
Healthier Kansas Menus – CACFP



FALL WEEK 4 – 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

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- 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 Apple Milk	Biscuit & Gravy Pineapple Chunks Milk	Blueberry Mini Muffins Fresh Citrus Fruit Cup Milk	Excellent Egg Tacos Banana Milk	French Toast Sticks with Syrup Fruit Cocktail Milk
LUNCH: Hamburger on a Bun Dark Green Leaf Lettuce & Tomato Slice Strawberries & Bananas Milk	Chili Crackers Red Bell Pepper Strips Fresh Peach Milk	Chicken Nuggets Mashed Potatoes with Gravy Fresh Pear Milk	Baked Ham Angel Biscuit Apple Glazed Sweet Potatoes OR Green Beans Fresh Grapes Milk	Macaroni & Cheese Mini Meatballs Seasoned Peas Apple Salad Milk
SNACK: Mandarin Oranges Snack Crackers Milk	Baby Carrots with Ranch Dressing Milk	Blackberries String Cheese Water	Bell Pepper Strips Hummus Milk	Fresh Strawberries Yogurt Water

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Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Whole Grain Bun	877	78
	Strawberries & Bananas	124	61
Tuesday	Biscuit and Gravy	33	6
	Angel Biscuit	120	65
	Chili	218	18
Wednesday	Blueberry Oat Mini Muffins	28	66
	Fresh Citrus Fruit Cup	134	54
Thursday	Excellent Egg Tacos	B-102	20
	Apple Glazed Sweet Potatoes	122	48
	Angel Biscuit	120	65
	Afterschool Hummus	62	1
Friday	Macaroni & Cheese	184	24
	Mini Meatballs	73	26
	Apple Salad	121	49

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 4 – 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
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
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 4 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Hamburger on a Bun	<ul style="list-style-type: none"> Purchase pre-cooked, oven-ready hamburger patties that provides at least 1 ½ oz M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. 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 following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation. CCP: Hold for hot service at 135° F or above. 	1 each	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. 	¼ cup	⅛ cup Vegetable
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
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. 	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 4 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
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
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 4 – Tuesday: Thaw ground beef under refrigeration. Prepare Whole Grain Biscuits.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 4, 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	Apple, fresh	½ apple				
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	Hamburger	1 patty				
3. Vegetable	Dark Green Leaf Lettuce Tomato Slice	¼ cup 1 slice				
4. Fruit	Strawberries and Bananas	¼ cup			HKM 124	
5. Grains	Bun	1 each (1 oz)			HKM 877	
Other foods:						
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Mandarin Oranges	½ cup				
	Whole Grain Snack Crackers	½ oz (4 crackers)				
	Milk	½ cup				

Breakfast Purchasing, Preparation & Serving Instructions

Week 4 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Biscuits & Gravy	<ul style="list-style-type: none"> • Prepare HKM Recipe 33, Biscuit and Gravy • If purchasing biscuits, purchase whole grain-rich biscuit weighing 1 oz per biscuit. • If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120. • Purchase country style gravy mix and prepare according to manufacturer's directions. • CCP: Hold gravy for hot service at 135° F or above. 	1 biscuit + 2 oz gravy	1 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 4 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Chili	<ul style="list-style-type: none"> Prepare HKM Recipe 218, Chili. Purchase 80/20 ground beef. CCP: Hold for hot service at 135° F or above. 	½ cup	2 ½ oz M/MA + ⅛ cup Vegetable
Red Bell Pepper Strips, Fresh	<ul style="list-style-type: none"> With gloved hands, core and slice bell peppers into strips. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Vegetable
Peach, Fresh	<ul style="list-style-type: none"> Purchase fresh peaches, size #80. With gloved hands, wash peaches. Cut in quarters, cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service 	½ peach	¼ cup Fruit
Whole Grain Crackers	<ul style="list-style-type: none"> Purchase whole grain-rich saltine crackers. 	0.4 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. 	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 4 – Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
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. 	½ cup	½ cup Vegetable
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	
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 - Wednesday: Prepare Blueberry Oat Mini Muffins and Fresh Citrus Fruit Cup.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 4, 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	Pineapple Chunks, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Biscuit & Gravy	1 oz biscuit + 2 oz gravy			HKM 120	
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Chili	½ cup			HKM 218	
3. Vegetable	Chili Red Bell Pepper Strips, fresh	½ cup ¼ cup			HKM 218	
4. Fruit	Peach, fresh	½ peach				
5. Grains	Whole Grain Crackers	½ oz (4 crackers)				
Other foods:	Ranch Dressing	1 Tbsp				
SNACK - Must serve 2 different components						
Fluid Milk	Carrots, baby, fresh	½ cup				
Fruit	Ranch Dressing	1 Tbsp				
Vegetable						
Bread/Grain	Milk	½ cup				
Meat/Meat Alternate						

Breakfast Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Blueberry Oat Mini Muffins	<ul style="list-style-type: none"> • Prepare HKM Recipe 28, Blueberry Oat Mini Muffins or purchase premade blueberry muffins weighing 1 oz each. 	1 mini muffin	½ oz eq Grains
Fresh Citrus Fruit Cup	<ul style="list-style-type: none"> • Prepare HKM Recipe 134, Fresh Citrus Fruit Cup. • CCP: Hold for cold service at 41° F or below. 	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 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Chicken Nuggets	<ul style="list-style-type: none"> Purchase pre-cooked nuggets Child Nutrition (CN) labeled to provide 1 ½ oz M/MA and ¾ serving Grains/Bread per 4 nuggets; no more than 15 gm of fat; and no more than 450 mg sodium per serving. If product is not CN labeled, obtain a Product Formulation Statement. May also prepare homemade chicken nuggets if CN label or Product Formulation Statement cannot be obtained. Heat in oven according to manufacturer’s instructions. CCP: Hold for hot service at 135° F or above. 	4 nuggets	1 ½ oz M/MA + ¾ oz eq Grains
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
Pear, fresh	<ul style="list-style-type: none"> Purchase fresh pears, size 150 count. With gloved hands, wash pears. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41° F or below for cold service 	½ pear	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
Gravy	<ul style="list-style-type: none"> Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. CCP: Hold for hot service at 135° F or above. 	1 Tbsp	

Snack Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Blackberries, fresh	<ul style="list-style-type: none"> • Wash blackberries. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
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

Pre-preparation for Week 4 - Thursday: Prepare Angel Biscuits and Afterschool Hummus.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 4, 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	Fresh Citrus Fruit Cup	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Blueberry Oat Mini Muffin	1 mini muffin			HKM 28	
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Chicken Nuggets	4 nuggets				
3. Vegetable	Mashed Potatoes	¼ cup				
4. Fruit	Pear, fresh	½ pear				
5. Grains	Chicken Nuggets (breading)	4 nuggets				
Other foods:	Gravy	1 Tbsp				
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Blackberries, fresh	½ cup				
	Cheese Stick	1 piece (1 oz)				
	Water	Available as needed				

Breakfast Purchasing, Preparation & Serving Instructions

Week 4 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Excellent Egg Tacos	<ul style="list-style-type: none"> Prepare HKM Recipe B-102, Excellent Egg Tacos. CCP: Hold for hot service at 135° F or above. 	1 taco	2 ¼ oz M/MA + ½ oz eq Grains
Banana, Fresh	<ul style="list-style-type: none"> Purchase fresh, whole bananas, 100-120 count. Serve whole or cut into slices prior to service (if cut, refrigerate until service). CCP: Refrigerate and hold at 41° F or below for cold service. 	1 banana	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 4 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Baked Ham	<ul style="list-style-type: none"> Purchase pre-cooked ham with no more than 650 mg sodium per serving and no more than 3 gm of fat per serving. Slice prior to heating. Each slice before heating should weigh 2 oz. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. 	1 slice (2 oz)	1 ½ oz M/MA
Apple Glazed Sweet Potatoes	<ul style="list-style-type: none"> Prepare HKM Recipe 122, Apple Glazed Sweet Potatoes. CCP: Hold for hot service at 135° F or above. 	1 wedge (¼ cup)	¼ cup Vegetable
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
Angel Biscuit	<ul style="list-style-type: none"> Prepare HKM Recipe 120, Angel Biscuits, Whole Wheat. 	1 biscuit (1 oz)	1 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. 	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
Jelly	<ul style="list-style-type: none"> Purchase 1 Tbsp packets or purchase in bulk container. 	1 Tbsp	

Snack Purchasing, Preparation & Serving Instructions

Week 4 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Bell Pepper Strips, Fresh	<ul style="list-style-type: none"> • With gloved hands, core and slice bell peppers into strips. • Consider offering a variety of colors to each child (red, green, yellow, etc) • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	½ cup Fruit
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 4 - Friday: Thaw ground beef under refrigeration.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 4, 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	Banana, fresh	1 banana				
3. Grains (*or optional Meal/Meat Alternate)	Excellent Egg Taco	1 taco			HKM B-102	
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Baked Ham	1 slice (2 oz)				
3. Vegetable	Apple Glazed Sweet Potatoes OR Green Beans	¼ cup			HKM 122	
4. Fruit	Fresh Grapes	¼ cup				
5. Grains	Angel Biscuit	1 each (1 oz)			HKM 120	
Other foods:	Jelly	1 Tbsp				
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Bell Pepper, fresh, strips	½ cup				
	Hummus	2 Tbsp			HKM 62	
	Milk	½ cup				

Breakfast Purchasing, Preparation & Serving Instructions

Week 4 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
French Toast Sticks	<ul style="list-style-type: none"> • Purchase or prepare whole grain rich French Toast Sticks that provide 1 serving grains/bread. • Heat according to manufacturer's instructions. • CCP: Hold for hot service at 135° F or above. 	1 package (2.4 oz)	1 oz eq Grains
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. 	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 4 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Macaroni & Cheese	<ul style="list-style-type: none"> Prepare HKM Recipe 184, Macaroni & Cheese. CCP: Hold for hot service at 135° F or above. 	½ cup	1 oz M/MA + 1 oz eq Grains
Mini Meatballs	<ul style="list-style-type: none"> Prepare HKM Recipe 73, Mini Meatballs CCP: Hold for hot service at 135° F or above. 	2 meatballs	¾ oz M/MA
Peas, Seasoned	<ul style="list-style-type: none"> Purchase frozen or canned, no salt added. Wipe tops of cans clean before opening. Cook by steaming or by cooking in stock pot with minimal liquid close to serving time. May add pepper or other non-sodium seasonings. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Apple Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 121, Apple Salad. 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 4 – Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
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. 	½ cup	½ cup Fruit
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

Pre-preparation for Week 1 - Monday: None

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Fall Week 4, 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	Fruit Cocktail, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	French Toast Sticks	1 package (2.2 oz)				
Other foods:	Syrup	1 Tbsp				
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Macaroni & Cheese Mini Meatballs	½ cup 2 meatballs			HKM 184 HKM 73	
3. Vegetable	Peas, seasoned	¼ cup				
4. Fruit	Apple Salad	¼ cup			HKM 121	
5. Grains	Macaroni & Cheese (pasta)	½ cup			HKM 184	
Other foods:						
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Strawberries, fresh	½ cup				
	Yogurt	¼ cup				
	Water	Available as needed				