

Kansas SFSP Menus

Week 1 – Food Production Record

M/MA = Meat/Meat Alternate

F/V = Fruits/Vegetables

G/B = Grains/Bread

	Food item	Serving Size x	# svgs =	Amount to prepare	Actual Amount Prepared	Actual Amount Left Over	Number Meals Served
MONDAY							
M/MA	Spaghetti w/ Meat Sauce**	1 cup	50				
	Ground Beef-80/20			8 lb 12 oz (raw)			
G/B	Spaghetti			4 lb 12 oz, dry			
F/V	Tomato Spaghetti Sauce			4 ½ cans – 26 oz ea			
F/V	Carrots, baby	3 ea	50	5 lb			
F/V	Pears	½ cup	50	14 cans – 15 oz ea			
Milk	Milk	1 cup	50	3 gal + 2 cups			
TUESDAY							
M/MA	Hamburger Patty	2 oz	50	8 lb			
G/B	Bun	1 ea	50	7 pkg – 8 per pkg			
F/V	Potato Wedges	½ cup	50	8.5 lb			
F/V	Apple Salad**	½ cup	50				
	Apples			5 lb 4 oz			
	Raisins			1 lb			
Milk	Milk	1 cup	50	3 gal + 2 cups			
WEDNESDAY							
M/MA	Super Nachos						
	Cheese, shredded cheddar	1 Tbsp	50	1 lb 9 oz			
	Taco Meat, ground beef	¼ cup	50	8 lb 12 oz, raw			
G/B	Tortilla Chips	1 oz	50	4 bags – 13 oz ea			
F/V	Refried Beans	¼ cup	50	7 cans – 16 oz ea			
F/V	Salsa	¼ cup	50	5 jars – 24 oz ea			
F/V	Applesauce	½ cup	50	4 jars – 48 oz ea			
F/V	Corn (optional)	¼ cup	50	4 ½ lb frozen			
Milk	Milk	1 cup	50	3 gal + 2 cups			
THURSDAY							
M/MA	Turkey & Cheese Sub**						
	Turkey	1 oz	50	50 oz			
M/MA	Cheese, sliced, American	1 slice	50	50 oz			
G/B	Hamburger Bun	1 ea	50	7 pkg – 8 per pkg			
F/V	Tossed Salad**	½ cup	50				
	Spinach			1 lb 12 oz			
	Romaine			1 lb 12 oz			
F/V	Peaches	½ cup	50	14 cans – 15 oz ea			
Milk	Milk	1 cup	50	3 gal + 2 cups			
FRIDAY							
M/MA	Hot Dog with	1 ea	50	50 ea (2 oz ea)			
G/B	Bun	1 ea	50	50 ea			
F/V	French Fries	¼ cup	50	4 lb, frozen			
F/V	Cucumbers	¼ cup	50	4 lb			
F/V	Fruit Cocktail	¼ cup	50	8 cans – 16 oz ea			
Milk	Milk	1 cup	50	3 gal + 2 cups			

**Healthier Kansas Recipe (See Rock and a Rollin' with Summer Meals – Recipes)