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# **Healthier Kansas Menus – CACFP**



## **SPRING WEEK 1 – 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 Pineapple Milk	Pancake with Syrup Tropical Fruit Milk	Bagel with Toppings Fresh Strawberries Milk	Breakfast Pita Cantaloupe Cubes Milk	Mini Waffles with Syrup Mandarin Oranges Milk
<b>LUNCH:</b> Hot Ham & Cheese on a Bun Potato Wedges <b>OR</b> Broccoli Florets Fruit Cocktail Milk	Pepperoni Pizza Cherry Tomatoes <b>OR</b> Tossed Salad Fresh Orange Milk	Taco Burger on a Bun Refried Beans Dark Green Leaf Lettuce & Tomato Slice Fresh Banana Milk	Lasagna Garden Salad Fresh Apple Slices Milk	Chicken Patty Dinner Roll Mashed Potatoes with Gravy <b>OR</b> Steamed Asparagus Sliced Pears Milk
<b>SNACK:</b> Mixed Berry Smoothie Graham Crackers Water	Tortilla Chips Salsa Milk	Pretzels Fresh Grapes Milk	Sliced Cucumbers Hummus Milk	Cheese Stick Apple Slices Water

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## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM CACFP Recipe Page Number
Monday	Hot Ham & Cheese on a Bun	48	21
	Whole Wheat Bun	877	78
	Mixed Berry Smoothie	1	57
Tuesday	Tossed Salad	74	64
	Tomato Salsa	129	63
Wednesday	Taco Burger on a Bun	77	39
	Taco Meat	76	41
	Whole Wheat Bun	877	78
Thursday	Breakfast Pita	B-131	8
	Lasagna	40	22
	Garden Salad	164	56
	Afterschool Hummus	62	1
Friday	Whole Wheat Roll	877	78
	Tomato Salsa	129	63

## 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"> <li>• Purchase whole grain-rich ready to eat breakfast cereal.</li> </ul>	½ oz	½ oz eq Grains
Pineapple, Fresh	<ul style="list-style-type: none"> <li>• Wash outer surface prior to cutting. With gloved hands, remove skin and core. Cut fruit into chunks.</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 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 1 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Hot Ham & Cheese on a Bun	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 48, Hot Ham &amp; Cheese on Whole Wheat Bun.</li> <li>• Purchase pre-cooked “Ham, water added.”</li> <li>• Purchase a 1 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 sandwich	1 ½ oz M/MA + 1 oz eq Grains
Potato Wedges	<ul style="list-style-type: none"> <li>• Prepare from fresh or purchase frozen, ovenable, unseasoned potato wedges.</li> <li>• Follow manufacturer’s directions for baking and holding.</li> <li>• May add pepper or other non-sodium seasonings.</li> <li>• May estimate serving sizes using measure portions as samples.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
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>	¼ cup	¼ cup Vegetable
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>	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
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	
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm).</li> </ul>	1 Tbsp	



## 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"> <li>• Prepare HKM Recipe 1, Mixed Berry 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	¾ 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 1 – Tuesday:** Prepare Tomato Salsa.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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, fresh	½ cup				
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	Hot Ham & Cheese on a Bun	1 sandwich			HKM 48	
3. Vegetable	Broccoli Florets, fresh OR Potato Wedges	¼ cup				
4. Fruit	Fruit Cocktail, canned	¼ cup				
5. Grains	Hot Ham & Cheese on a Bun	1 sandwich			HKM 877	
Other foods:	Ranch Dressing Ketchup	1 Tbsp 1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
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
Pancake	<ul style="list-style-type: none"> <li>Purchase or prepare whole grain-rich pancakes weighing 1.2 oz per pancake.</li> </ul>	1 each (1.2 oz)	1 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
Syrup	<ul style="list-style-type: none"> <li>Purchase syrup packets or bulk syrup.</li> </ul>	1 Tbsp	

## Lunch Purchasing, Preparation & Serving Instructions

### Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pepperoni Pizza	<ul style="list-style-type: none"> <li>Purchase pre-prepared pepperoni pizza that provides 2 oz M/MA, 2 servings G/B, and 1/8 cup vegetables; no more than 9 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
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>	1/4 cup	1/8 cup Vegetable
Cherry Tomatoes, Fresh	<ul style="list-style-type: none"> <li>With gloved hands, wash and stem tomatoes.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1/4 cup (approximately 3 cherry tomatoes)	1/4 cup Vegetable
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>	1/2 orange	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 1 – Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Tortilla Chips	<ul style="list-style-type: none"> <li>• Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>• May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	½ oz	½ 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>	2 Tbsp	⅓ cup Vegetable
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 1 – Wednesday:** Defrost ground beef under refrigeration.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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)	Pancake	1 pancake (1.2 oz)				
Other foods:	Syrup	1 Tbsp				
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Pepperoni Pizza	1 piece				
3. Vegetable	Pepperoni Pizza (sauce) Tossed Salad OR Cherry Tomato	1 piece ¼ cup			HKM 74	
4. Fruit	Orange, fresh	½ orange				
5. Grains	Pepperoni Pizza (crust)	1 piece				
Other foods:	Ranch Dressing	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
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"> <li>Purchase 1 oz whole wheat bagels.</li> <li>Cut in half for service.</li> </ul>	½ bagel (½ oz)	½ oz eq Grains
Toppings	<ul style="list-style-type: none"> <li>Serve with jelly, jam, cream cheese or other trans-fat free topping choice.</li> </ul>	1 Tbsp	
Strawberries, Fresh	<ul style="list-style-type: none"> <li>Handle with gloved hands. Rinse. Remove stems. Optional: cut into halves.</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 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Taco Burger on a Bun	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 77, Taco Burger.</li> <li>Purchase a 1 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 sandwich	1 oz M/MA + 1 oz eq Grains
Refried Beans	<ul style="list-style-type: none"> <li>Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared.</li> <li>For dried beans, prepare according to manufacturer's directions.</li> <li>For canned beans, wipe top of cans before opening.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	½ cup	½ oz M/MA
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>Handle produce with gloved hands. May be pre-portioned. Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	⅛ cup Vegetable
Tomato Slice	<ul style="list-style-type: none"> <li>Handle produce with gloved hands.</li> <li>Slice ¼" thick. Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 slice (⅛ cup)	⅛ 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



## 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"> <li>Purchase whole grain pretzel sticks.</li> </ul>	½ oz (approximately 21 pretzel sticks)	½ oz eq Grains
Grapes, Fresh	<ul style="list-style-type: none"> <li>Wash grapes. With gloved hands, remove from stems or separate out into smaller clusters.</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 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>	½ cup	½ cup Fluid Milk

**Pre-preparation for Week 1 – Thursday:** Defrost ground beef under refrigeration. Cut and chill cantaloupe. Prepare Afterschool Hummus.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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	Strawberries, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Bagel	½ bagel (½ oz)				
Other foods:	Toppings (jelly, cream cheese, etc)	1 Tbsp				
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Taco Burger Refried Beans	1 serving ⅛ cup			HKM 77	
3. Vegetable	Dark Green Leaf Lettuce & Tomato Slice	¼ cup 1 slice				
4. Fruit	Banana, fresh	½ banana				
5. Grains	Taco Burger (bun)	1 serving			HKM 877	
Other foods:						
<b>SNACK - Must serve 2 different components</b>						
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
Breakfast Pita	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe B-131, Breakfast Pita.</li> <li>• Purchase whole grain pita pockets weighing at least 2 oz per whole pita (1 oz per ½ pita).</li> </ul>	½ pita sandwich	2 oz eq M/MA + 1 oz eq Grains
Cantaloupe, Fresh	<ul style="list-style-type: none"> <li>• With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds.</li> <li>• Cut fruit into chunks.</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 1 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Lasagna	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 40, Lasagna.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 piece	2 oz M/MA + ½ oz eq Grains + ¼ cup Vegetable
Garden Salad	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 164, Garden Salad.</li> <li>Handle salad with gloved hands, tongs or serving utensils.</li> <li>May estimate serving sizes using measured portions as samples.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	⅛ cup Vegetable
Apple Slices, 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>	¼ apple	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 1 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
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>	½ cup	½ cup Vegetables
Hummus	<ul style="list-style-type: none"> <li>• 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.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	2 Tbsp	½ oz M/MA
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 1 – Friday:** Prepare Whole Wheat Rolls.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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	Cantaloupe, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Breakfast Pita	½ pita sandwich			HKM B-131	
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Lasagna	1 piece			HKM 40	
3. Vegetable	Lasagna (sauce) Garden Salad	1 piece ¼ cup			HKM 40 HKM 164	
4. Fruit	Apple slices, fresh	¼ apple				
5. Grains	Lasagna (noodles)	1 piece			HKM 40	
Other foods:	Ranch Dressing	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
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
Mini Waffles	<ul style="list-style-type: none"> <li>Prepare or purchase packaged whole grain mini waffles weighing at least 0.6 oz per serving.</li> <li>Heat according to manufacturer's instructions and hold hot for service.</li> <li><b>CCP: Hot for hot service at 135° F or above.</b></li> </ul>	1 package (0.6 oz)	½ 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
Syrup	<ul style="list-style-type: none"> <li>Purchase syrup packets or bulk syrup.</li> </ul>	1 Tbsp	

## Lunch Purchasing, Preparation & Serving Instructions

### Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Chicken Patty	<ul style="list-style-type: none"> <li>Purchase pre-cooked chicken patties that provide 2 oz M/MA and 1 oz eq Grains. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Prepare according to manufacturer's instructions.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 patty	2 oz M/MA + 1 oz eq Grains
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
Mashed Potatoes	<ul style="list-style-type: none"> <li>Purchase dehydrated mashed potatoes.</li> <li>Follow manufacturer's instructions for preparation.</li> <li>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.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
Gravy	<ul style="list-style-type: none"> <li>Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 Tbsp	
Asparagus, Steamed	<ul style="list-style-type: none"> <li>Purchase fresh asparagus or frozen spears.</li> <li>If fresh, with gloved hands, wash and remove ends.</li> <li>Cook by steaming or cooking in stock pot with minimal liquid close to serving time.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
Pears, Sliced, Canned	<ul style="list-style-type: none"> <li>Purchase canned pears, sliced, 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>	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 1 – Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
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
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

**Pre-preparation for Week 2 - Monday:** None.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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)	Mini Waffles	1 package (0.6 oz)				
Other foods:	Syrup	1 Tbsp				
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Chicken Patty	1 patty				
3. Vegetable	Mashed Potatoes OR Asparagus, steamed	¼ cup				
4. Fruit	Pears, sliced, canned	¼ cup				
5. Grains	Chicken Patty (breading) Whole Wheat Roll	1 patty 1 each (1 oz)			HKM 877	
Other foods:	Gravy	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cheese Stick	1 piece (1 oz)				
	Apple, fresh, sliced	½ cup				
	Water	Available as needed				