Community Eligibility Option Evaluation

Menu Survey

Attach School ID Label

If you have questions or need assistance, please call Abt's toll-free number: 855-759-5752

The Community Eligibility Option Evaluation is being conducted for the:

Food and Nutrition Service US Department of Agriculture 3101 Park Center Drive Alexandria, Virginia 22301

By:

Abt Associates Inc. 55 Wheeler Street Cambridge, Massachusetts 02138

Information provided in this survey will be kept private, to the extent provided by law. No data will be attributed to specific survey respondents. De-identified data from this study will be provided to the Food and Nutrition Service of the U.S Department of Agriculture, and aggregate measures of subgroups of Local Education Agencies (LEAs) may also be provided. Responses to the study will in no way affect your agency's receipt of funds from USDA's school meals program. As you may know, the Healthy-Free Kids Act of 2010 (PL 111-296, Section 305) requires cooperation with program research and evaluation by agencies and contractors participating in programs authorized under the Act and the Child Nutrition Act of 1966.

If you have any questions or concerns about your rights as a study participant, call Teresa Doksum. She is the Institutional Review Board Administrator at Abt Associates. Her phone number is 877-520-6835 (toll-free).

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB number. The valid OMB control number for this information collection is 0584-XXXX. The time required to complete this information collection is estimated to average 35 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the Food and Nutrition Service, Office of Research and Analysis, 3101 Park Center Drive, Alexandria, Virginia 22302.

Community Eligibility Option Evaluation Daily Meal Counts Form—CEO Schools

School Name:		Date (1st day of Target Week):
in the number of	USDA reimb for which yo	Reimbursable Lunches and Reimbursable Breakfasts, please write bursable meals served in your school each day of the target week. Do bu do not claim reimbursement, for example, second lunches sold to
Number of Rei	mbursable Total	Lunches Served

Day of Week	Total
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Number of Reimbursable Breakfasts Served

Day of Week	Total
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Community Eligibility Option Evaluation Daily Meal Counts Form—Non-CEO Schools

School Name:			Da	te (1st day of	Target Week):
in the number of Please write the n	USDA reim number of fre Do not incl	abursable meal ee meals, reduc ude meals for	Is served in you red-price meals which you do n	ur school each , and full-price	ole Breakfasts, please write day of the target week. e meals, as well as the total oursement, for example,
Number of Rei					
Day of Week	Free	Price Price	Full-Price	Total	
Monday					
Tuesday					
Wednesday					
Thursday					

Number of Reimbursable Breakfasts Served

Friday

Day of Week	Free	Reduced- Price	Full-Price	Total
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Community Eligibility Option Evaluation

Reimbursable Food Form: Breakfast

School Name:				Day of the Week: \square Mon \square Tue \square	Wed	□Th	u □ Fr
A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA	Recipe?	ABT USE ONLY
MILK (Note: if more than one siz	e is available, list	in blank spaces)					
White, 1%	fl oz.						
White, fat-free/skim	fl oz.						
Chocolate fat-free/skim	fl oz.						
Flavored fat-free/skim	fl oz.			Specify flavor:			
FRUIT (Note: Prelisted entries sl	hould be used for	fruit that is served as	purchased. If anything is added before servi	ng, list as separate item and complete RECIPE FORM)			
Apple, fresh							
Banana, fresh							
Blueberries	cup			☐ Fresh ☐ Frozen ☐ Sweetened ☐ Unsweetened			
Grapes, fresh							
Orange, fresh							
Peaches, canned	cup			☐ Heavy syrup ☐ Light syrup ☐ Extra light syrup ☐ Juice ☐ Water			

CEO C_15 Menu Survey		T					
A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA	Recipe?	ABT USE ONLY
JUICES (Note: prelisted entries s	should be used o	nly for 100% fruit ar	nd vegetable juice. List fruit drinks under "Other	r Menu Items" section.)			
Orange juice	fl oz.			☐ Vitamin C added ☐ Calcium added			
Apple juice	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
COLD CEREALS	1						
Cheerios – Plain	OZ.						
Cheerios – Honey Nut	OZ.						
Cinnamon Toast Crunch	OZ.						
Golden Grahams	OZ.						
Trix	OZ.						
Special K	OZ.						
Frosted Flakes	OZ.						
Lucky Charms	OZ.						
	OZ.						
	OZ.						
	OZ.						
	OZ.						
	OZ.						
	OZ.						
	OZ.						
	OZ.						
L	1	l .					

CEO C_15 Menu Survey					_		
A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commoditus	Recipe?	ABT USE ONLY
HOT CEREALS (Note: if prep	ared with fat and/	or milk, complete RE	CIPE FORM)				
Cream of Wheat	OZ.			☐ Instant ☐ Quick ☐ Reg			
Grits	OZ.			☐ Instant ☐ Quick ☐ Reg			
Oatmeal	OZ.			☐ Instant ☐ Quick ☐ Reg			
	OZ.						
	OZ.						
OTHER BREADS AND GR	RAINS OFFER	ED SEPARATEI	LY				
Bagel	OZ.			Type: ☐ Whole grain			
Biscuit	OZ.			Type: ☐ Whole grain			
Doughnut	oz.			Type: ☐ Icing/glaze ☐ No icing/glaze			
English muffin	OZ.			Type: ☐ Whole grain ☐ Butter			
Granola/cereal bar	OZ.			Specify type(s):			
Muffin	OZ.			Specify type(s):			
Pancake	OZ.			Weight of each:			
Roll, cinnamon	OZ.			☐ Icing ☐ No icing			
Toast	OZ.			Type: ☐ Whole grain ☐ Butter			
Toaster pastry	OZ.			☐ Icing ☐ No icing			
Waffle/waffle sticks				Weight of each/stick: oz.			

CLO C_13 Micha Sarvey							
A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA	Recipe?	ABT USE ONLY
MEAT AND MEAT ALTERN	NATES OFFE	RED SEPARAT	ELY				
Bacon	slices			□ Pork □ Turkey			
Eggs				☐ Boiled ☐ Fried ☐ Scrambled If prepared with fat and/or milk, complete RECIPE FORM			
Ham	OZ.			□ Pork □ Turkey			
Sausage	OZ.			□ Pork □ Turkey □ Beef			
Yogurt	OZ.			Specify flavors: ☐ Regular ☐ Low fat ☐ Fat free ☐ Low-cal sweetener			
COMBINATION BREAD/ME	EAT ITEMS						
Entrée bar	Self-serve		List all ingredients on SELF-SERVE/MADE-T	O-ORDER BAR FORM			
Breakfast burrito	OZ.			Specify fillings:			
Cheese sandwich, toasted	1 sandwich			☐ Bagel ☐ English muffin ☐ White bread ☐ Whole wheat bread			
Egg sandwich	1 sandwich			☐ Cheese ☐ Sausage ☐Ham ☐ Bacon ☐ Other: ☐ Bagel ☐ English muffin ☐ White bread ☐ Whole wheat bread			
French toast							
French toast sticks	ea.			Weight of each stick: oz.			
Pancake/sausage on a stick	OZ.			Weight of each stick: oz.			
Breakfast pizza	OZ.			Specify toppings:			

CEO C_15 Menu Survey	_	1					
A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA	Recipe?	ABT USE ONLY
COMBINATION BREAD/MEAT ITEMS (continued)							
CONDIMENTS (Include size if	single-serve item	1)					
Self-Serve Bar	Self-serve		List all ingredients on SELF-SERVE/MADE-T	O-ORDER BAR FORM			
Butter							
Cream cheese				☐ Reg ☐ Low fat ☐ Fat-free			
Gravy				□ Reg □ Low fat □ Fat-free			
Jelly							
Ketchup							
Margarine							
Salsa							
Syrup				□ Reg □ Low sugar □ Sugar-free			
OTHER MENU ITEMS	1						

Community Eligibility Option Evaluation

Reimbursable Food Form: Lunch

School Name:				Day of the Week: \square Mon \square Tue \square	Wed	□ Thu	ı □Fı
A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY
MILK (Note: if more than one siz	e is available,	list in blank spaces)					
White, 1%	fl oz.						
White, fat-free/skim	fl oz.						
Chocolate fat-free/skim	fl oz.						
Flavored fat-free/skim	fl oz.			Specify flavor:			
FRUIT (Note: Prelisted entries s	hould be used	for fruit that is served	as packaged. If anything is added before servin	g, list as separate item and complete RECIPE FORM)			
Apple, fresh							
Banana, fresh							
Grapes, fresh							
Orange, fresh							
Pears, fresh							
Applesauce, canned	cup			☐ Sweetened ☐ Unsweetened			
Fruit cocktail, canned	cup			☐ Heavy syrup ☐ Light syrup ☐ Extra light syrup ☐ Udice ☐ Water			
Peaches, canned	cup			☐ Heavy syrup ☐ Light syrup ☐ Extra light syrup ☐ Udter ☐ Udter			
Pears, canned	cup			☐ Heavy syrup ☐ Light syrup ☐ Extra light syrup ☐ Udter ☐ Udter			
Pineapple, canned	cup			☐ Heavy syrup ☐ Light syrup ☐ Extra light syrup ☐ Juice ☐ Water			

A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY
FRUIT (continued)							
JUICES (Note: prelisted entrie.	s should be use	d only for 100% fruit a	and vegetable juice. Fruit drinks are included in "	Desserts, Drinks, and Snacks" section.)			
Orange juice	fl oz.			☐ Vitamin C added ☐ Calcium added			
Apple juice	fl oz.			☐ Vitamin C added ☐ Calcium added			
Frozen juice cup / bar	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
	fl oz.			☐ Vitamin C added ☐ Calcium added			
VEGETABLES							
Beans, green	cup			☐ Fresh ☐ Frozen ☐ Canned ☐ Seasoning/fat added ☐ Specify			
Broccoli	cup			☐ Fresh ☐ Frozen ☐ Canned ☐ Seasoning/fat added			
Carrots, cooked	cup			☐ Fresh ☐ Frozen ☐ Canned ☐ Seasoning/fat added			
Corn, kernels	cup			☐ Fresh ☐ Frozen ☐ Canned ☐ Seasoning/fat added ``Specify			
Peas, green	cup			☐ Fresh ☐ Frozen ☐ Canned ☐ Seasoning/fat added			

CEO C_15 Menu Survey	В		Б	F	Г		11
A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY
VEGETABLES (continued)	1						
Potatoes, whipped or mashed	cup			☐ From fresh If prepared with fat and/or milk, use RECIPE FORM			
French fries	OZ.			☐ Oven baked ☐ Deep fried			
Tater tots or shapes	OZ.			☐ Oven baked ☐ Deep fried			
Salad bar (non-entrée or small portion)	Self-serve		List all ingredients on SELF-S	SERVE/MADE-TO-ORDER BAR FORM			
Salad, tossed	cup			List dressing as separate item or complete RECIPE FORM			
Carrot sticks				If offered, list dip as separate item(s) or complete RECIPE FORM			
Celery sticks							
ENTRES OTHER THAN	SANDWICL	JES OD SEI E SE	EDVE BADS (Evoludo aposialty lunghos que	 h as those offered only to children with certain allergies or			L
Pizza, cheese	oz.	ILS ON SELF-SE	Exclude specially fulfilles, suc	☐ Thin crust ☐ Thick crust ☐ Stuffed crust ☐ Whole grain crust	пе тал		<i>/.)</i>
Pizza, French bread	OZ.			☐ Whole grain crust			
Pizza, pepperoni	OZ.			☐ Thin crust ☐ Thick crust ☐ Stuffed crust ☐ Whole grain crust			
Pizza, sausage	OZ.			☐ Thin crust ☐ Thick crust ☐ Stuffed crust ☐ Whole grain crust			
Pizza, other specify	OZ.			☐ Thin crust ☐ Thick crust ☐ Stuffed crust ☐ Whole grain crust			
Pizza, other specify	OZ.			☐ Thin crust ☐ Thick crust ☐ Stuffed crust ☐ Whole grain crust			
Chicken patties (not sandwich)	OZ.			☐ Breaded ☐ Deep fried			

A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY
ENTREES OTHER THAN	SANDWICH	IES OR SELF-SE	ERVE BARS (continued)				
Chicken piece(s) (specify part) (specify part)				☐ Breaded ☐ With skin ☐ Oven baked ☐ Deep fried			
Chicken nuggets	ea.			☐ Oven baked ☐ Deep fried Weight of each nugget: oz.			
Turkey, slice	OZ.						
Ham, slice	OZ.			□ Pork □ Turkey			
Corndog	oz.			☐ All beef ☐ Pork & beef ☐ Chicken or turkey			
Burrito	OZ.			Specify fillings:			
Taco				☐ Hard shell ☐ Soft tortilla Specify filling:			
Spaghetti with meat sauce	cup						
Chef's salad	1 salad						
Yogurt (as meat alternate)	OZ.			Specify flavors: ☐ Regular ☐ Low fat ☐ Fat free ☐ Low-cal sweetener			

A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY
SANDWICHES & BURGE Describe contents of each sand		e at right.	For each sandwich type, complete a Recipe For type and amount of filling; type and amount of Manual for examples.	orm or record information for sandwich below including ty any additions. Provide recipe if needed, such as for Tuna	oe and we Salad. S	eight of b ee Instru	read; iction
Sandwich/deli bar	n/deli bar Self-serve			ERVE/MADE-TO-ORDER BAR FORM on Manual for examples.)			
Hamburger	1 sandwich						
Cheeseburger	1 sandwich						
Hot dog	1 sandwich						
Italian sub	1 sandwich						
Chicken filet or breast (not breaded)	1 sandwich						
Chicken patty (breaded)	1 sandwich						
Rib, barbeque	1 sandwich						
Turkey	1 sandwich						
Tuna salad	1 sandwich						
Cheese, grilled	1 sandwich						
Ham and cheese	1 sandwich						
Peanut butter (or almond, sesame, or sun butter) & jelly	1 sandwich		Do not record sandwich if not available to ALL students.				
	1 sandwich						
	1 sandwich						
	1 sandwich						
	1 sandwich						

CEO C_15 Menu Survey	_							
A.	B.	C.	D.	E.		F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include info about type, form, flavor, and fat o	ormation content	USDA Commodity?	Recipe?	ABT USE ONLY
SELF-SERVE ENTRÉE B	BARS			1				
Entrée salad bar (or large portion)	Self-serve		List all ingredients on SELF-S	SERVE/MADE-TO-ORDER BAR FORM				
Potato bar	Self-serve		List all ingredients on SELF-S	SERVE/MADE-TO-ORDER BAR FORM				
Nacho/taco bar	Self-serve		List all ingredients on SELF-S	SERVE/MADE-TO-ORDER BAR FORM				
	Self-serve		List all ingredients on SELF-S	SERVE/MADE-TO-ORDER BAR FORM				
	Self-serve		List all ingredients on SELF-S	SERVE/MADE-TO-ORDER BAR FORM				
	Self-serve		List all ingredients on SELF-S	SERVE/MADE-TO-ORDER BAR FORM				
BREADS AND GRAINS (OFFERED SI	EPARATELY						
Biscuit	OZ.			Type: ☐ Whole grain				
Bread, plain	OZ.			Type: ☐ Whole grain				
Bread, buttered	OZ.			Type: ☐ Whole grain ☐ Butter				
Breadstick	OZ.			Type: ☐ Whole grain				
Cornbread	OZ.							
Crackers	ea.			Type: ☐ Whole grain				
Rice	cup			Type: ☐ Brown				
Roll	OZ.			Type: ☐ Whole grain				
Pasta	cup			Type: ☐ Whole grain				
Pretzels	OZ.			☐ Soft ☐ Hard ☐ Whole grain				
Tortilla	OZ.			Type: ☐ Whole grain				
DESSERTS, DRINKS, AN	ND SNACKS	OFFERED AS P	ART OF THE REIMBURSABLE MEA	 L				
Brownie								
Cake				Specify type:				
Cookie	OZ.			Specify type:				
Fruit drink	fl oz.			Specify type: Specify % juice content:				
Gelatin, plain	cup							

A.	В.	C.	D.	E.	F.	G.	Н.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY
DESSERTS, DRINKS,	AND SNACKS	OFFERED AS PA	ART OF THE REIMBURSABLE MEAI	(continued)			
Gelatin, with fruit	cup						
Potato chips	OZ.			Specify type:			
Yogurt	oz.			Specify flavors: ☐ Regular ☐ Low fat ☐ Fat free ☐ Low-cal sweetener			
Pudding	OZ.			Flavor:			
Ice cream / ice milk	fl oz.			☐ Regular ☐ Low fat ☐ Fat free			
SALAD DRESSINGS							
French dressing				☐ Regular ☐ Low fat ☐ Fat free			
Italian dressing				☐ Regular ☐ Low fat ☐ Fat free			
Ranch dressing				☐ Regular ☐ Low fat ☐ Fat free			
				☐ Regular ☐ Low fat ☐ Fat free			
				☐ Regular ☐ Low fat ☐ Fat free			
				☐ Regular ☐ Low fat ☐ Fat free			
				☐ Regular ☐ Low fat ☐ Fat free			
OTHER CONDIMENTS	S (Include size of page	ncket if single-serve. W	/rite "Self -Serve" if students can choose the por	rtion.)			
Self-serve bar	Self-Serve			SERVE/MADE-TO-ORDER BAR FORM n Manual for examples.)			
Barbeque sauce							
Butter							
Cream cheese				☐ Regular ☐ Low fat ☐ Fat free			
Gravy				☐ Regular ☐ Low fat ☐ Fat free			
Honey							
Ketchup							
Margarine							
Mayonnaise				☐ Regular ☐ Low fat ☐ Fat free			
Mustard							

A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY
Tartar sauce				☐ Regular ☐ Low fat ☐ Fat free			
OTHER CONDIMENTS (C	ontinued)			-			
Peppers, jalapeno							
Pickles, relish							
Pickles, slices							
Ranch dip				☐ Regular ☐ Low fat ☐ Fat free			
Salsa							
Sour cream				☐ Regular ☐ Low fat ☐ Fat free			
						Ш	
OTHER MENU ITEMS		T		T			

A.	B.	C.	D.	E.	F.	G.	H.
Food Item	Portion Size (include units)	Number of Servings Planned (reimbursable only)	Manufacturer/ Brand Name and Product Code (if applicable)	Food Description When describing food, include information about type, form, flavor, and fat content	USDA Commodity?	Recipe?	ABT USE ONLY

Self-Serve and Made-to-Order Bar Form

Meal (Circle one): Breakfast Lunch

Name of Bar:			Day(s): 1□ Mon 2□ Tue 3□ We	d 4□	Thu	5□ Fri
A.	В.	C.	D.	E.	F.	G.
Food Item	Portion size (If pre- portioned, include units)	Manufacturer/Brand Name & Product Code (if applicable)	Include the following information: Type, Form, Flavor, Fat content (See instruction manual for examples of each) Food Description	USDA Commodity?	Recipe? *	ABT USE ONLY

*For each recipe, record recipe details on a Recipe Form

Community Eligibility Option Evaluation

Recipe Forms

The Community Eligibility Option Evaluation is being conducted for the:

Food and Nutrition Service US Department of Agriculture 3101 Park Center Drive Alexandria, Virginia 22301

By:

Abt Associates Inc. 55 Wheeler Street Cambridge, Massachusetts 02138

Recipe Form (Side 1)

Recipe/I	Food name:		Size	of one serving (includ	e units):		
Meal:	¹ □ Breakfast	2 □ Luncl	n This	recipe makes	servings		
Day(s):	1 ☐ Mon 2 ☐ Tu	e ₃□Wed	4 □ Thu 5 □ Fri □	Recipe Attached: (Please fill out	Side	2)
Ingr	A. redient Name	B. Amount in Recipe (Include units)	C. Manufacturer/Brand Name and Product Code	D. Include the follow information: Type, Form, Flavor, Fat o (See instruction manu- examples of each, Ingredient Description	content 2	Recipe? T	ABT USE O
						П	

Recipe Form 1

Recipe Form (Side 2)

Preparation Information

Please check $(\ensuremath{\boxtimes})$ the boxes below to describe the procedures used in preparing this recipe.

			THAT APF	
	□ Bake/roast □ Oven heat □ Microwave/warmer □ Broil/grill			
-	5 □ Pan fry/sauté 10 □ Floured 11 □ Battered 6 □ Deep fry 12 □ Floured 13 □ Battered 7 □ Boil 8 □ Steam 9 □ Other (Specify):			
	n □ Does not apply to recipe			
2.	If recipe contains meat or poultry, was amount measured raw	or coo	ked?	
:	n □ Does not apply to recipe → SKIP TO Q.4 1 □ Raw 2 □ Cooked			
3.	If recipe contains meat or poultry, did you			
	CHECK ALL THAT APPLY Trim the visible fat? Drain fat after cooking? Remove skin before cooking?		No	Does not apply to recipe
4.	If recipe contains noodles, rice, or vegetables, did you add sa	lt to the	e cookin	g water?
	Noodles/pasta or rice		No	Does not apply to recipe □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □
5.	If recipe contains canned vegetables or canned fruit, did you	drain o	ff all of t	he liquid?
:	¹ □Yes 0 □ No n □ Does not apply to recipe			
	Comments			

Recipe Form 2

Recipe Form 2