
Healthier Kansas Menus – CACFP



SPRING WEEK 4 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised March 2018

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS



This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

For further information about this publication, please contact: Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, www.kn-eat.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following sites for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott
- Jars of Clay Children’s Center – Tecumseh, KS
- Laughing Hearts Daycare – Topeka, KS

Menus for the Week

PLEASE NOTE: Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

All Grain items are Whole Grain-Rich. Note: The CACFP Meal Pattern only requires that a whole grain-rich food be included in at least one meal or snack per day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Cereal Fresh Grapes Milk	Oatmeal Diced Apples Milk	Bagel with Toppings Cantaloupe Cubes Milk	Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Milk	Pancake on a Stick Watermelon Cubes Milk
LUNCH: Beef & Bean Burrito Romaine Lettuce & Tomato OR Mexican Corn Fresh Banana Milk	Stromboli Squares Garden Salad Diced Peaches Milk	BBQ Beef on a Bun Fresh Snow Peas OR Baked Beans Summer Fruit Salad Milk	Turkey & Cheese on a Sub Bun Dark Green Leaf Lettuce & Tomato Slice OR Sweet Potato Fries Fresh Kiwi Milk	Country Style Beef Patty Mashed Potatoes with Gravy OR Steamed Broccoli Fresh Pineapple 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

*This institution is an equal opportunity provider.

Recipes for the Week

Day	Recipe Name	Recipe Number	HKM CACFP Recipe Page Number
Monday	N/A		
Tuesday	Stromboli Squares	181	35
	Garden Salad	164	56
Wednesday	BBQ Beef on a Bun	145	3
	Whole Wheat Bun	877	78
	Baked Beans	188	51
	Summer Fruit Salad	119	62
Thursday	Chicken Biscuit Sandwich	B-126	13
	Angel Biscuit	120	65
	Fresh Mixed Fruit Cup	183	55
	Turkey & Cheese Sub	144	44
	Whole Wheat Bun	877	78
	Afterschool Hummus	62	1
Friday	N/A		

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
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 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 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Beef & Bean Burrito	<ul style="list-style-type: none"> Purchase a pre-cooked Beef & Bean Burrito with no more than 8 gm of fat; and no more than 500 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. 	1 burrito	2 oz M/MA + 2 oz eq Grains
Romaine Lettuce	<ul style="list-style-type: none"> Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	⅛ cup Vegetable
Tomatoes, diced	<ul style="list-style-type: none"> Handle produce with gloved hands. Wash and dice tomatoes. CCP: Refrigerate and hold at 41° F or below for cold service. 	⅛ cup	⅛ cup Vegetable
Mexican Corn	<ul style="list-style-type: none"> Purchase frozen or canned Mexican corn or plain corn. If using plain corn, clean, seed and dice one fresh green pepper and one fresh red pepper for each 20 lb. frozen corn or 5 #10 cans used. Add to corn just before end point of cooking. Wipe tops of cans clean before opening. Cook close to serving time by steaming or by cooking in stock pot with minimal liquid. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetables
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. 	½ banana	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 – Monday

Menu Item	Purchasing & Preparation	Serving Size	CACP 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: Prepare Garlic Breadstick.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Grapes, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Cereal, whole grain	½ oz				
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Beef & Bean Burrito	1 each				
3. Vegetable	Romaine Lettuce & Tomatoes OR Mexican Corn	¼ cup				
4. Fruit	Banana, fresh	½ banana				
5. Grains	Beef & Bean Burrito	1 each				
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
Oatmeal	<ul style="list-style-type: none"> • Follow manufacturer’s instructions for preparation of oatmeal. 	½ cup cooked	1 oz eq Grains
Diced Apples	<ul style="list-style-type: none"> • Purchase apples, size #125-138. • Handle with gloved hands. Rinse and remove core. Dice into ½” chunks. • 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 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
Stromboli Squares	<ul style="list-style-type: none"> Prepare HKM Recipe 181, Stromboli Squares. CCP: Hold for hot service at 135° F or above. 	1 piece	1 ½ oz M/MA + 1 oz eq Grains
Garden Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 164, Garden Salad. Handle salad with gloved hands, tongs or serving utensils. May estimate serving sizes using measured portions as samples. CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	¼ cup Vegetable
Peaches, Sliced, Canned	<ul style="list-style-type: none"> Purchase canned peaches, sliced, packed in 100% juice or light syrup. Chill cans overnight. Wipe tops of cans clean before opening. Cover, drain and refrigerate until serving. Serve with slotted utensil. CCP: Refrigerate and hold at 41° F or below for cold service. 	¼ cup	¼ cup Fruit
Milk	<ul style="list-style-type: none"> Provide 1% fat or skim milk. CCP: Refrigerate and hold at 41° F or below for cold service. 	¾ cup	¾ cup Fluid Milk
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 3 gm of fat per 1 Tbsp. CCP: Refrigerate and serve at 41° F or below if site-prepared dressing is served. 	1 Tbsp	

Snack Purchasing, Preparation & Serving Instructions

Week 4 – Tuesday

Menu Item	Purchasing & Preparation	Serving Size	CACFP 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: Thaw beef under refrigeration. Prepare and chill Summer Fruit Salad.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Apples, diced, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Oatmeal	½ cup				
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Stromboli Square	1 piece			HKM 181	
3. Vegetable	Garden Salad	½ cup			HKM 164	
4. Fruit	Peaches, sliced, canned	¼ cup				
5. Grains	Stromboli Square (breading)	1 piece			HKM 181	
Other foods:						
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	CACP Crediting Information
Bagel	<ul style="list-style-type: none"> • Purchase 1 oz whole wheat bagels. • Cut in half for service. 	½ bagel (½ oz)	½ oz eq Grains
Toppings	<ul style="list-style-type: none"> • Serve with jelly, jam, cream cheese or other trans-fat free topping choice. 	1 Tbsp	
Cantaloupe, Fresh	<ul style="list-style-type: none"> • With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. • Cut fruit into chunks. • CCP: Refrigerate and hold at 41° F or below for cold service 	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
BBQ Beef on a Bun	<ul style="list-style-type: none"> • Prepare HKM Recipe 135, BBQ Beef on a Bun. • Purchase a raw, sliced, and shaped beef product that provides no more than 250 mg of sodium per serving. • Purchase BBQ sauce with no more than 500 mg sodium per fl oz. • Purchase a 1 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold for hot service at 135° F or above. 	1 sandwich (1/3 cup filling + 1 oz bun)	1 1/2 oz M/MA + 1 oz eq Grains
Snow Peas, 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. 	1/4 cup	1/4 cup Vegetable
Baked Beans	<ul style="list-style-type: none"> • Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. • CCP: Hold for hot service at 135° F or above. 	1/4 cup	1/4 cup Vegetable
Summer Fruit Salad	<ul style="list-style-type: none"> • Prepare HKM Recipe 119, Summer Fruit Salad. • CCP: Refrigerate and hold at 41° F or below for cold service. 	1/4 cup	1/4 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. 	3/4 cup	3/4 cup Fluid Milk

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 Fresh Mixed Fruit Cup and Afterschool Hummus. Cut and chill kiwi.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Cantaloupe, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Bagel	½ bagel (½ oz)				
Other foods:	Toppings (jelly, cream cheese, etc)	1 Tbsp				
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	BBQ Beef	⅓ cup			HKM 135	
3. Vegetable	Snow Peas, fresh OR Baked Beans	¼ cup			HKM 188	
4. Fruit	Summer Fruit Salad	¼ cup			HKM 119	
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	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	CACFP Crediting Information
Chicken Biscuit Breakfast Sandwich	<ul style="list-style-type: none"> • Prepare HKM Recipe B-126, Chicken Biscuit Breakfast Sandwich. • May serve as a sandwich or unassembled. • If purchasing biscuits, purchase whole grain-rich biscuit weighing 1 oz each. If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120. • Purchase CN labeled whole grain rich chicken patty that provides 1 oz M/MA and ¼ serving G/B. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Cut chicken patties in half to serve. • CCP: Hold for hot service at 135° F or above. 	1 sandwich	1 oz M/MA + 1 ¼ oz eq Grains
Fresh Mixed Fruit Cup	<ul style="list-style-type: none"> • Prepare HKM Recipe 183, Fresh Mixed Fruit Cup. • Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Do not drain. • With gloved hands, wash, trim, core and cut apples into bite-sized pieces and slice bananas. • 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 - Thursday

Menu Item	Purchasing & Preparation	Serving Size	CACP Crediting Information
Turkey & Cheese Sub	<ul style="list-style-type: none"> Prepare HKM Recipe 144, Turkey & Cheese Sub. Product should be CN labeled or have a product formulation statement with crediting information. Purchase a 1 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. CCP: Hold at 41° F or below for cold service. 	1 sandwich	1 ½ oz M/MA + 1 oz eq Grains
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> Handle produce with gloved hands. May be pre-portioned. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	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
Sweet Potato Fries	<ul style="list-style-type: none"> Purchase crinkle-cut, ovenable sweet potato fries. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Kiwi, Fresh	<ul style="list-style-type: none"> Purchase medium, whole kiwi, size #39. Handle with gloved hands. Rinse. Cut in half. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	2 halves	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
Mayo-type Salad Dressing, Reduced Fat	<ul style="list-style-type: none"> Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. 	1 Tbsp	
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 - 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: Cut and chill pineapple and watermelon.

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring 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	Fresh Mixed Fruit Cup	½ cup			HKM 183	
3. Grains (*or optional Meal/Meat Alternate)	Chicken Biscuit Sandwich	1 sandwich			HKM B-126	
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Turkey & Cheese Sub	1 sandwich			HKM 144	
3. Vegetable	Leaf Lettuce & Tomato Slice Sweet Potato Fries	¼ cup ¼ cup				
4. Fruit	Kiwi, fresh	¼ cup (2 halves)				
5. Grains	Turkey & Cheese Sub	1 bun (1 oz)			HKM 877	
Other foods:	Ketchup & Mustard Mayo	1 Tbsp/1 tsp 1 Tbsp				
SNACK - Must serve 2 different components						
Fluid Milk	Bell Pepper, fresh, strips	½ cup				
Fruit	Hummus	2 Tbsp			HKM 62	
Vegetable						
Bread/Grain	Milk	½ cup				
Meat/Meat Alternate						

Breakfast Purchasing, Preparation & Serving Instructions

Week 4 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Pancake on a Stick	<ul style="list-style-type: none"> • Purchase CN labeled whole grain rich pancake on a stick that provides 1 oz equivalent grains and 1 oz M/MA. If purchased product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Heat according to manufacturer's instructions. • CCP: Hot for hot service at 135° F or above. 	1 each	1 oz M/MA + 1 oz eq Grains
Watermelon, Fresh	<ul style="list-style-type: none"> • Wash outside of fruit and remove rind. • With gloved hands, cut into ½" cubes. • 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 - Friday

Menu Item	Purchasing & Preparation	Serving Size	CACFP Crediting Information
Country Style Beef Patty	<ul style="list-style-type: none"> Purchase a pre-cooked, breaded beef patty no more than 15 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. 	1 patty	2 oz M/MA + 1 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
Broccoli, Steamed	<ul style="list-style-type: none"> Purchase fresh or frozen broccoli florets. Cook close to serving time by steaming or by stock pot with minimal liquid. CCP: Hold for hot service at 135° F or above. 	¼ cup	¼ cup Vegetable
Pineapple, Fresh	<ul style="list-style-type: none"> Wash outer surface prior to cutting. With gloved hands, remove skin and core. Cut fruit into chunks. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. 	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
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 – 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 ½ cup (4 oz) each or may purchase in bulk and pre-portion ½ cup (4 oz) servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	½ cup	1 oz M/MA

Pre-preparation for Week 1 - Monday: None

Healthier Kansas Menus – CACFP – DAILY PRODUCTION RECORDS

Spring Week 4, Friday - Date: _____

Breakfast/Lunch/Snack

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5) # Served (6)	Recipe Used (7)	Temp (8)
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	Watermelon, fresh	½ cup				
3. Grains (*or optional Meal/Meat Alternate)	Pancake on a Stick	1 each				
Other foods:						
Lunch - Must serve all 5 components						
1. Fluid Milk	Milk	¾ cup				
2. Meat/Meat Alternate	Country Style Beef Patty	1 each				
3. Vegetable	Broccoli, steamed OR Mashed Potatoes	¼ cup				
4. Fruit	Pineapple, fresh	¼ cup				
5. Grains	Country Style Beef Patty (breading)	1 each				
Other foods:	Gravy					
SNACK - Must serve 2 different components						
Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Strawberries, fresh	½ cup				
	Yogurt	½ cup				
	Water	Available as needed				