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# **Healthier Kansas Menus – CACFP**



## **FALL WEEK 2 – DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised March 2018

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

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## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

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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
<b>BREAKFAST:</b> Cereal Fresh Orange Milk	Pancake on a Stick Fruit Cocktail Milk	Biscuit Mandarin Oranges Milk	Sausage Breakfast Sandwich Pineapple Chunks Milk	Muffin Tropical Fruit Milk
<b>LUNCH:</b> Mini Meatball Sub Ranch Potato Wedges <b>OR</b> Tossed Salad Fresh Peach Milk	BBQ Chicken Drumstick Dinner Roll Baked Beans <b>OR</b> Creamy Cole Slaw Apricot Halves Milk	White Chicken Chili Cornbread Mini Muffin Cucumber Slices Banana Milk	Cheese Pizza Fresh Baby Carrots Fresh Citrus Fruit Cup Milk	Biscuit & Sausage Gravy Sausage Patty Fresh Sugar Snap Peas <b>OR</b> Hash Brown Patty Fresh Plum Milk
<b>SNACK:</b> Tortilla with Banana and Honey** Milk	Broccoli Florets with Ranch Dressing Cheese Stick Water	Peach Smoothie Graham Crackers Water	Cheese Quesadilla Tomato Salsa Water	Apple Slices Peanut Butter/Yogurt Dip Water

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\*\*Honey is not recommended for children under 1 year of age.

## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM CACFP Recipe Page Number
Monday	Mini Meatball Sub	132	27
	Mini Meatballs	73	26
	Ranch Potato Wedges	131	59
	Tossed Salad	74	64
Tuesday	BBQ Chicken Drumstick	130	4
	Whole Wheat Roll	877	78
	Baked Beans	188	51
	Creamy Cole Slaw	20	53
Wednesday	Angel Biscuit	120	65
	White Chicken Chili	128	45
	Cornbread Mini Muffins	127	68
	Peach Smoothie		58
Thursday	Sausage Breakfast Sandwich	B-127	32
	Fresh Citrus Fruit Cup	134	54
	Tomato Salsa	129	63
Friday	Biscuits & Sausage Gravy	118	7
	Angel Biscuits	120	65

## 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 2 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cereal, Whole Grain	<ul style="list-style-type: none"> <li>• Purchase whole grain-rich ready to eat breakfast cereal.</li> </ul>	½ oz	½ oz eq Grains
Orange, Fresh	<ul style="list-style-type: none"> <li>• Purchase oranges, size #113.</li> <li>• Handle with gloved hands. Rinse.</li> <li>• Either peel and serve sections or cut in 4ths or 8ths and serve with peel.</li> <li>• Cover and refrigerate.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 orange	½ cup Fruit
Milk	<ul style="list-style-type: none"> <li>• Provide 1% fat or skim milk.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk

## Lunch Purchasing, Preparation & Serving Instructions

### Week 2 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Mini Meatball Sub	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 132, Mini Meatball Sub.</li> <li>Either prepare HKM Recipe 73 for Mini Meatballs or purchase pre-cooked meatballs where 5 meatballs equal 2 oz M/MA (and use number of meatballs needed to provide 1 ½ oz M/MA). If purchased product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	3 meatballs + 1 oz bun	1 ½ oz M/MA + ¼ cup Vegetable + 1 oz eq Grains
Ranch Potato Wedges	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 131, Ranch Potato Wedges.</li> <li>Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
Tossed Salad	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 74, Tossed Salad.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	⅛ cup Vegetable
Peach, Fresh	<ul style="list-style-type: none"> <li>Purchase fresh peaches, size #80.</li> <li>With gloved hands, wash peaches.</li> <li>Cut in quarters, cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	½ peach	¼ cup Fruit
Milk	<ul style="list-style-type: none"> <li>Provide 1% fat or skim milk.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 3 gm of fat per 1 Tbsp.</li> <li><b>CCP: Refrigerate and serve at 41° F or below if site-prepared dressing is served.</b></li> </ul>	1 Tbsp	



## Snack Purchasing, Preparation & Serving Instructions

### Week 2 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Tortilla, whole grain	<ul style="list-style-type: none"> <li>Purchase whole grain-rich tortillas weighing 1 oz each.</li> </ul>	1 tortilla	1 oz eq Grains
Banana, Fresh	<ul style="list-style-type: none"> <li>Purchase fresh, whole bananas, 100-120 count.</li> <li>Serve whole or cut into slices prior to service (if cut, refrigerate until service).</li> <li>Place banana or banana slices in the middle of the tortilla, drizzle with honey, and roll up in the tortilla to serve.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 banana	½ cup Fruit
Honey	<ul style="list-style-type: none"> <li>Honey is not recommended for children under 1 year of age – omit when serving children under 1 year old.</li> <li>Drizzle honey over banana and roll up in the tortilla prior to serving.</li> </ul>	1 Tbsp	
Milk	<ul style="list-style-type: none"> <li>Provide 1% fat or skim milk.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ cup	½ cup Fluid Milk

**Pre-preparation for Week 2 – Tuesday:** Thaw chicken under refrigeration. Prepare Baked Beans, Creamy Cole Slaw, and Whole Wheat Rolls.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 2, 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)		
<b>Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)</b>						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Orange, fresh	1 orange				
3. Grains (*or optional Meal/Meat Alternate)	Cereal, whole grain	½ oz				
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Mini Meatball Sub (meatballs)	3 each			HKM 132	
3. Vegetable	Mini Meatball Sub (sauce) Tossed Salad OR Potato Wedges	1 sandwich ¼ cup			HKM 132 HKM 74/HKM 131	
4. Fruit	Peach, fresh	½ peach				
5. Grains	Mini Meatball Sub (Bun)	1 each (1 oz)			HKM 132	
Other foods:	Ranch Dressing	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk	Torilla	1 each (1 oz)				
Fruit	Banana, sliced	1 banana				
Vegetable	Honey (*omit for children under 1)	1 Tbsp				
Bread/Grain	Milk	½ cup				
Meat/Meat Alternate						

## Breakfast Purchasing, Preparation & Serving Instructions

### Week 2 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pancake on a Stick	<ul style="list-style-type: none"> <li>• Purchase CN labeled whole grain rich pancake on a stick that provides 1 oz equivalent grains and 1 oz equivalent M/MA. If purchased product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hot for hot service at 135° F or above.</b></li> </ul>	1 each	1 oz eq Grains + 1 oz M/MA
Fruit Cocktail, Canned	<ul style="list-style-type: none"> <li>• Purchase a canned product that includes peaches, pears, pineapple, grapes and cherries packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>• Cover, drain and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> <li>• Provide 1% fat or skim milk.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk

## Lunch Purchasing, Preparation & Serving Instructions

### Week 2 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
BBQ Chicken Drumstick	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 130, BBQ Chicken.</li> <li>• Purchase raw, frozen chicken legs with skin weighing 3 ½ oz each OR purchase a CN labeled, pre-cooked product that provides 1 ½ oz M/MA per serving and prepare according to manufacturer’s instructions. If pre-cooked product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 drumstick	1 ½ oz M/MA
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	1 roll (1 oz)	1 oz eq Grains
Baked Beans	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
Creamy Cole Slaw	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 20, Creamy Cole Slaw.</li> <li>• Purchase pre-shredded green cabbage.</li> <li>• <b>CCP: Hold for cold service at 41° F or below.</b></li> </ul>	¼ cup	¼ cup Vegetable
Apricot Halves, Canned	<ul style="list-style-type: none"> <li>• Purchase apricot halves packed in light syrup or 100% juice.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Drain, cover and refrigerate until serving.</li> <li>• Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	¼ cup Fruit
Milk	<ul style="list-style-type: none"> <li>• Provide 1% fat or skim milk.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk

## Snack Purchasing, Preparation & Serving Instructions

### Week 2 – Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Broccoli Florets, Fresh	<ul style="list-style-type: none"> <li>• Purchase fresh broccoli florets, ready to serve.</li> <li>• Handle with gloved hands.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ cup	½ cup Vegetable
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 3 gm of fat per 1 Tbsp.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if site-prepared dressing is served.</b></li> </ul>	1 Tbsp	
Cheese Stick	<ul style="list-style-type: none"> <li>• Purchase cheese sticks weighing 1 oz each.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 cheese stick	1 oz M/MA

**Pre-preparation for Week 2 - Wednesday:** Prepare Whole Grain Biscuits and Cornbread Mini Muffins. Thaw chicken under refrigeration.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 2, 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)		
<b>Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)</b>						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Fruit Cocktail, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Pancake on a Stick	1 each				
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	BBQ Chicken Drumstick	1 each			HKM 27	
3. Vegetable	Baked Beans OR Creamy Coleslaw	¼ cup			HKM 188 HKM 20	
4. Fruit	Apricot Halves, canned	¼ cup				
5. Grains	Whole Wheat Roll	1 roll (1 oz)			HKM 877	
Other foods:						
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk	Broccoli Florets	½ cup				
	Ranch Dressing	1 Tbsp				
Fruit	Cheese Stick	1 piece (1 oz)				
Vegetable						
Bread/Grain	Water	Available as needed				
Meat/Meat Alternate						

## Breakfast Purchasing, Preparation & Serving Instructions

### Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Biscuit, Whole Grain	<ul style="list-style-type: none"> <li>• If purchasing biscuits, purchase whole grain rich biscuit that weighs at least 1 oz per serving.</li> <li>• If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120.</li> </ul>	1 each (1 oz)	1 oz eq Grains
Mandarin Oranges, Canned	<ul style="list-style-type: none"> <li>• Purchase canned mandarin oranges in 100% juice or light syrup.</li> <li>• Chill cans of mandarin oranges. Wipe tops of cans clean before opening.</li> <li>• Open, drain and refrigerate. Serve with a slotted spoon.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> <li>• Provide 1% fat or skim milk.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk

## Lunch Purchasing, Preparation & Serving Instructions

### Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
White Chicken Chili	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 128, White Chicken Chili.</li> <li><b>CCP: Hold for hot service at 135° F or higher.</b></li> </ul>	½ cup	1 ½ oz M/MA + ⅛ cup Vegetable
Cornbread Mini Muffins	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 127, Cornbread Muffins.</li> <li>OR purchase whole grain-rich cornbread muffins weighing at least 0.6 oz each.</li> </ul>	1 mini muffin	¾ oz eq Grains
Cucumber Slices, Fresh	<ul style="list-style-type: none"> <li>With gloved hands, wash outside of cucumbers.</li> <li>Peel (if desired) and slice cucumbers. Refrigerate until service.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	¼ cup Vegetable
Banana, Fresh	<ul style="list-style-type: none"> <li>Purchase fresh, whole bananas, 100-120 count.</li> <li>Serve whole or cut into slices prior to service (if cut, refrigerate until service).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ banana	¼ cup Fruit
Milk	<ul style="list-style-type: none"> <li>Provide 1% fat or skim milk.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 3 gm of fat per 1 Tbsp.</li> <li><b>CCP: Refrigerate and serve at 41° F or below if site-prepared dressing is served.</b></li> </ul>	1 Tbsp	



## Snack Purchasing, Preparation & Serving Instructions

### Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Peach Smoothie	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 2, Peach Smoothie</li> <li>• 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.</li> </ul>	¾ cup	½ cup Fruit + ½ oz M/MA
Graham Crackers	<ul style="list-style-type: none"> <li>• Purchase whole grain graham crackers.</li> </ul>	½ oz (1 full cracker sheet)	½ oz eq Grains

**Pre-preparation for Week 2 – Thursday:** Prepare Fresh Citrus Fruit Cup and Tomato Salsa.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 2, 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)		
<b>Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)</b>						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Mandarin Oranges, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Whole Grain Biscuit	1 each (1 oz)			HKM 120	
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	White Chicken Chili	½ cup			HKM 128	
3. Vegetable	Cucumber Slices	¼ cup				
4. Fruit	Banana	½ banana				
5. Grains	Cornbread Mini Muffin	1 mini muffin			HKM 127	
Other foods:	Ranch Dressing	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Peach Smoothie	¾ cup			HKM 2	
	Whole Grain Crackers	½ oz (4 crackers)				
	Water	Available as needed				

## Breakfast Purchasing, Preparation & Serving Instructions

### Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Sausage Breakfast Sandwich	<ul style="list-style-type: none"> <li>• Prepare HKM B-127, Sausage Breakfast Sandwich.</li> <li>• <b>CCP: Hold for hot service at 135° F or higher.</b></li> <li>• Purchase whole grain-rich bread that weighs 1 oz per slice OR prepare HKM Recipe 107, Whole Wheat Bread.</li> <li>• Purchase CN labeled sausage patty that provides 1 oz M/MA. If CN labeled product is not available, obtain a Product Formulation Statement.</li> <li>• Cut sandwiches in half and serve one half per child.</li> </ul>	½ sandwich	¾ oz M/MA + 1 oz eq Grains
Pineapple Chunks, Canned	<ul style="list-style-type: none"> <li>• Purchase canned pineapple chunks packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Serve with a slotted spoon.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> <li>• Provide 1% fat or skim milk.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk

## Lunch Purchasing, Preparation & Serving Instructions

### Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cheese Pizza	<ul style="list-style-type: none"> <li>Purchase pre-prepared cheese pizza that provides 2 oz M/MA, 2 oz eq Grains, and 1/8 cup vegetable; no more than 8 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Heat in oven according to manufacturer's instructions.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 piece	2 oz M/MA + 1/8 cup Vegetable + 2 oz eq Grains
Carrots, Baby, Fresh	<ul style="list-style-type: none"> <li>Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>Weigh or count number needed per portion.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1/4 cup	1/4 cup Vegetable
Fresh Citrus Fruit Cup	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 134, Fresh Citrus Fruit Cup.</li> <li><b>CCP: Hold for cold service at 41° F or below.</b></li> </ul>	1/4 cup	1/4 cup Fruit
Milk	<ul style="list-style-type: none"> <li>Provide 1% fat or skim milk.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	3/4 cup	3/4 cup Fluid Milk
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 3 gm of fat per 1 Tbsp.</li> <li><b>CCP: Refrigerate and serve at 41° F or below if site-prepared dressing is served.</b></li> </ul>	1 Tbsp	

## Snack Purchasing, Preparation & Serving Instructions

### Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cheese Quesadilla	<ul style="list-style-type: none"> <li>• Purchase whole grain-rich tortillas weighing 1 oz each.</li> <li>• Purchase shredded cheddar or Mexican cheese blend, reduced-fat. Sprinkle 1 oz (¼ cup) of cheese on half of tortilla, fold tortilla over. Microwave, bake, or grill until cheese is melted.</li> <li>• Cut quesadilla in half for service.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 quesadilla	1 oz M/MA + 1 oz eq Grains
Tomato Salsa	<ul style="list-style-type: none"> <li>• Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>• May be pre-portioned or self-serve for service.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 Tbsp	

**Pre-preparation for Week 2 - Friday:** Thaw sausage under refrigeration. Prepare Whole Grain Biscuits.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 2, 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)		
<b>Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)</b>						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Pineapple Chunks, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Sausage Breakfast Sandwich	½ sandwich			HKM B-127	
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Cheese Pizza (cheese)	1 piece				
3. Vegetable	Cheese Pizza (sauce) Carrots, baby, fresh	1 piece ¼ cup				
4. Fruit	Fresh Citrus Fruit Cup	¼ cup			HKM 134	
5. Grains	Cheese Pizza (crust)	1 piece				
Other foods:	Ranch Dressing	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk	Cheese Quesadilla	1 oz cheese + 1 oz tortilla				
Fruit	Tomato Salsa	1 Tbsp			HKM 129	
Vegetable						
Bread/Grain	Water	Available as needed				
Meat/Meat Alternate						

## Breakfast Purchasing, Preparation & Serving Instructions

### Week 2 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Whole Grain Muffin	<ul style="list-style-type: none"> <li>• Purchase or prepare whole grain-rich muffins weighing 1 oz each (or may purchase larger muffins and cut in half prior to service).</li> <li>• Prepare according to manufacturer's instructions.</li> </ul>	1 each (1 oz)	½ oz eq Grains
Tropical Fruit, Canned	<ul style="list-style-type: none"> <li>• Purchase a canned product that includes papaya and/or mango.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Drain, cover and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ cup	½ cup Fruit
Milk	<ul style="list-style-type: none"> <li>• Provide 1% fat or skim milk.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk

## Lunch Purchasing, Preparation & Serving Instructions

### Week 2 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Biscuits & Sausage Gravy	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 118, Biscuits and Sausage Gravy.</li> <li>If purchasing biscuits, purchase whole grain rich biscuits that weigh 1 oz each.</li> <li>If preparing biscuits, prepare HKM Recipe 120, Angel Biscuits.</li> <li><b>CCP: Hold gravy for hot service at 135° F or above.</b></li> </ul>	3 oz gravy + 1 biscuit (1 oz)	1 oz M/MA + 1 oz eq Grains
Sausage Patty	<ul style="list-style-type: none"> <li>Purchase CN labeled sausage patty that provides 1 oz M/MA. If CN labeled product is not available, obtain a Product Formulation Statement.</li> </ul>	½ patty	½ oz M/MA
Hash Brown Patty	<ul style="list-style-type: none"> <li>Purchase 2.25 oz hash brown patties.</li> <li>Follow manufacturer's directions for baking and holding.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 patty	¼ cup Vegetable
Sugar Snap Peas, Fresh	<ul style="list-style-type: none"> <li>Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>Weigh or count number needed per portion.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	¼ cup Vegetable
Plum, fresh	<ul style="list-style-type: none"> <li>With gloved hands, wash plums.</li> <li>Cut into quarters.</li> <li>Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ plum	¼ cup Fruit
Milk	<ul style="list-style-type: none"> <li>Provide 1% fat or skim milk.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk



## Snack Purchasing, Preparation & Serving Instructions

### Week 2 – Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Apple, Fresh	<ul style="list-style-type: none"> <li>• Purchase apples, size #125-138.</li> <li>• Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>• Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ apple	½ cup Fruit
Peanut Butter/Yogurt Dip	<ul style="list-style-type: none"> <li>• Serve each child 1Tbsp of peanut butter (may substitute an alternate nut butter for peanut allergies) and ¼ cup yogurt. Allow the child to mix the peanut butter and yogurt together and use the mixture as a dip for the apple slices.</li> <li>• 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.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 Tbsp peanut butter + ¼ cup yogurt	1 oz M/MA

**Pre-preparation for Week 3 - Monday:** None

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 2, 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)		
<b>Breakfast - Must serve all 3 components (*M/MA may be used to substitute the entire grants component a maximum of three times/week)</b>						
1. Fluid Milk	Milk	¾ cup				
2. Fruit/Vegetable	Tropical Fruit, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Whole Grain Muffin	1 each (1 oz)				
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Sausage Gravy Sausage Patty	3 oz 1 each (1 oz)			HKM 118	
3. Vegetable	Fresh Sugar Snap Peas OR Hash Brown Patty	¼ cup 1 each (¼ cup)				
4. Fruit	Plum, fresh	½ plum				
5. Grains	Whole Grain Biscuit	1 each (1 oz)			HKM 120	
Other foods:						
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Apple Slices	½ cup				
	Peanut Butter/Yogurt Dip					
	Peanut Butter	1 Tbsp				
	Yogurt	¼ cup				
	Water	Available as needed				