

Lunch Menu Development Chart

Item	1. Portion Size	2. Yield	3. Things that affect yield	4. Controls and Monitoring Factors Affecting
a. Chicken, baked with skin, drumsticks	4 oz.	0.49	Trimming fat, cooking at too high of a temp, varying size of	Designate cooking temperature, initial and on-going training
b. Broccoli, steamed from fresh	1/4 cup	0.81	Stem trimmed, cooking time, varying size of	Designate serving size as well as amount of stem
c. Baked potato	4 oz.	0.82	Serving size, varying size of potatoes	Serve potatoes by designated weight
d. Apple, cored and sliced, with skin	1 small	0.93	Serving style (sliced, skinned, etc.)	Standardize servings
e. Ice cream sandwich	1	1	Already pre-packaged	
f. String cheese, mozzarella	1	1	Already pre-packaged	
g. Milk, 2%	6 oz.	1	Already pre-packaged	Buy small cartons to serve personally