

Kansas SFSP Menus

Week 3 – 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 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)	¾ 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 ¾ 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	Carrots, baby	2 ea	50	3 lb			
F/V	Celery	2 ea	50	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			

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