

Lunch or Supper

Food Production Record

Week 1

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

MONDAY

DATE: _____

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Hawaiian chicken wrap	1 wrap - 3/4 cup filling			HKM 313	
3. Vegetable	Hawaiian wrap - broccoli, carrots, spinach					
4. Fruit	Pears	1/4 cup				
5. Bread/Grain	Hawaiian wrap - tortilla	1 each (2 oz eq per wrap)				
Other foods:						

TUESDAY

DATE: _____

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Cobb salad - egg, turkey ham, cheddar cheese	1/2 each egg 1.4 oz turkey 1 Tbsp cheese			HKM 316	
3. Vegetable	Cobb salad - lettuce, green onion, tomatoes, cucumber	1 cup 1 Tbsp 2 Tbsp 2 Tbsp				
4. Fruit	Fruit cocktail	1/4 cup				
5. Bread/Grain	Cobb salad - savory snack crackers	0.8 oz (1 oz eq Grains)				
Other foods:	Dressing, french	2 Tbsp				

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WEDNESDAY DATE: _____

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Peanut butter & jelly sandwich Cheese stick	2 Tbsp 1 oz			HKM 315	
3. Vegetable	Celery Cucumber	¼ cup ¼ cup				
4. Fruit	Grapes	¼ cup				
5. Bread/Grain	Peanut butter & jelly sandwich - bread	2 slices bread (1 oz eq per slice)				
Other foods:	Jelly Optional: Salad dressing	1 Tbsp 1 oz				

THURSDAY DATE: _____

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Chicken Caesar sub sandwich	2 oz chicken			HKM 307	
3. Vegetable	Sub sandwich - lettuce Baby carrots	½ cup ¼ cup				
4. Fruit	Apple slices	¼ cup				
5. Bread/Grain	Chicken Caesar sub sandwich - bun	1 each (1 oz eq each)				
Other foods:						

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				# Served (6)		

FRIDAY

DATE: _____

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup			HKM 310	
2. Meat/Meat Alternate	Parfait - yogurt Cheese stick	½ cup 1 oz				
3. Vegetable	Broccoli	½ cup				
4. Fruit	Parfait - fruit	½ cup				
5. Bread/Grain	Parfait - cereal	1 cup				
Other foods:						