|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Food item | Serving Size x | # svgs = | Amount to prepare | Actual  Amount  Prepared | Actual  Amount  Left Over | Number  Meals  Served |
| MONDAY | | | | | | | |
| M/MA  G/B | Pizza, personal | 1 ea | 50 | 50 ea – 2 oz M/MA and  1 oz G/B |  |  |  |
| F/V | Garden Salad\*\*  Spinach  Romaine  Tomato  Carrots  Cucumber | ½ cup | 50 | (or 4 lb Salad Mix)  1 lb 10 oz  1 lb 10 oz  5 oz  4 oz  3 oz |  |  |
| F/V | Pears | ½ cup | 50 | 14 cans – 15 oz ea |  |  |
| Milk | Milk | 1 cup | 50 | 3 gal and 2 cups |  |  |
| TUESDAY | | | | | | | |
| M/MA  M/MA  G/B | Chicken & Cheese Wrap  Chicken, sliced, deli  Cheese, cheddar  Tortilla, WW, 8” | 1.50 oz  1 Tbsp  1.5 oz | 50  50  50 | 75 oz  1 lb 9 oz, shredded  50 tortillas |  |  |  |
| F/V | Salad Mix (optional) | ⅜ cup | 50 | 2 lb |  |  |
| F/V | Green Beans | ¼ cup | 50 | 10 cans – 15 oz ea |  |  |
| F/V | Cantaloupe | ½ cup | 50 | 17 ea |  |  |
| Milk | Milk | 1 cup | 50 | 3 gal and 2 cups |  |  |
| WEDNESDAY | | | | | | | |
| M/MA  M/MA  G/B  F/V  F/V | Taco Salad  Taco Meat  Cheese  Tortilla Chips  Romaine  Tomato | ¼ cup  1 Tbsp  1 oz  1 cup  ⅛ cup | 50 | 6.5 lb, raw  1 lb 9 oz, shredded  4 bags – 13 oz ea  4 lb 12 oz, untrimmed  3 lb 5 oz |  |  |  |
| F/V | Applesauce | ½ cup | 50 | 4 jars – 48 oz ea |  |  |
| Milk | Milk | 1 cup | 50 | 3 gal and 2 cups |  |  |
| THURSDAY | | | | | | | |
| M/MA | Peanut Butter  Jelly | 2 Tbsp  1 Tbsp | 50 | 3 lb 2 oz  1 jar – 28 oz |  |  |  |
| M/MA | Baked Beans | ½ cup | 50 | 8 cans – 28 oz ea |  |  |
| G/B | WW Bread | 2 slices | 50 | 5 loaves – 20 oz ea |  |  |
| F/V | French Fries | ½ cup | 50 | 7 lb, frozen |  |  |
| F/V | Peaches | ¼ cup | 50 | 7 cans – 15 oz ea |  |  |
| Milk | Milk | 1 cup | 50 | 3 gal and 2 cups |  |  |
| FRIDAY | | | | | | | |
| M/MA  G/B | Quesadilla  Cheese, cheddar  Tortilla, WW, 8” | 2 oz  1.5 oz | 50  50 | 6 lb 4 oz, shredded  50 ea |  |  |  |
| F/V  F/V | Carrots, baby  Celery | 2 ea  2 ea | 50  50 | 3 lb  2.7 lb |  |  |
| F/V | Mexi-Corn | ¼ cup | 50 | 4 ½ lb, frozen |  |  |
| F/V | Citrus Fruit Cup\*\*  Mandarin Oranges  Bananas  Apples  Grapes | ½ cup | 50 | 4.25 lb  4.5 lb  1.75 lb  1.75 lb |  |  |
| Milk | Milk | 1 cup | 50 | 3 gal and 2 cups |  |  |

## Week 3 – Food Production Record

M/MA = Meat/Meat Alternate F/V = Fruits/Vegetables G/B = Grains/Bread

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