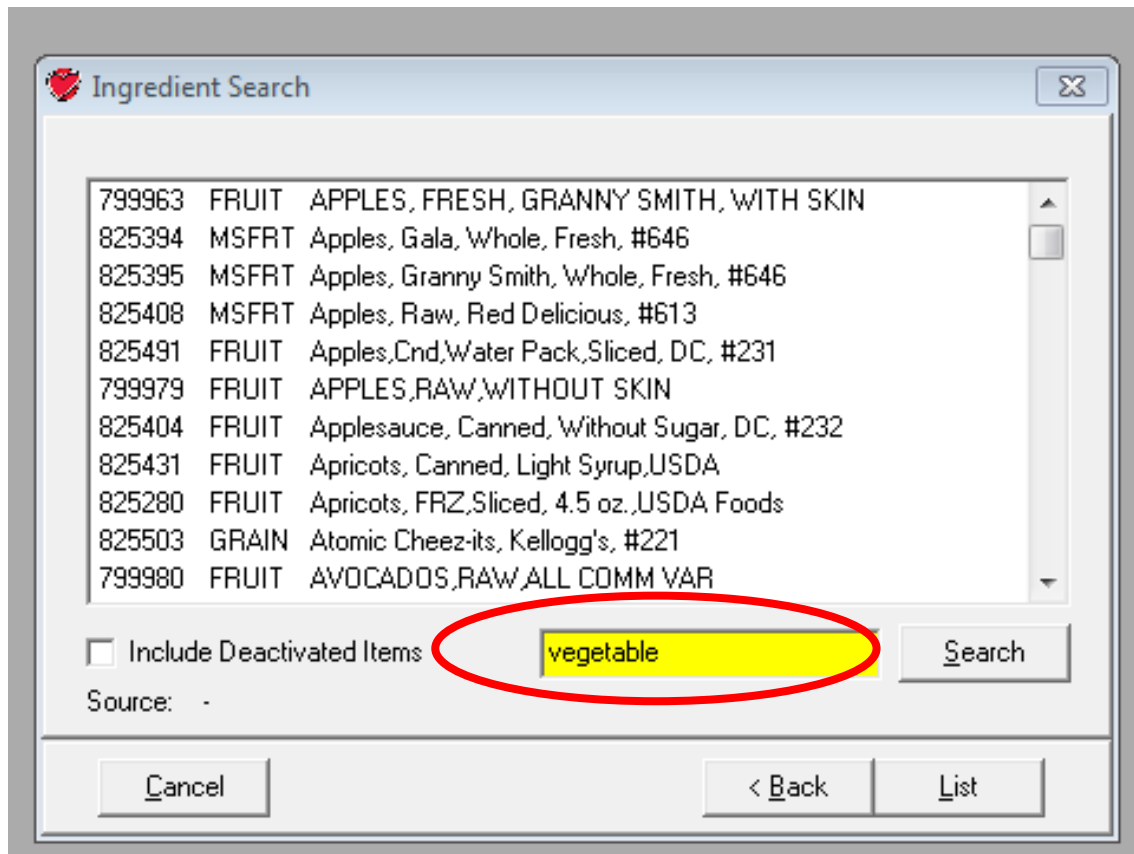


This screen will appear  
Select radio button by Ingredient Search  
Click on Next



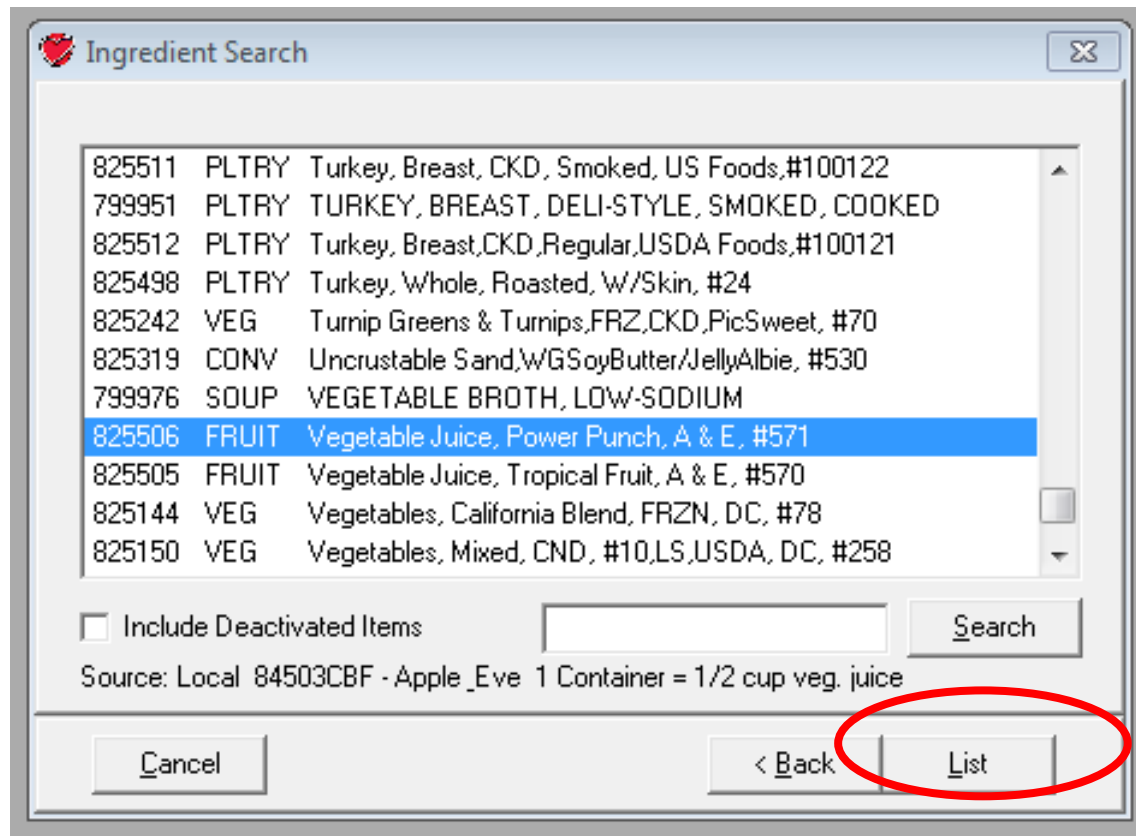
# In the Search box, type in vegetable

## Click on Search



# Select the Vegetable Juice

## Click on List



Ingredient Search

825511	PLTRY	Turkey, Breast, CKD, Smoked, US Foods, #100122
799951	PLTRY	TURKEY, BREAST, DELI-STYLE, SMOKED, COOKED
825512	PLTRY	Turkey, Breast, CKD, Regular, USDA Foods, #100121
825498	PLTRY	Turkey, Whole, Roasted, W/Skin, #24
825242	VEG	Turnip Greens & Turnips, FRZ, CKD, PicSweet, #70
825319	CONV	Uncrustable Sand, WG Soy Butter/Jelly/Albie, #530
799976	SOUP	VEGETABLE BROTH, LOW-SODIUM
825506	FRUIT	Vegetable Juice, Power Punch, A & E, #571
825505	FRUIT	Vegetable Juice, Tropical Fruit, A & E, #570
825144	VEG	Vegetables, California Blend, FRZN, DC, #78
825150	VEG	Vegetables, Mixed, CND, #10, LS, USDA, DC, #258

Include Deactivated Items

Source: Local 84503CBF - Apple\_Eve 1 Container = 1/2 cup veg. juice

Buttons: Cancel, < Back, List (circled in red)



# This List Will Appear!!!

**Doris Schneider**

Page 1

Ingredient Search List

Sep 30 2014

825506 Vegetable Juice, Power Punch, A & E, #571

825521	Vegetable Juice, Assort,M S1156	50.00 Container - 4.23 fl. oz.	Per 100.0 1/2 cup
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Questions?  
Answers?

**Thanks for Your Attention!!!**