

BARRINGTON SOFTWARE INCORPORATED

# Menu Training

Only recipes can be added to a menu. If a nutrition item, such as milk needs to be on a menu, save the item as a recipe first. To save the item as a recipe, go to Functions->Nutrition->Advanced Find Nutrition Items and use this search tool to find the item. When you locate the item, click Save As->Save As A Recipe. You can also save an inventory item as a recipe.

**Menu**

Name/Cycle: Cycle 1 Week 1    Location: Key High School    Date: 5/15/2007    SubLoc: 14-17(9-12)    Create Requisition

**Pick a Cookbook and a Category**

Select A Cookbook or Cookbooks: CookerPro  
 Select a Category or Categories: Beverages  
 Select a Recipe to Enter Below: Milk, Low Fat 2%, Milk, skim

Feeding Figure	Date Served	Meal	Servings	Serving	Size	Recipe Name	a la carte
500	9/3/2006	Lunch	225	1	Cup(s)	Dewberries	<input type="checkbox"/>
500	9/3/2006	Lunch	275	1	medium	Peaches, raw	<input type="checkbox"/>
500	9/3/2006	Lunch	300	1	Cup(s)	Milk, Low Fat 2%	<input type="checkbox"/>
500	9/3/2006	Lunch	100	1	Cup(s)	Milk, Whole	<input type="checkbox"/>
500	9/3/2006	Lunch	100	1	Cup(s)	Milk, skim	<input type="checkbox"/>

Record: 1 of 64

Special Instructions:    SalesID:    ListPrice: \$0.00

Illustration 1 This is a sample menu. Servings for the 3 milk recipe entries: 300 Servings, Milk, Low Fat 2 %, 100 Servings, Milk, Whole, and 100 Servings, Milk, skim, total the Feeding Figure of 500.

## Menus

Practice planning a menu. Go to Menus ->Add a New Menu

- ❖ Enter a Name
- ❖ Enter a Location
- ❖ Enter a Sub location if needed
- ❖ Today's date will be entered as the date the menu is being created but this date can be changed.
- ❖ On each line enter:
  - Feeding Figure – this is the total number expected for the meal
  - Select a date on the Calendar and double-click the Date Served field to enter. You can have a menu for one

day or a menu that spans several weeks.

Select meal from the drop down list.

Select a Cookbook or Cookbooks and a Category or Categories –Select Recipe Name above with cursor in Recipe Name field below

Change servings number – servings number may be different than the feeding figure

❖ View Scaled Recipes and nutritional labels

Illustration 2 Below is the landscape report of the Salisbury Steak recipe scaled to 300 for the menu. The number of servings in the original recipe was 100. To view the original recipe, double-click the Recipe Name that has been entered on the bottom half of the menu.

To view your scaled recipe reports, go to Scaled Recipes and then to Preview.

<i>Salisbury Steak</i>	<i>Servings:</i> 300	<i>Code/ID:</i>	
<i>Cookbook: CookenPro</i>	<i>Serving Size:</i> 1 1 patty	<i>Date Served: Tuesday, September 05, 2006</i>	
<i>Category: Main Dish, Entrée</i>	<i>Yield:</i> 2.5 Ounce(s)		
<i>Quantity</i>	<i>Pre-Instruction</i>	<i>Ingredient Name/Supplies</i>	<i>Post-instruction</i>
31 1/2 Ounce(s)		EGG,WHOLE,RAW,FRESH	
1 1/2 Quart(s)		WATER,TAP,MUNICIPAL	
6 CUP (8 fl oz)		SOUP,BF BROTH OR	
		BOUILLON,PDR,PREP W/H2O	
13 1/2 Ounce(s)		MILK,DRY,NONFAT,REG,WO/ VIT A	
10 1/2 Ounce(s)		ONIONS,DEHYDRATED FLAKES	
1 1/2 Cup(s)		PARSLEY,DRIED	
3 Tablespoon(s)		PEPPER,BLACK	
51 Pound(s)		BEEF,GROUND,85% LN MEAT / 15%	
		FAT,RAW	
3 Pound(s)		CEREALS,OATS,REG & QUICK &	
		INST,NOT FORT,DRY	
24 Ounce(s)		CEREALS,OATS,REG & QUICK &	
		INST,NOT FORT,DRY	
<i>Method</i>			
Combine all ingredients and bake at 350 f.			

Illustration 3 A nutritional label is available for each recipe assigned to a menu. Go to Scaled Recipes->Preview->Nutritional Label.

<b>Salisbury Steak</b>		
<i>Nutrition Facts</i>		
Serving Size	1 1 patty	
Servings Per Container	100	
<i>Amount Per Serving</i>		
Calories	160.056	
Total Fat	7.384 g	41.520%
Saturated Fat	2.479 g	13.940%
Trans Fat	0.721 g	
Cholesterol	30.334 mg	
Sodium	75.940 g	
Total Carbohydrate	6.241	15.598%
Dietary Fiber	0.835 g	
Protein	16.201 g	40.488%
<i>% Daily Recommended Value*</i>		
Vitamin A	0.006	Vitamin C 0.017
Calcium	0.038%	Iron 0.118
*Daily Recommended Value calculations are based on Daily Recommended Values provided by the USDA.		

❖ Recycle menu

Illustration 4 Below is the form you see when you click Recycle Menu. You can save the current menu as an identical menu, starting on a different date, or you can create a new menu using only one day from the current menu.

**Recycle This Menu**

ID	Menu Name	Select a Starting Date for this Cycle Menu
879	Cycle 1 Week 1	Monday, November 03, 2008

Use All Days  or Select 1 Day ▼

❖ Reports

Make a selection under Reports to view the reports for your menu.

Illustration 5 Below is the Calendar Menu Report.

**Calendar for Menu: Cycle 1 Week 1**

**Location: Key High School**

**Sublocation: 14-17(9-12)**

Sunday 9/3	Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8	Saturday 9/9
<b>Lunch</b> Milk, skim Milk, Whole Milk, Low Fat 2% Peaches, raw Dewberries Tomatoes, red, ripe, raw Lettuce, raw Pickle Relish, hot dog Catsup Granola Bar, low fat Hamburger or Hot Dog Bun Salad, Chicken Beef, ground, extra lean	<b>Lunch</b> Milk, Whole Milk, Low Fat 2% Bananas, raw Applesauce, canned Tomatoes, red, ripe, raw Lettuce, raw Corn, sweet Chicken meat, roasted Bread, wheat Cheese blend Milk, skim	<b>Lunch</b> Milk, skim Milk, Whole Milk, Low Fat 2% Apples, raw Cookies, Peanut Butter Beans, green Potatoes, mashed Salisbury Steak Biscuit With Egg and Ham	<b>Lunch</b> Milk, skim Milk, Whole Milk, Low Fat 2% Apple Crisp Peas, green Bread stuffing Turkey	<b>Lunch</b> Grapes Tomatoes, red, ripe, raw Lettuce, raw Pickle Relish, hot dog Catsup Ham burger or Hot Dog Bun Burger, Vegetarian	<b>Lunch</b> Nectarines, raw Beans, refried Chicken Fajitas Salad, taco Milk, Whole Milk, skim Milk, Low Fat 2%	<b>Lunch</b> Salad, Chicken Peaches, raw Tomatoes, red, ripe, raw Pickle Relish, hot dog Granola Bar, low fat Dewberries Lettuce, raw Catsup Hamburger or Hot Dog Bun Beef, ground, extra lean

Illustration 6 Below is a Production Record for food prepared at one location and transferred to another.

Cycle 1 Week 1  
Key High School  
14-17(9-12)  
Monday, September 04, 2006

ID	Recipe Name	Serving Size	#Servings Delivered	# Leftovers	Total Served	Left Overs	Tossed	Purchasing Guide
9020	Applesauce, canned	1 Cup(s)						
1077	Milk, whole	1 Cup(s)						
9040	Bananas, raw	1 Bana						
11529	Tomatoes, red, ripe, raw	0 Cup(s)						
11250	Lettuce, raw	1 Servi						
11179	Corn, sweet	1 Cup(s)						
5013	Chicken meat, roasted	30 unc						
18064	Bread, wheat	2 Slice[						
51056	Cheese blend	20 unc						
1085	Milk, skim	1 Cup(s)						
1079	Milk, Low Fat 2%	1 Cup(s)						

Illustration 7 Below is the USDA required nutritional report for the menu. This is the first day of the menu and the full report features each day with a summary at the end. This is a weighted average report.

To view this report, go to Menus->Nutrition Menu Report, fill in the range of dates needed, select the menu, and select the RDA set appropriate for the group being served the menu.

# Menu Nutrition Report

Cycle 1 Week 1

Key High School

Sunday, September 03, 2006 Thru Saturday, September 09, 2006

Customer Count	Portion Size	#	Calories	Mg Chols	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	RE Vit-A	Mg Vit-C	G Tr-Fat	G S-Fat	G Prct	G Carb	G Ash	G Mois		
Lunch																			
500	3	Ounce(s)	350	217.60	76.00	76.00	0.00	2.00	19.00	0.00	0.00	1.00	13.00	5.00	24.00	0.00	1.00	48.00	
500	1	tsp	350	4.85	0.00	56.00	0.00	0.00	1.00	47.00	5.00	1.00	0.00	0.00	0.00	1.00	0.00	3.00	
500	1	Cup(s)	225	117.76	0.00	4.00	4.00	1.00	27.00	280.00	28.00	4.00	0.00	0.00	2.00	30.00	0.00	96.00	
500	1	Each	450	119.97	0.00	206.00	1.00	1.00	59.00	0.00	0.00	0.00	2.00	0.00	4.00	21.00	1.00	15.00	
500	1	Servin	500	1.95	0.00	1.00	0.00	0.00	5.00	497.00	15.00	1.00	0.00	0.00	0.00	0.00	0.00	14.00	
500	1	Cup(s)	300	122.00	20.00	100.00	0.00	0.00	285.00	461.00	139.00	0.00	5.00	3.00	8.00	11.00	2.00	218.00	
500	1	Cup(s)	100	83.30	5.00	103.00	0.00	0.00	306.00	500.00	149.00	0.00	0.00	0.00	8.00	12.00	2.00	223.00	
500	1	Cup(s)	100	146.40	24.00	98.00	0.00	0.00	276.00	249.00	76.00	0.00	8.00	5.00	8.00	11.00	2.00	216.00	
500	1	mediu	275	38.22	0.00	0.00	1.00	0.00	6.00	319.00	53.00	6.00	0.00	0.00	1.00	9.00	0.00	87.00	
500	1	tsp	250	4.62	0.00	55.00	0.00	0.00	8.00	1.00	0.00	0.00	0.00	0.00	1.00	0.00	4.00		
500	1	Cup(s)	350	165.00	58.00	257.00	1.00	1.00	17.00	68.00	14.00	1.00	7.00	2.00	17.00	7.00	0.00		
Weighted Average				576.60	111.72	587.53	4.21	4.51	387.42	1309.59	198.32	7.55	0.64	20.63	7.85	41.69	56.05	4.00	374.80
												Total Fat	Sat Fat	Protein	Carbs				
% Of Calories												32.198%	12.250%	28.918%	38.882%				

Illustration 8 Below is the summary of all days for the menu and below that is the comparison of the menu to the RDA set selected.

### Weighted Average for Dates Selected

Calories	Choles	Sodium	Fiber	Iron	Calcium	Vit A IU	Vit A RE	Vit C	Tr Fat	Total Fat	Sat Fat	Protein	Carb	Ash	Moisture
499.834	64.586	698.386	5.943	3.186	346.686	1461.186	226.543	9.557	0.286	17.171	5.900	31.129	54.157	3.886	321.929
% Of Calories for Weighted Average										30.919%	10.624%	24.911%	43.340%		

### RDA CN Age 51 + Lunch RDA (1/3)

compound	Menu Av	% Calories	RDA Target	% Of Target	Unacceptable Deviation	Amount Exceeding Standard:
Ash	3.886					
Calcium	346.686		266	130.333%		80.686
Calories	499.834		644	77.614%	-144.166	
Carbohydrate	54.157	43.340%				
Cholesterol	64.586					
Fat	17.171	30.919%	< or = 30%	103.063%	0.510	
Fiber	5.943					
Iron	3.186		3.3	96.537%	-0.114	
Moisture	321.929					
Protein	31.129	24.911%	19	163.835%		12.129
Saturated Fat	5.900	10.624%	< 10%	106.235%	0.346	
Sodium	698.386					
Trans Fat	0.286					
Vitamin A, IU	1461.186		1330	109.864%		131.186
Vitamin A, RE	226.543		266	85.166%	-39.457	
Vitamin C	9.557		20	47.786%	-10.443	

Missing From Cycle 1 Week 1

Recipe Name	Ingredient	Nutrient	Missin
Apple Crisp	Apple Crisp	Ash	<input checked="" type="checkbox"/>
Apple Crisp	Apple Crisp	Total Trans	<input checked="" type="checkbox"/>
Apple Crisp	Apple Crisp	Moisture	<input checked="" type="checkbox"/>
Apples, raw	APPLES,RAW,WITH SKIN	Total Trans	<input checked="" type="checkbox"/>
Applesauce, canned	APPLESAUCE,CND,SWTND,WO/S	Total Trans	<input checked="" type="checkbox"/>

Boxes containing Missing Nutrients are shaded yellow.

Boxes containing unacceptable deviations are shaded in red.

Users who are setting up inventory and linking ingredients to inventory will be able to view the cost of a menu and create a requisition. This will be covered under inventory training.