|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Food item | Serving Size x | # svgs =  | Amount to prepare | Actual AmountPrepared | Actual AmountLeft Over | Number MealsServed |
| 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\*\*SpinachRomaineTomatoCarrotsCucumber | ½ cup | 50 | (or 4 lb Salad Mix)1 lb 10 oz1 lb 10 oz5 oz4 oz3 oz |  |  |
| F/V | Pears | ½ cup | 50 | 14 cans – 15 oz ea |  |  |
| Milk | Milk | 1 cup | 50 | 3 gal and 2 cups |  |  |
| TUESDAY |
| M/MAM/MAG/B | Chicken & Cheese WrapChicken, sliced, deliCheese, cheddarTortilla, WW, 8” | 1.50 oz1 Tbsp1.5 oz | 505050 | 75 oz1 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/MAM/MAG/BF/VF/V | Taco SaladTaco MeatCheeseTortilla ChipsRomaineTomato | ¼ cup1 Tbsp1 oz1 cup⅛ cup | 50 | 6.5 lb, raw 1 lb 9 oz, shredded 4 bags – 13 oz ea4 lb 12 oz, untrimmed3 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 ButterJelly | 2 Tbsp1 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/MAG/B | QuesadillaCheese, cheddarTortilla, WW, 8” | 2 oz1.5 oz | 5050 | 6 lb 4 oz, shredded 50 ea |  |  |  |
| F/VF/V | Carrots, babyCelery | 2 ea2 ea | 5050 | 3 lb2.7 lb |  |  |
| F/V | Mexi-Corn | ¼ cup | 50 | 4 ½ lb, frozen |  |  |
| F/V | Citrus Fruit Cup\*\*Mandarin OrangesBananasApples 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)