

# FOODSERVICE

## Standard 1: Standardize Menus and Recipes

A CDM, CFPP is responsible for standardizing menus and recipes by:

### Developing Standardized Menus:

- Adhering to regulatory guidelines relative to nutritional requirements
- Utilizing approved diet manuals to support menu development and modifications to honor client needs and cultural preferences/intolerances

### Ensuring Effectiveness of Standardized Recipes:

- Utilizing elements of a standardized recipe including portion control, cooking procedures, HACCP guidelines, food preparation procedures, nutritional analysis, and cost analysis to ensure effective and efficient menu planning
- Implementing use of standardized recipe elements to ensure consistency, food safety, nutritional goals, cost control, and evaluate client's acceptance of meals

PERFORMANCE INDICATORS	KEY ACTIONS
<b>1.0 Develop standardized menus and recipes</b>	
<b>1.1</b> Comply with various federal and state regulations to ensure nutritious and safe meal service	<ul style="list-style-type: none"> <li>• Comply with the most stringent state or federal regulation.</li> <li>• Adhere to the 2020-2025 Dietary Guidelines for Americans (DGA).</li> <li>• Provide calorie and nutrition information for products in retail food establishments, including those located in hospitals and long-term care facilities, according to FDA.</li> </ul>
<b>1.2</b> Utilize nutritional resources to maintain adequate nutritional status and adjust for texture and therapeutic diets.	<ul style="list-style-type: none"> <li>• Regularly refer to updated tools such as MyPlate, USDA Dietary Reference Intakes, and Dietary Guidelines for Americans assist in menu planning to maintain nutritional adequacy and menu adjustments.</li> <li>• Implement, monitor, and maintain the International Dysphagia Diet Standardization Initiative framework for textured modified diets.</li> </ul>

**1.3** Ensure clients receive meals that meet their dietary needs and preferences, including cultural and religious considerations.

- Provide each client with meals that reflect their dietary needs and preferences, including when clients are unable to make selections.
- Verify menus comply with physician-prescribed diet orders using trained staff and computer programs.
- Respect clients' cultural and religious dietary practices by understanding their backgrounds and incorporating diverse food choices.
- Regularly audit, evaluate plate waste, and conduct client surveys to identify menu improvements.

## **1.0 RESOURCES**

### **Foodservice Management by Design, 4<sup>th</sup> Edition**

*Methods to Assess Client Satisfaction*  
*Criteria for Individual Health Care Menu Review*  
*Cultural Influences on Food Intake in the U.S.*  
*Examples of Food Substitutions*  
*Plate Waste Information*  
*Ways to Ask a Question*

### **Foodservice Management by Design, 4<sup>th</sup> Edition, Supplemental Materials**

*Food Leftover Usage*

### **Online Resources**

[ANFP Nutrition & Foodservice Edge Magazine](#)

From Policy to Tray: Implementing USDA's Updated Nutrition Standards Into School Meals

How to do More with Less and Reduce Food Waste

Breaking Barriers: Culturally-Responsive Congregate Meals

Celebrate Cultural Diversity with Culinary Traditions

#### Other Online Resources

[Code of Federal Regulations — 483.60 Food and Nutrition Services](#)

[Dietary Guidelines for Americans | USDA and HHS](#)

[Listing of Retail Food Protection Information and Resources | FDA](#)

[Association of Correctional Food Service Affiliates | ACFSA](#)

[Nutrient Recommendations: Dietary Reference Intakes \(DRI\) | NIH Office of Dietary Supplements](#)

[MyPlate.gov | USDA](#)

[State Operations Manual, Appendix PP | CMS](#)

[The IDDSI Framework | IDDSI](#)

[Food Allergies: What You Need to Know | FDA](#)

## 2.0 Effectiveness and evaluation

**2.1** Ensure the effectiveness of standardized recipes, while meeting dietary requirements and cost guidelines.

- Ensure the recipe consistently produces identical results in taste, appearance, and yield.
- Produce recipes that meet specified dietary requirements.
- Adhere to ingredient amounts and portion sizes for cost-effectiveness.

**2.2** Evaluate the acceptance of recipes and adapt as needed to meet client satisfaction.

- Collect regular client feedback to gauge satisfaction and acceptance.
- Follow specified techniques and equipment usage accurately.
- Test and adapt the recipe to the facility's specific conditions.

### 2.0 RESOURCES

#### Foodservice Management by Design, 4<sup>th</sup> Edition

*Survey Using a Likert Scale*

*Recipe Evaluation for Taste Panel*

#### Foodservice Management by Design, 4<sup>th</sup> Edition, Supplemental Materials

*Taste Panel Score Sheet*

#### Online Resources

ANFP

Scaling a Recipe - Focus on Formulas

Calculating "As Purchased" and "Edible Portion" - Focus on Formulas

Recipe Cost Per Serving - Focus on Formulas

Make or Buy - Focus on Formulas

ANFP Nutrition & Foodservice Edge Magazine

Evidence-Based Nutrition for Heart-Healthy Foodservice Menus

Dinner is Served: Why Gluten-Free Options Should be on Your Menu

Other Online Resources

Basics at a Glance | Institute of Child Nutrition (search keywords "basics at a glance")