
Healthier Kansas Menus – CACFP



FALL WEEK 3 – DAILY PRODUCTION RECORDS

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 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 Pineapple Milk	Pancake with Syrup Tropical Fruit Milk	Bagel with Toppings Sliced Peaches Milk	Breakfast Pita Mandarin Oranges Milk	English Muffin with Peanut Butter Sliced Pears Milk
LUNCH: Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice OR Sweet Potato Puffs Fresh Apple Milk	Taco Soup Tortilla Chips Broccoli Florets Fresh Strawberries Milk	Corn Dog Green Beans OR Tater Tots Fruit Cocktail Milk	Chicken Quesadilla Black Bean & Corn Salsa Refried Beans Fresh Cantaloupe Milk	Cowboy Cavatini Seasoned Corn OR Garden Salad Fresh Orange Milk
SNACK: Rice Cakes Applesauce Milk	Cherry Tomatoes Snack Crackers Milk	Cottage Cheese Pineapple Water	Celery with Peanut Butter Milk	Cheese Snack Crackers Dried Cranberries Milk

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Recipes for the Week

Day	Recipe Name	Recipe Number	HKM CACFP Recipe Page Number
Monday	Whole Wheat Bun	877	78
Tuesday	Taco Soup	20	43
Wednesday	N/A		
Thursday	Breakfast Pita	B-131	8
	Chicken Quesadilla	29	14
	Black Bean & Corn Salsa	81	52
Friday	Cowboy Cavatini	32	19
	Garden Salad	164	56

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 3 – 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
Pineapple, Fresh	<ul style="list-style-type: none"> • Wash outer surface prior to cutting. With gloved hands, remove skin and core. Cut fruit into chunks. • 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 3 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pork Rib on a Bun	<ul style="list-style-type: none"> Purchase a pre-cooked rib patty that provides at least 1 ½ oz M/MA. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Heat according to manufacturer's instructions. Purchase a 1 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, hamburger bun variation. CCP: Hold for hot service at 135° F or above. 	1 sandwich	1 ½ oz M/MA + 1 oz eq Grains
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> Handle produce with gloved hands. May be pre-portioned. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	⅛ cup	N/A
Tomato Slice	<ul style="list-style-type: none"> Handle produce with gloved hands. Slice ¼" thick. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	1 slice (⅛ cup)	⅛ cup Vegetable
Sweet Potato Puffs	<ul style="list-style-type: none"> Purchase ovenable sweet potato puffs. Heat in oven according to manufacturer's instructions. 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	

Snack Purchasing, Preparation & Serving Instructions

Week 3 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Rice Cakes	<ul style="list-style-type: none"> • Purchase rice cakes with brown rice as the first ingredient, any flavor, 0.3-0.4 oz each. 	1 ½ each	½ oz eq Grains
Applesauce	<ul style="list-style-type: none"> • Purchase unsweetened applesauce. • May be pre-portioned or self-serve for service. • 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 3 – Tuesday: Thaw ground beef under refrigeration.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 3, 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	Pineapple, 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	Pork Rib	1 each				
3. Vegetable	DG Leaf Lettuce/Tomato Slice OR Sweet Potato Puffs	⅛ cup + 1 slice ¼ cup				
4. Fruit	Apple, fresh	¼ apple				
5. Grains	Bun	1 each (1 oz)			HKM 877	
Other foods:	Ketchup	1 Tbsp				
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Rice Cakes	1 ½ rice cakes				
	Applesauce	½ cup				
	Milk	½ cup				

Breakfast Purchasing, Preparation & Serving Instructions

Week 3 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pancake	<ul style="list-style-type: none"> Purchase or prepare whole grain-rich pancakes weighing 1.1 oz per pancake. 	1 each (1.1 oz)	1 oz eq Grains
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. 	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
Syrup	<ul style="list-style-type: none"> Purchase syrup packets or bulk syrup. 	1 Tbsp	

Lunch Purchasing, Preparation & Serving Instructions

Week 3 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Taco Soup	<ul style="list-style-type: none"> Prepare HKM Recipe 20, Taco Soup. Purchase 80/20 ground beef. CCP: Hold for hot service at 135° F or above. 	½ cup	1 ½ oz M/MA + ⅙ 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
Broccoli Florets, Fresh	<ul style="list-style-type: none"> Purchase fresh broccoli florets, ready to serve. Handle with gloved hands. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Vegetable
Strawberries, Fresh	<ul style="list-style-type: none"> Handle with gloved hands. Rinse. Remove stems. Optional: cut into halves. 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
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 3 gm of fat per 1 Tbsp. CCP: Refrigerate and serve at 41° F or below if site-prepared dressing is served. 	1 Tbsp	

Snack Purchasing, Preparation & Serving Instructions

Week 3 – Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cherry Tomatoes, Fresh	<ul style="list-style-type: none"> • With gloved hands, wash and stem tomatoes. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup (approximately 6 cherry tomatoes)	½ cup Vegetable
Crackers, Whole Grain	<ul style="list-style-type: none"> • Purchase whole grain-rich snack crackers. 	½ oz (approximately 4 crackers)	½ oz eq Grains
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 3 - Wednesday: None.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 3, 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	Tropical Fruit, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Pancake	1 pancake (1.2 oz)				
Other foods:	Syrup	1 Tbsp				
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Taco Soup	½ cup			HKM 20	
3. Vegetable	Taco Soup Broccoli Florets, fresh	½ cup ¼ cup			HKM 20	
4. Fruit	Strawberries, fresh	¼ cup				
5. Grains	Tortilla Chips	½ oz				
Other foods:	Ranch Dressing	1 Tbsp				
SNACK - Must serve 2 different components						
Fluid Milk	Cherry Tomatoes	½ cup (6 tomatoes)				
Fruit	Whole Grain Snack Crackers	½ oz (4 crackers)				
Vegetable						
Bread/Grain	Milk	½ cup				
Meat/Meat Alternate						

Breakfast Purchasing, Preparation & Serving Instructions

Week 3 – 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	
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 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 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Corn Dog	<ul style="list-style-type: none"> Purchase a whole grain-rich, pre-cooked product that provides at least 1 ½ oz M/MA and ½ oz eq Grains; no more than 8 gm of fat; and no more than 600 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. 	1 corndog	1 ½ oz M/MA + ½ oz eq Grains
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
Tater Tots	<ul style="list-style-type: none"> Purchase frozen, ovenable, tater tots. Follow manufacturer's directions for baking and holding. May add pepper or other non-sodium seasonings. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Fruit Cocktail, Canned	<ul style="list-style-type: none"> Purchase a canned product that includes peaches, pears, pineapple, grapes and cherries 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 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
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 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cottage Cheese	<ul style="list-style-type: none"> • Purchase low-fat or skim cottage cheese. • CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	1 oz M/MA
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

Pre-preparation for Week 3 – Thursday: Thaw chicken under refrigeration. Cut and chill cantaloupe. Prepare Black Bean & Corn Salsa.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 3, 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	Peaches, sliced, canned	½ cup				
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	Corn Dog (hot dog)	1 each				
3. Vegetable	Green Beans, canned OR Tator Tots	¼ cup				
4. Fruit	Fruit Cocktail, canned	¼ cup				
5. Grains	Corn Dog (breading)	1 each				
Other foods:						
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cottage Cheese	¼ cup				
	Pineapple Chunks, canned	½ cup				
	Water	Available as needed				

Breakfast Purchasing, Preparation & Serving Instructions

Week 3 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Breakfast Pita	<ul style="list-style-type: none"> • Prepare HKM Recipe B-131, Breakfast Pita. • Purchase whole grain pita pockets weighing at least 2 oz per whole pita (1 oz per ½ pita). 	½ pita sandwich	2 oz eq M/MA + 1 oz eq Grains
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. 	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 3 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Chicken Quesadilla	<ul style="list-style-type: none"> Prepare HKM Recipe 29, Chicken Quesadilla. Purchase frozen pulled or diced cooked chicken with no skin and no added salt. Purchase 8" whole grain tortillas, weighing at least 1 ½ oz. CCP: Hold for hot service at 135° F or above. 	½ quesadilla	1 oz M/MA + ⅛ cup Vegetable + ¾ oz eq Grains
Black Bean & Corn Salsa	<ul style="list-style-type: none"> Prepare HKM Recipe 81, Black Bean & Corn Salsa. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Vegetable
Refried Beans	<ul style="list-style-type: none"> Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared. 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
Cantaloupe, Fresh	<ul style="list-style-type: none"> With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. Cut fruit into chunks. 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 3 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Celery Sticks	<ul style="list-style-type: none"> With gloved hands, wash and trim celery. Cut into ½” x 4” sticks. CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup (6 celery sticks)	½ cup Vegetable
Peanut Butter	<ul style="list-style-type: none"> Spread on top of celery, or serve on the side for children to scoop on their own. Substitute an alternate nut butter for peanut allergies. 	1 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 3 - Friday: Thaw ground beef under refrigeration.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 3, 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	Mandarin Oranges, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Breakfast Pita	½ pita sandwich			HKM B-131	
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Chicken Quesadilla Refried Beans	½ quesadilla ⅛ cup			HKM 29	
3. Vegetable	Chicken Quesadilla (veggies) Black Bean and Corn Salsa	½ quesadilla ¼ cup			HKM 29 HKM 81	
4. Fruit	Cantaloupe, fresh	¼ cup				
5. Grains	Chicken Quesadilla (tortilla)	½ quesadilla			HKM 29	
Other foods:						
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Celery Sticks	½ cup (3 sticks)				
	Peanut Butter	1 Tbsp				
	Milk	½ cup				

Breakfast Purchasing, Preparation & Serving Instructions

Week 3 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Whole Grain English Muffin	<ul style="list-style-type: none"> Purchase whole grain-rich English muffin weighing 1 oz each. 	1 English muffin	1 oz eq Grains
Peanut Butter	<ul style="list-style-type: none"> Serve on top of English muffin. Substitute an alternate nut butter or omit for peanut allergies. 	1 Tbsp	½ oz M/MA
Pears, Sliced, Canned	<ul style="list-style-type: none"> Purchase canned pears, 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 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 3 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cowboy Cavatini	<ul style="list-style-type: none"> Prepare HKM Recipe 32, Cowboy Cavatini. Purchase 80/20 raw ground beef. CCP: Hold for hot service at 135° F or above. 	½ cup	1 ¼ oz M/MA + ⅛ cup Vegetable + ½ oz eq Grains
Mozzarella Cheese	<ul style="list-style-type: none"> Purchase shredded, part skim mozzarella cheese. Either increase cheese in recipe for Cowboy Cavatini or add an additional 1 Tbsp per child at time of service. 	1 Tbsp	¼ oz M/MA
Garden Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 164, Garden Salad. Handle salad with gloved hands, tongs or serving utensils. May estimate serving sizes using measured portions as samples. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	⅛ cup Vegetable
Corn, Seasoned	<ul style="list-style-type: none"> Purchase frozen or canned corn. If using canned corn, wipe tops of cans clean before opening. Season with a small amount of pepper and salt. Cook close to serving time by steaming or cooking in stock pot with minimal liquid. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Orange, Fresh	<ul style="list-style-type: none"> Purchase oranges, size #113. Handle with gloved hands. Rinse. Either peel and serve sections or cut in 4ths or 8ths and serve with peel. Cover and refrigerate. CCP: Refrigerate and hold at 41° F or below for cold service. 	½ orange	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
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 3 gm of fat per 1 Tbsp. 	1 Tbsp	

Snack Purchasing, Preparation & Serving Instructions

Week 3 – Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Cheese Snack Crackers, Whole Grain	<ul style="list-style-type: none"> • Purchase whole grain-rich cheese snack crackers. 	½ oz (approximately 13 crackers)	½ oz eq Grains
Cranberries, dried	<ul style="list-style-type: none"> • Purchase dried cranberries with less than 15 grams of sugar per serving. 	¼ cup	⅛ 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 4 - Monday: None

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 3, 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	Pears, sliced, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Whole Grain English Muffin	1 each (1 oz)				
Other foods:	Peanut Butter	1 Tbsp				
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Cowboy Cavatini Mozzarella Cheese	½ cup 1 Tbsp			HKM 32	
3. Vegetable	Cowboy Cavatini Garden Salad OR Seasoned Corn	½ cup ¼ cup			HKM 32 HKM 164	
4. Fruit	Orange, fresh	½ orange				
5. Grains	Cowboy Cavatini (pasta)	½ cup			HKM 32	
Other foods:	Ranch Dressing	1 Tbsp				
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cheese Snack Crackers	½ oz (13 crackers)				
	Cranberries, dried	¼ cup				
	Milk	½ cup				