
Healthier Kansas Menus – CACFP



FALL WEEK 1 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised March 2018

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS



This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

For further information about this publication, please contact: Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, www.kn-eat.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following sites for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott
- Jars of Clay Children’s Center – Tecumseh, KS
- Laughing Hearts Daycare – Topeka, KS

Menus for the Week

PLEASE NOTE: Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

All Grain items are Whole Grain-Rich. Note: The CACFP Meal Pattern only requires that a whole grain-rich food be included in at least one meal or snack per day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Cereal Fresh Grapes Milk	Oatmeal Diced Apples Milk	Bagel with Toppings Strawberries and Bananas Milk	Muffin Pineapple Chunks Milk	Breakfast Pizza Sliced Peaches Milk
LUNCH: Pig in a Blanket Roasted Red Potatoes OR Broccoli with Cheese Fresh Apple Slices Milk	Chicken Wrap Spanish Brown Rice Sautéed Zucchini Tropical Fruit Milk	Spaghetti with Meat Sauce and Cheese Green Beans Mandarin Oranges Milk	Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon Milk	Chicken & Noodles Yogurt Mashed Potatoes OR Fresh Baby Carrots Fresh Grapes Milk
SNACK: Mixed Berry Smoothie Graham Crackers Water	Tortilla Chips Salsa Milk	Pretzels Fresh Grapes Milk	Sliced Cucumbers Hummus Milk	Cheese Stick Apple Slices Water

*This institution is an equal opportunity provider.

Recipes for the Week

Day	Recipe Name	Recipe Number	HKM CACFP Recipe Page Number
Monday	Pig in a Blanket	30	28
	Mixed Berry Smoothie	2	57
Tuesday	Chicken Wrap	158	17
	Spanish Brown Rice	237	73
Wednesday	Strawberries and Bananas	124	61
	Spaghetti & Meat Sauce	170	33
Thursday	Taco Salad	78	42
	Taco Meat	76	41
	Tomato Salsa	129	63
	Afterschool Hummus	62	1
Friday	Chicken & Noodles	152	12

Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	gal	Gallon
fl	fluid	qt	Quart
oz	ounce	pt	Pint
lb	pound	IU	International Unit
w/	with	CN	Child Nutrition
gm	gram	M/MA	Meat/Meat Alternate
mg	milligram	G/B	Grains/Bread
CCP	Critical Control Point		

Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 $\frac{3}{4}$ tsp
2 fl oz = $\frac{1}{4}$ cup	#40 = 1 $\frac{2}{3}$ Tbsp
3 fl oz = $\frac{3}{8}$ cup	#30 = 2 Tbsp
4 fl oz = $\frac{1}{2}$ cup	#20 = 3 $\frac{1}{3}$ Tbsp
6 fl oz = $\frac{3}{4}$ cup	#16 = $\frac{1}{4}$ cup
8 fl oz = 1 cup	#12 = $\frac{1}{3}$ cup
	#8 = $\frac{1}{2}$ cup
	#6 = $\frac{2}{3}$ cup

Breakfast Purchasing, Preparation & Serving Instructions

Week 1 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cereal, Whole Grain	<ul style="list-style-type: none"> • Purchase whole grain-rich ready to eat breakfast cereal. 	½ oz	½ oz eq Grains
Grapes, Fresh	<ul style="list-style-type: none"> • Wash grapes. Remove from stems or separate out into smaller clusters. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> • Provide 1% fat or skim milk. • CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Lunch Purchasing, Preparation & Serving Instructions

Week 1 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pig in a Blanket	<ul style="list-style-type: none"> Prepare HKM Recipe 30, Pig in a Blanket. Purchase turkey hot dogs, 8 per lb with each hot dog weighing 2 oz. Cut or chop before serving as hot dogs pose choking hazard to young children. CCP: Hold for hot service at 135° F or above. 	1 each	2 oz M/MA + 1 oz eq Grains
Roasted Red Potatoes	<ul style="list-style-type: none"> Purchase ovenable, chopped roasted red potatoes. Follow manufacturer's directions for baking and holding. May add pepper or other non-sodium seasonings. Weigh out each portion size indicated and use as a sample. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Broccoli with Cheese	<ul style="list-style-type: none"> Cook by steaming or by cooking broccoli in stock pot with minimal liquid close to service. Sprinkle with 5 oz shredded cheddar or American cheese per 6 lb broccoli. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Apple Slices, Fresh	<ul style="list-style-type: none"> Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ apple	¼ cup Fruit
Milk	<ul style="list-style-type: none"> Provide 1% fat or skim milk. CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk
Ketchup	<ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). 	1 Tbsp	
Mustard	<ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. 	1 tsp	

Snack Purchasing, Preparation & Serving Instructions

Week 1 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Mixed Berry Smoothie	<ul style="list-style-type: none"> • Prepare HKM Recipe 1, Mixed Berry Smoothie • Recipe may be customized for personal preference by substituting different types of frozen fruit, yogurt flavors, or types of fruit juice for those listed in the recipe. 	¾ cup	½ cup Fruit + ½ oz M/MA
Graham Crackers	<ul style="list-style-type: none"> • Purchase whole grain graham crackers. 	½ oz (1 full cracker sheet)	½ oz eq Grains

Pre-preparation for Week 1 – Tuesday: Prepare Tomato Salsa.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 1, Monday - Date: _____

Breakfast/Lunch/Snack

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		
Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Grapes, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Cereal, whole grain	½ oz				
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Pig in a Blanket (Hot Dog)	1 each			HKM 30	
3. Vegetable	Roasted Red Potatoes OR Broccoli with Cheese	¼ cup				
4. Fruit	Apple Slices, fresh	¼ apple				
5. Grains	Pig in a Blanket (Breading)	1 each			HKM 30	
Other foods:	Ketchup Mustard	1 tsp 1 tsp				
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Mixed Berry Smoothie	¾ cup			HKM 1	
	Graham Crackers	½ oz (1 cracker sheet)				
	Water	Available as needed				

Breakfast Purchasing, Preparation & Serving Instructions

Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Oatmeal	<ul style="list-style-type: none"> • Follow manufacturer’s instructions for preparation of oatmeal. 	½ cup	1 oz eq Grains
Diced Apples	<ul style="list-style-type: none"> • Purchase apples, size #125-138. • Handle with gloved hands. Rinse and remove core. Dice into ½” chunks. • Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> • Provide 1% fat or skim milk. • CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Lunch Purchasing, Preparation & Serving Instructions

Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Chicken Wrap	<ul style="list-style-type: none"> • Prepare HKM Recipe 158, Chicken Wrap. • Purchase precooked, un-breaded, chicken strips, or may cook raw chicken breasts (2 oz raw weight per child) and cut into strips. • Purchase 8" whole grain tortillas weighing at least 1 ½ oz. • CCP: Hold for hot service at 135° F or above. 	1 each	1 ½ oz M/MA + ¾ oz eq Grains
Spanish Brown Rice	<ul style="list-style-type: none"> • Prepare HKM Recipe 237, Spanish Brown Rice. • Purchase brown rice. • Purchase canned/jarred salsa. • CCP: Hold for hot service at 135° F or above. 	¼ cup	½ oz eq Grains
Zucchini, sautéed	<ul style="list-style-type: none"> • Purchase fresh zucchini or frozen sliced zucchini. • If fresh, with gloved hands, wash and remove ends. Cut into slices. • Sauté in skillet with minimal vegetable oil or may cook by steaming in stock pot with minimal liquid close to serving time. • CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Tropical Fruit, Canned	<ul style="list-style-type: none"> • Purchase a canned product that includes papaya and/or mango. • Chill cans overnight. Wipe can tops clean before opening. • Drain, cover and refrigerate until serving. Serve with slotted utensil. • CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Fruit
Milk	<ul style="list-style-type: none"> • Provide 1% fat or skim milk. • CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Snack Purchasing, Preparation & Serving Instructions

Week 1 – Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Tortilla Chips	<ul style="list-style-type: none"> • Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). • May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	½ oz	½ oz eq Grains
Tomato Salsa	<ul style="list-style-type: none"> • Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. • May be pre-portioned or self-serve for service. • CCP: Refrigerate and hold at 41° F or below for cold service. 	2 Tbsp	⅓ cup Vegetable
Milk	<ul style="list-style-type: none"> • Provide 1% fat or skim milk. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fluid Milk

Pre-preparation for Week 1 – Wednesday: Defrost ground beef under refrigeration. Prepare Strawberries and Bananas.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 1, Tuesday - Date: _____

Breakfast/Lunch/Snack

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		
Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Diced Apples	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Oatmeal	½ cup cooked				
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Chicken Wrap (chicken and cheese)	½ wrap			HKM 158	
3. Vegetable	Sauteed Zucchini	¼ cup				
4. Fruit	Tropical Fruit	¼ cup				
5. Grains	Chicken Wrap (tortilla) Spanish Brown Rice	½ wrap ¼ cup			HKM 158 HKM 237	
Other foods:						
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Tortilla Chips	½ oz				
	Tomato Salsa	2 Tbsp			HKM 129	
	Milk	½ cup				

Breakfast Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Bagel	<ul style="list-style-type: none"> Purchase 1 oz whole wheat bagels. Cut in half for service. 	½ bagel (½ oz)	½ oz eq Grains
Toppings	<ul style="list-style-type: none"> Serve with jelly, jam, cream cheese or other trans-fat free topping choice. 	1 Tbsp	
Strawberries & Bananas	<ul style="list-style-type: none"> Prepare Strawberries & Bananas, HKM Recipe 183. CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> Provide 1% fat or skim milk. CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Lunch Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Spaghetti & Meat Sauce	<ul style="list-style-type: none"> Prepare HKM Recipe 170, Spaghetti & Meat Sauce. CCP: Hold for hot service at 135° F or above. 	½ cup	1 oz M/MA + ¾ oz eq Grains + ⅛ cup Vegetable
Mozzarella Cheese	<ul style="list-style-type: none"> Purchase shredded, part skim mozzarella cheese. Add 2 Tbsp per child to Spaghetti & Meat Sauce prior to serving. 	2 Tbsp (½ oz)	½ oz M/MA
Green Beans, Canned	<ul style="list-style-type: none"> Purchase canned green bean, no salt added. Wipe can tops clean before opening. Cook by steaming or in stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Mandarin Oranges, Canned	<ul style="list-style-type: none"> Purchase canned mandarin oranges in 100% juice or light syrup. Chill cans of mandarin oranges. Wipe tops of cans clean before opening. Open, drain and refrigerate. Serve with a slotted spoon. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Fruit
Milk	<ul style="list-style-type: none"> Provide 1% fat or skim milk. CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Snack Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pretzel Sticks	<ul style="list-style-type: none"> Purchase whole grain pretzel sticks. 	½ oz (approximately 21 pretzel sticks)	½ oz eq Grains
Grapes, Fresh	<ul style="list-style-type: none"> Wash grapes. With gloved hands, remove from stems or separate out into smaller clusters. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> Provide 1% fat or skim milk. CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fluid Milk

Pre-preparation for Week 1 – Thursday: Defrost ground beef under refrigeration. Cut and chill watermelon. Prepare Tomato Salsa and Hummus.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 1, Wednesday - Date: _____

Breakfast/Lunch/Snack

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		
Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Strawberries and Bananas	½ cup			HKM 124	
3. Grains (*or optional Meal/Meat Alternate)	Bagel	½ each (½ oz)				
Other foods:	Toppings (jelly, cream cheese, etc)	1 Tbsp				
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Spaghetti with Meat Sauce Shredded Mozzarella Cheese	½ cup 2 Tbsp			HKM 170	
3. Vegetable	Spagetti with Meat Sauce Green Beans	½ cup ¼ cup			HKM 170	
4. Fruit	Mandarin Oranges, canned	¼ cup				
5. Grains	Spaghetti with Meat Sauce	½ cup			HKM 170	
Other foods:						
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Pretzel Sticks	½ oz (21 pretzel sticks)				
	Grapes, fresh	½ cup				
	Milk	½ cup				

Breakfast Purchasing, Preparation & Serving Instructions

Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Whole Grain Muffin	<ul style="list-style-type: none"> • Purchase or prepare whole grain rich muffins weighing 1 oz each (or may purchase larger muffins and cut in half prior to service). • Prepare according to manufacturer's instructions. 	1 each (1 oz)	½ oz eq Grains
Pineapple Chunks, Canned	<ul style="list-style-type: none"> • Purchase canned pineapple chunks packed in 100% juice or light syrup. • Chill cans overnight. Wipe can tops clean before opening. • Serve with a slotted spoon. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> • Provide 1% fat or skim milk. • CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Lunch Purchasing, Preparation & Serving Instructions

Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Taco Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 78, Taco Salad. 	1 salad (½ cup lettuce + ⅛ cup meat + ¼ cup tomatoes + 1 Tbsp cheese)	1 oz M/MA + ½ cup Vegetable
Tortilla Chips	<ul style="list-style-type: none"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	½ oz	½ oz eq Grains
Tomato Salsa	<ul style="list-style-type: none"> Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. May be pre-portioned or self-serve for service. CCP: Refrigerate and hold at 41° F or below for cold service. 	1 Tbsp	
Refried Beans	<ul style="list-style-type: none"> Purchase canned or dried refried beans. For dried beans, prepare according to manufacturer's directions. For canned beans, wipe top of cans before opening. CCP: Hold for hot service at 135° F or above. 	⅛ cup	½ oz M/MA
Watermelon, Fresh	<ul style="list-style-type: none"> Wash outside of fruit and remove rind. With gloved hands, cut into ½" cubes. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Fruit
Milk	<ul style="list-style-type: none"> Provide 1% fat or skim milk. CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Snack Purchasing, Preparation & Serving Instructions

Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cucumber Slices, Fresh	<ul style="list-style-type: none"> • With gloved hands, wash outside of cucumbers. • Peel (if desired) and slice cucumbers. Refrigerate until service. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Vegetables
Hummus	<ul style="list-style-type: none"> • Prepare HKM Recipe 62, Afterschool Hummus or purchase a premade hummus. A CN label or product formulation statement is needed for purchased hummus to credit as a M/MA. • CCP: Refrigerate and hold at 41° F or below for cold service. 	2 Tbsp	½ oz M/MA
Milk	<ul style="list-style-type: none"> • Provide 1% fat or skim milk. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fluid Milk

Pre-preparation for Week 1 – Friday: Defrost chicken under refrigeration. Prepare Whole Wheat Rolls.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 1, Thursday - Date: _____

Breakfast/Lunch/Snack

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		
Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Pineapple Chunks	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Whole Grain Muffin	1 each (1 oz)				
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Taco Salad (meat/cheese) Refried Beans	1 salad ⅛ cup			HKM 78	
3. Vegetable	Taco Salad (lettuce/tomatoes)	½ cup lettuce + ¼ cup tomatoes			HKM 78	
4. Fruit	Fresh Watermelon	¼ cup				
5. Grains	Tortilla Chips	½ oz				
Other foods:	Tomato Salsa	1 Tbsp			HKM 129	
SNACK - Must serve 2 different components						
Fluid Milk	Cucumber, fresh, sliced	½ cup				
Fruit	Hummus	2 Tbsp			HKM 62	
Vegetable						
Bread/Grain	Milk	½ cup				
Meat/Meat Alternate						

Breakfast Purchasing, Preparation & Serving Instructions

Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Breakfast Pizza	<ul style="list-style-type: none"> • Purchase breakfast pizza where one pizza provides 1 oz M/MA and 1 serving Grains/Bread. If CN labeled product is not available, will need to obtain a Product Formulation Statement from the manufacturer. • Heat according to manufacturer's instructions and hold hot for service. • CCP: Hot for hot service at 135° F or above. 	½ each	½ oz eq Grains + ½ oz M/MA
Peaches, Sliced, Canned	<ul style="list-style-type: none"> • Purchase canned peaches, sliced, packed in 100% juice or light syrup. • Chill cans overnight. Wipe tops of cans clean before opening. • Cover, drain and refrigerate until serving. Serve with a slotted utensil. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> • Provide 1% fat or skim milk. • CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Lunch Purchasing, Preparation & Serving Instructions

Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Chicken & Noodles	<ul style="list-style-type: none"> Prepare HKM Recipe 152, Chicken & Noodles. Purchase dry, whole grain egg noodles and frozen pulled or diced cooked chicken with no skin and no added salt. CCP: Hold for hot service at 135° F or above. 	½ cup	1 oz M/MA + ½ oz eq Grains
Yogurt, low-fat	<ul style="list-style-type: none"> Purchase low-fat, flavored yogurt cups that are ¼ cup (2 oz) each or may purchase in bulk and pre-portion ¼ cup (2 oz) servings. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	½ oz M/MA
Mashed Potatoes	<ul style="list-style-type: none"> Purchase dehydrated mashed potatoes. Follow manufacturer’s instructions for preparation. Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than ½ teaspoon of salt per 6 cups prepared potatoes. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Carrots, Baby, Fresh	<ul style="list-style-type: none"> Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Vegetable
Grapes, Fresh	<ul style="list-style-type: none"> Wash grapes. With gloved hands, remove from stems or separate out into smaller clusters. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Fruit
Milk	<ul style="list-style-type: none"> Provide 1% fat or skim milk. CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk

Snack Purchasing, Preparation & Serving Instructions

Week 1 – Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cheese Stick	<ul style="list-style-type: none"> • Purchase cheese sticks weighing 1 oz each. • CCP: Refrigerate and hold at 41° F or below for cold service. 	1 cheese stick	1 oz M/MA
Apple, Fresh	<ul style="list-style-type: none"> • Purchase apples, size #125-138. • Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. • Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ apple	½ cup Fruit

Pre-preparation for Week 2 - Monday: Defrost ground beef under refrigeration.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 1, Friday - Date: _____

Breakfast/Lunch/Snack

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		
Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Sliced Peaches, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Breakfast Pizza	½ each				
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Chicken & Noodles Yogurt	½ cup ¼ cup			HKM 152	
3. Vegetable	Mashed Potatoes OR Fresh Baby Carrots	¼ cup				
4. Fruit	Grapes, fresh	¼ cup				
5. Grains	Chicken & Noodles	½ cup			HKM 152	
Other foods:						
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cheese Stick	1 piece (1 oz)				
	Apple, fresh, sliced	½ cup				
	Water	Available as needed				