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# **Healthier Kansas Menus – CACFP**



## **SPRING 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 Apple Slices Milk	Biscuit & Gravy Pineapple Chunks Milk	Toast with Peanut Butter Fresh Citrus Fruit Cup Milk	Blueberry Mini Muffins Fresh Grapes Milk	French Toast Sticks with Syrup Fruit Cocktail Milk
<b>LUNCH:</b> Sweet & Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Tropical Fruit Milk	Super Nachos Southwestern Lentils Fresh Mixed Fruit Cup Milk	Cheese Breadstick with Marinara Sauce Yogurt Seasoned Corn <b>OR</b> Tossed Salad Fresh Kiwi Milk	Pulled Pork on a Bun Creamy Cole Slaw <b>OR</b> Baked Beans Fresh Strawberries Milk	Rock & Roll Beef Wrap with Cheese Steamed Carrots Fresh Pineapple 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	Sweet and Sour Chicken Nuggets	143	38
	Seasoned Brown Rice	142	72
	Asian Fresh Vegetables	141	50
Tuesday	Biscuit and Gravy	33	6
	Angel Biscuits	120	65
	Super Nachos	140	37
	Taco Meat	76	41
	Cheese Sauce	139	11
	Tomato Salsa	129	63
	Southwestern Lentils	138	60
Fresh Mixed Fruit Cup	183	55	
Wednesday	Fresh Citrus Fruit Cup	134	54
	Cheese Breadstick	125	9
	Peach Smoothie	2	58
Thursday	Blueberry Oat Mini Muffins	28	66
	Pulled Pork Sandwich	136	30
	Whole Wheat Bun	877	79
	Baked Beans	188	51
	Creamy Cole Slaw	20	53
	Tomato Salsa	129	63
Friday	Rock and Roll Beef Wrap	133	31

## 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
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
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
Sweet and Sour Chicken Nuggets	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 143, Sweet and Sour Chicken Nuggets.</li> <li>• Purchase whole grain rich, chicken nuggets. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. May also prepare homemade chicken nuggets if CN label or Product Formulation Statement cannot be obtained.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	4 nuggets	1 ½ oz M/MA + ¾ oz eq Grains
Seasoned Brown Rice	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 142, Seasoned Brown Rice.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	½ oz eq Grains
Asian Fresh Vegetables	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 141, Asian Fresh Vegetables.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
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>	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 – 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 ground beef under refrigeration. Prepare and chill Fresh Mixed Fruit Cup. Prepare Angel Biscuits.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Apple, fresh	½ apple				
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	Sweet & Sour Chicken Nuggets	4 nuggets			HKM 143	
3. Vegetable	Asian Fresh Vegetables	¼ cup			HKM 141	
4. Fruit	Tropical Fruit, canned	¼ cup				
5. Grains	Sweet & Sour Chicken Nuggets Seasoned Brown Rice	4 nuggets ¼ cup			HKM 143 HKM 142	
Other foods:						
<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
Biscuits & Gravy	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 33, Biscuit and Gravy</li> <li>• If purchasing biscuits, purchase whole grain-rich biscuit weighing 1 oz per biscuit.</li> <li>• If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120.</li> <li>• Purchase country style gravy mix and prepare according to manufacturer's directions.</li> <li>• <b>CCP: Hold gravy for hot service at 135° F or above.</b></li> </ul>	1 biscuit + 2 oz gravy	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 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Super Nachos	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 140, Super Nachos (see following for information on sub-recipes)</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 plate	
Taco Meat	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 76, Taco Meat.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1/8 cup	3/4 oz M/MA
Cheese Sauce	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 139, Cheese Sauce.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1/8 cup	1/4 oz M/MA
Tortilla Chips	<ul style="list-style-type: none"> <li>Purchase whole grain tortilla chips with no more than 50 mg sodium per oz.</li> <li>May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	1 oz	1 oz eq Grains
Refried Beans	<ul style="list-style-type: none"> <li>Purchase canned or dried refried beans</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>	1/8 cup	1/2 oz M/MA
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 served, self-serve or pre-portioned for service.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 Tbsp	
Southwestern Lentils	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 138, Southwestern Lentils.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1/4 cup	1/4 cup Vegetable
Fresh Mixed Fruit Cup	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 183, Fresh Mixed Fruit Cup.</li> <li>Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Do not drain.</li> <li>With gloved hands, wash, trim, core and cut apples into bite-sized pieces and slice bananas.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</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

## 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 Fresh Citrus Fruit Cup. Cut and chill kiwi.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Pineapple, chunks, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Biscuit & Gravy	1 oz biscuit + 2 oz gravy				
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Super Nachos (taco meat + refried beans)	⅛ cup ⅛ cup			HKM 140	
3. Vegetable	Super Nachos (salsa) Southwestern Lentils	1 Tbsp ¼ cup			HKM 140 HKM 138	
4. Fruit	Fresh Mixed Fruit Cup	¼ cup			HKM 183	
5. Grains	Super Nachos (chips)	1 oz			HKM 140	
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
Whole Grain Toast	<ul style="list-style-type: none"> <li>Purchase whole grain-rich bread weighing 1 oz per slice.</li> </ul>	1 slice	1 oz eq Grains
Peanut Butter	<ul style="list-style-type: none"> <li>Serve on top of toast. Substitute an alternate nut butter or omit for peanut allergies.</li> </ul>	1 Tbsp	½ oz M/MA
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>	½ cup	½ cup
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
Cheese Breadsticks	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 126, Cheese Breadsticks.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 breadstick	1 oz M/MA + 1 oz eq Grains
Marinara Sauce	<ul style="list-style-type: none"> <li>Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	2 Tbsp	⅛ Vegetable
Yogurt, Low-fat	<ul style="list-style-type: none"> <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>	¼ cup	½ oz M/MA
Kiwi, Fresh	<ul style="list-style-type: none"> <li>Purchase medium, whole kiwi, size #39.</li> <li>Handle with gloved hands. Rinse. Cut in half. Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	2 halves	¼ cup Fruit
Corn, Seasoned	<ul style="list-style-type: none"> <li>Purchase frozen or canned corn.</li> <li>If using canned corn, wipe tops of cans clean before opening.</li> <li>Season with a small amount of pepper and salt.</li> <li>Cook close to serving time by steaming or cooking in stock pot with minimal liquid.</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
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 – 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	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 2 – Thursday:** Thaw pulled pork under refrigeration. Prepare Quick Blueberry Bubble Bread, Creamy Cole Slaw, and Baked Beans.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Fresh Citrus Fruit Cup	½ cup			HKM 134	
3. Grains (*or optional Meal/Meat Alternate)	Whole Grain Toast	1 slice (1 oz)				
Other foods:	Peanut Butter	1 Tbsp				
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Cheese Breadstick Yogurt	1 each ¼ cup			HKM 125	
3. Vegetable	Corn, seasoned OR Tossed Salad	¼ cup			HKM 74	
4. Fruit	Kiwi, fresh	¼ cup (2 halves)				
5. Grains	Cheese Breadstick	1 each			HKM 125	
Other foods:	Marinara Sauce	2 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
Blueberry Oat Mini Muffins	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 28, Blueberry Oat Mini Muffins or purchase premade blueberry muffins weighing 1 oz each.</li> </ul>	1 mini muffin	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>	¾ cup	¾ cup Fluid Milk

## Lunch Purchasing, Preparation & Serving Instructions

### Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pulled Pork Sandwich	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 136, Pulled Pork Sandwich.</li> <li>• Prepare from fresh or purchase pre-prepared pulled pork that contains no more than 500 mg of sodium and no more than 13 g of fat per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</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
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
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
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>	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 - 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 ground beef under refrigeration. Cut and chill pineapple.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Grapes, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Blueberry Oat Mini Muffin	1 mini muffin			HKM 28	
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Pulled Pork	3 oz			HKM 136	
3. Vegetable	Creamy Cole Slaw OR Baked Beans	¼ cup			HKM 20 HKM 188	
4. Fruit	Strawberries, fresh	¼ cup				
5. Grains	Bun	1 bun (1 oz)			HKM 877	
Other foods:						
<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
French Toast Sticks	<ul style="list-style-type: none"> <li>• Purchase or prepare whole grain rich French Toast Sticks that provide 1 serving grains/bread.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 package (2.4 oz)	1 oz eq Grains
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
Syrup	<ul style="list-style-type: none"> <li>• Purchase syrup packets or bulk syrup.</li> </ul>	1 Tbsp	

## Lunch Purchasing, Preparation & Serving Instructions

### Week 2 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Rock and Roll Beef Wraps	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 133, Rock and Roll Beef Wraps.</li> <li>Purchase 8" whole grain rich tortillas weighing 1 ½ oz each.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 wrap	1 oz M/MA + ¾ oz eq Grains + ¼ cup Vegetable
Cheese, Sliced	<ul style="list-style-type: none"> <li>Purchase sliced American cheese weighing ½ oz per slice.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 slice (½ oz)	½ oz M/MA
Carrots, Steamed	<ul style="list-style-type: none"> <li>Cook by steaming or by 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
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>	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 – 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:** Thaw chicken under refrigeration.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Fruit Cocktail, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	French Toast Sticks	1 package (2.4 oz)				
Other foods:	Syrup	1 Tbsp				
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Rock & Roll Beef Wrap Cheese Slice	1 serving ½ oz			HKM 133	
3. Vegetable	Rock & Roll Beef Wrap Carrots, steamed	1 serving ¼ cup			HKM 133	
4. Fruit	Pineapple, fresh	¼ cup				
5. Grains	Rock & Roll Beef Wrap (tortilla)	1 serving			HKM 133	
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				