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# **Healthier Kansas Menus – CACFP**



## **SPRING WEEK 3 – 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 Banana Milk	Mini Waffles with Syrup Fresh Watermelon Chunks Milk	Breakfast Pizza Peach Slices Milk	Excellent Egg Tacos Fresh Kiwi Milk	Muffin Pineapple Chunks Milk
<b>LUNCH:</b> Chicken Tetrazzini Seasoned Peas <b>OR</b> Tossed Salad Apricot Halves Milk	Hamburger on a Bun Oven Fries <b>OR</b> Red Bell Pepper Strips Fresh Clementine Milk	Beef & Noodles Yogurt Mashed Potatoes <b>OR</b> Green Beans Fresh Grapes Milk	Baked Chicken Drumstick Savory Rice Fresh Broccoli <b>OR</b> Cherry Tomatoes Fresh Mango Milk	Yummy Sloppy Joe on a Bun with Cheese Roasted Red Potatoes <b>OR</b> Edamame Fresh Apple Slices Milk
<b>SNACK:</b> 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	Chicken Tetrazzini	7	16
	Tossed Salad	74	64
Tuesday	Whole Wheat Bun	877	78
Wednesday	Beef & Noodles	3	5
Thursday	Excellent Egg Tacos	B-102	20
	Baked Chicken Drumstick	27	2
	Savory Rice	17	71
	Oatmeal Roll	14	69
Friday	Yummy Sloppy Joe	123	46
	Whole Wheat Bun	877	78

## 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"> <li>• Purchase whole grain-rich ready to eat breakfast cereal.</li> </ul>	½ oz	½ 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>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 banana	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 3 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Chicken Tetrazzini	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 7, Chicken Tetrazzini.</li> <li>Purchase chicken broth with no more than 500 mg of sodium per cup.</li> <li>Purchase dry, whole grain spaghetti noodles and frozen pulled or diced cooked chicken with no skin or added salt.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	½ cup	1 ½ oz M/MA + ½ 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>	¼ cup	⅛ cup Vegetable
Peas, Seasoned	<ul style="list-style-type: none"> <li>Purchase frozen or canned, no salt added.</li> <li>Wipe tops of cans clean before opening.</li> <li>Cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li>May add pepper or other non-sodium seasonings.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
Apricot Halves, Canned	<ul style="list-style-type: none"> <li>Purchase apricot halves packed in light syrup or 100% juice.</li> <li>Chill cans overnight. Wipe can tops clean before opening.</li> <li>Drain, cover and refrigerate until serving.</li> <li>Serve with slotted utensil.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	¼ cup Fruit
Milk	<ul style="list-style-type: none"> <li>Provide 1% fat or skim milk.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¾ cup	¾ cup Fluid Milk
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 3 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Rice Cakes	<ul style="list-style-type: none"> <li>Purchase rice cakes with brown rice as the first ingredient, any flavor, 0.3-0.4 oz each.</li> </ul>	1 ½ each	½ oz eq Grains
Applesauce	<ul style="list-style-type: none"> <li>Purchase unsweetened applesauce.</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>	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 3 – Tuesday:** Cut and chill watermelon.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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	Banana, fresh	1 banana				
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	Chicken Tetrizzini	½ cup			HKM 7	
3. Vegetable	Peas, seasoned OR Tossed Salad	¼ cup			HKM 74	
4. Fruit	Apricot, halves, canned	¼ cup				
5. Grains	Chicken Tetrizzini (pasta)	½ cup			HKM 7	
Other foods:	Ranch Dressing	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk	Rice Cakes	1 ½ rice cakes				
Fruit	Applesauce	½ cup				
Vegetable						
Bread/Grain	Milk	½ cup				
Meat/Meat Alternate						

## Breakfast Purchasing, Preparation & Serving Instructions

### Week 3 - Tuesday

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
Watermelon, Fresh	<ul style="list-style-type: none"> <li>• Wash outside of fruit and remove rind.</li> <li>• With gloved hands, cut into ½" cubes.</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 3 - Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Hamburger on a Bun	<ul style="list-style-type: none"> <li>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.</li> <li>Heat according to manufacturer's instructions.</li> <li>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.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 each	1 ½ oz M/MA + 1 oz eq Grains
Oven Fries	<ul style="list-style-type: none"> <li>Purchase frozen, ovenable straight cut fries.</li> <li>Heat in oven according to manufacturer's instructions.</li> <li>May add pepper or other non-sodium seasonings.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	¼ cup Vegetable
Red Bell Pepper Strips, Fresh	<ul style="list-style-type: none"> <li>With gloved hands, core and slice bell peppers into strips.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	¼ cup	¼ cup Vegetable
Clementine, Fresh	<ul style="list-style-type: none"> <li>Serve chilled.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	½ clementine or 5 sections	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
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm).</li> </ul>	1 Tbsp	
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	1 tsp	
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 3 – Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
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>	½ cup (approximately 6 cherry tomatoes)	½ cup Vegetable
Crackers, Whole Grain	<ul style="list-style-type: none"> <li>Purchase whole grain-rich snack crackers.</li> </ul>	½ oz (approximately 4 crackers)	½ oz eq Grains
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 3 - Wednesday:** Thaw beef under refrigeration.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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	Watermelon, fresh	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	Hamburger	1 patty				
3. Vegetable	Oven Fries OR Red Bell Pepper Strips	¼ cup				
4. Fruit	Clementine, fresh	½ each (5 sections)				
5. Grains	Bun	1 each (1 oz)			HKM 877	
Other foods:	Ketchup & Mustard Ranch Dressing	1 Tbsp/1 tsp 1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cherry Tomatoes	½ cup (6 tomatoes)				
	Whole Grain Snack Crackers	½ oz (4 crackers)				
	Milk	½ cup				

## Breakfast Purchasing, Preparation & Serving Instructions

### Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Breakfast Pizza	<ul style="list-style-type: none"> <li>• Purchase breakfast pizza where one pizza provides 1 oz M/MA and 1 oz eq Grains. If CN labeled product is not available, will need to obtain a Product Formulation Statement from the manufacturer.</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 each	1 oz M/MA + 1 oz eq Grains
Peaches, Sliced, Canned	<ul style="list-style-type: none"> <li>• Purchase canned peaches, 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>	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 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Beef & Noodles	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 3, Beef &amp; Noodles.</li> <li>• Purchase beef broth with no more than 400 mg of sodium per cup.</li> <li>• Purchase dry, whole grain egg noodles.</li> <li>• Purchase beef stew meat chunks.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	½ cup	1 ¼ oz M/MA + ½ oz eq Grains
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
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
Green Beans, Canned	<ul style="list-style-type: none"> <li>• Purchase canned green bean, no salt added.</li> <li>• Wipe can tops clean before opening.</li> <li>• Cook by steaming or 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
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>	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 3 – Wednesday

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

**Pre-preparation for Week 3 – Thursday:** Thaw chicken under refrigeration. Cut and chill mango.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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	Peaches, sliced, canned	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Breakfast Pizza	1 piece				
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Beef & Noodles Yogurt	½ cup ¼ cup			HKM 3	
3. Vegetable	Mashed Potatoes OR Green Beans, canned	¼ cup				
4. Fruit	Grapes, fresh	¼ cup				
5. Grains	Beef & Noodles (pasta)	½ cup			HKM 3	
Other foods:						
<b>SNACK - Must serve 2 different components</b>						
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
Excellent Egg Tacos	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe B-102, Excellent Egg Tacos.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 taco	2 ¼ oz M/MA + ½ oz eq Grains
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>	4 halves	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 3 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Baked Chicken Drumstick	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 27, Baked Chicken Drumsticks.</li> <li>Purchase raw, frozen chicken legs with skin weighing 3 ½ oz each OR purchase a CN labeled, pre-cooked product that provides 1 ½ oz M/MA per serving and prepare according to manufacturer's instructions. If pre-cooked product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1 drumstick	1 ½ oz M/MA
Savory Rice	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 17, Savory Rice.</li> <li>Purchase Long Grain &amp; Wild Mix rice with seasoning packets that have less than 600 mg sodium per 1 cup serving prepared.</li> <li>Purchase chicken base with no more than 750 mg of sodium per cup prepared.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	¼ cup	½ oz eq Grains
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
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>	¼ cup (3 cherry tomatoes)	¼ cup Vegetable
Mango, fresh	<ul style="list-style-type: none"> <li>Purchase whole fresh mangos or pre-cut fresh mango chunks.</li> <li>With gloved hands, wash outside, remove pit and skin, and cut fruit into chunks. Refrigerate for service.</li> <li><b>CCP: Hold for cold service at 41° F or below.</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	

## 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"> <li>With gloved hands, wash and trim celery. Cut into ½" x 4" sticks.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	½ cup (6 celery sticks)	½ cup Vegetable
Peanut Butter	<ul style="list-style-type: none"> <li>Spread on top of celery, or serve on the side for children to scoop on their own.</li> <li>Substitute an alternate nut butter for peanut allergies.</li> </ul>	1 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 3 - Friday:** Thaw beef under refrigeration.

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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	Kiwi, fresh	½ cup (4 halves)				
3. Grains (*or optional Meal/Meat Alternate)	Excellent Egg Tacos	1 taco			HKM B-102	
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Baked Chicken Drumstick	1 each			HKM 27	
3. Vegetable	Broccoli Florets, fresh OR Cherry Tomatoes, fresh	¼ cup				
4. Fruit	Mango, fresh	¼ cup				
5. Grains	Savory Rice	¼ cup			HKM 17	
Other foods:	Ranch Dressing	1 Tbsp				
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Celery Sticks	½ cup (6 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 Muffin	<ul style="list-style-type: none"> <li>• Purchase or prepare whole grain rich muffins weighing 1 oz each (or may purchase larger muffins and cut in half prior to service).</li> <li>• Prepare according to manufacturer's instructions.</li> </ul>	1 each (1 oz)	½ oz eq Grains
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 3 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Yummy Sloppy Joe on a Bun	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 123, Yummy Sloppy Joe.</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 + 1/8 cup Vegetable
Cheese, Sliced	<ul style="list-style-type: none"> <li>Purchase sliced American cheese weighing 1/2 oz per slice.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	1 slice (1/2 oz)	1/2 oz M/MA
Roasted Red Potatoes	<ul style="list-style-type: none"> <li>Purchase ovenable, chopped, roasted red potatoes that provide no more than 150 mg of sodium per 1/2 cup.</li> <li>Follow manufacturer's directions for baking and holding.</li> <li>May add pepper or other non-sodium seasonings.</li> <li>Weigh out each portion size indicated and use as a sample.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	1/4 cup	1/4 cup Vegetable
Edamame	<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>	1/4 cup	1/4 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>	1/4 apple	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 3 – Friday

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

## Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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)		
<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)	Whole Grain Muffin	1 each (1 oz)				
Other foods:						
<b>Lunch - Must serve all 5 components</b>						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Yummy Sloppy Joe Cheese Slice	1 serving ½ oz			HKM 123	
3. Vegetable	Roasted Red Potatoes OR Edamame	¼ cup				
4. Fruit	Apple, fresh	¼ apple				
5. Grains	Bun	1 each (1 oz)			HKM 877	
Other foods:						
<b>SNACK - Must serve 2 different components</b>						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cheese Snack Crackers	½ oz (13 crackers)				
	Cranberries, dried	½ cup				
	Milk	½ cup				