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# **Healthier Kansas Menus with Alternate Entrées**



## **FALL WEEK 1 - DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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**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](http://www.kn-eat.org)

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Washington, D.C. 20250-9410;
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- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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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.

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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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 schools 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

## Menus for the Week

**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Pig in a Blanket <b>Or</b> Peanut Butter & Jelly Sandwich  Roasted Red Potatoes Broccoli w/Cheese Fresh Cantaloupe Canned Fruit Choice Milk Choice	Chicken Wrap Spanish Brown Rice <b>Or</b> Chicken Crispito Spanish Brown Rice  Romaine Lettuce Tomato Slice Sautéed Zucchini Sliced Pears <b>Oatmeal Cookie (9-12)</b> Fresh Fruit Choice Milk Choice	Spaghetti w/ Meat Sauce Garlic Bread <b>Or</b> Hamburger on a Bun  Garden Salad Green Beans Honeydew Melon Canned Fruit Choice Milk Choice	Taco Salad & Tortilla Chips and Salsa <b>Or</b> Yogurt & Blueberry Oat Muffin Plate  Red Bell Pepper Strips Refried Beans Romaine Lettuce Apple Salad <b>Cinnamon Puff (6-12)</b> Canned Fruit Choice Milk Choice	Chicken & Noodles <b>Whole Wheat Roll (6-12)</b> <b>Or</b> Turkey & Cheese Sub Sandwich  Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>643</b>	<b>669</b>	<b>779</b>
					<b>Sodium (mg)</b>	<b>777</b>	<b>797</b>	<b>851</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.3%</b>	<b>7.9%</b>	<b>7.4%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Pig in a Blanket	30	27
Tuesday	Chicken Wrap	158	15
	Spanish Brown Rice	237	82
	Oatmeal Cookie (9-12 only)	37	73
Wednesday	Spaghetti & Meat Sauce	170	31
	Garden Salad	164	55
	Whole Wheat French Garlic Bread	163	89
Thursday	Taco Salad	78	40
	Taco Meat	76	39
	Blueberry Oat Muffin	28	64
	Whole Wheat Cinnamon Puff (6-12 only)	46	85
Friday	Chicken & Noodles	152	11
	Whole Wheat Rolls (6-12 only)	877	91
	Turkey & Cheese Sub	144	42

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

## Purchasing, Preparation & Serving Instructions Week 1 – Monday

Menu Item	Purchasing & Preparation	Serving
Pig in a Blanket	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 30, Pig in a Blanket.</li> <li>Purchase turkey frankfurters, 8 per lb with each hot dog providing 2 oz equivalent M/MA; no more than 8 gm of fat, and no more than 500 mg of sodium per serving.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich Meal (K-5)	<ul style="list-style-type: none"> <li>Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 17 gm of fat; and no more than 320 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-5: 1 sandwich, 1 oz crackers, 1 oz cheese
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich (6-12)	<ul style="list-style-type: none"> <li>Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 2 oz equivalent M/MA and 2 oz equivalent Grains, no more than 33 gm of fat; and no more than 620 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	6-12: 1 sandwich (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal)
Roasted Red Potatoes	<ul style="list-style-type: none"> <li>Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup.</li> <li>Follow manufacturer's directions for baking and holding.</li> <li>Batch cook. May add pepper or other non-sodium seasonings.</li> <li>Weigh out each portion size indicated and use as a sample.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Broccoli w/Cheese	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Batch cook by steaming or by cooking in stock pot with minimal liquid close to service. Sprinkle with 5 oz shredded cheddar or American cheese per 6 lb broccoli.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 1 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Cantaloupe, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or 2 Tbsp or 2 PC</b>
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 1 – Tuesday:** Chill diced pears.



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Peanut Butter & Jelly		1 each (5.3 oz)				2.000	2.000																														
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## Purchasing, Preparation & Serving Instructions Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Chicken Wrap	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 158, Chicken Wrap.</li> <li>• Purchase precooked, un-breaded, chicken patties providing 2 oz equivalent M/MA. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Purchase 8" whole grain tortillas weighing at least 1.5 oz.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Crispito, chicken chili	<ul style="list-style-type: none"> <li>• Purchase Crispito providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 14 gm of fat; and no more than 370 mg sodium per piece. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-8: 1 each 9-12: 2 each
Spanish Brown Rice	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 237, Spanish Brown Rice.</li> <li>• Purchase brown rice.</li> <li>• Purchase canned salsa that is low in sodium.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Romaine Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands.</li> <li>• Slice ¼" thick.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: 1 slice 9-12: 2 slices
Zucchini, sautéed	<ul style="list-style-type: none"> <li>• Purchase fresh zucchini or frozen sliced zucchini.</li> <li>• If fresh, with gloved hands, wash and remove ends. Cut into slices.</li> <li>• Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Pears, canned, sliced	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase sliced pears packed in light syrup or juice.</li> <li>• Chill cans overnight. Wipe tops clean before opening. Drain, cover, and refrigerate until servings.</li> <li>• Serve with slotted utensil. Level utensil when serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p><small>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</small></p>	K-8: N/A* 9-12: ½ cup
Oatmeal Cookie	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 37, Oatmeal Cookie.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-8: N/A 9-12: 1 each
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 1 – Wednesday:** Defrost ground beef under refrigeration. Chill mandarin oranges.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																					
Date: _____ <u>Tuesday</u>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th style="width: 30%;"></th> <th style="width: 15%;">Age/grade Group</th> <th style="width: 15%;">Meals Planned</th> <th style="width: 15%;">Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>																		BREAKFAST					Age/grade Group	Meals Planned	Meals Served	STUDENT MEALS	K-5			ADULT MEALS				TOTAL MEALS			
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MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES																			
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																						
Chicken Wrap		1 each				1.750	1.500																														
Spanish Brown Rice		1/2 cup					1.000																														
Crispito, chicken chili		1 each				1.000	1.000																														
Spanish Brown Rice		1/2 cup					1.000																														
Tomato Slice		1/4" slice								0.125					0.125																						
Romaine Lettuce		1/2 cup							0.250						0.250																						
Sauteed Zucchini		1/2 cup										0.500		0.500																							
Sliced Pears, canned		1/2 cup						0.500																													
Fruit Choice, fresh		N/A																																			
Oatmeal Cookie		N/A																																			
Milk Choice		8 fl oz																																			
Ranch Dressing		1 fl oz																																			
<b>Daily Breakfast Component Totals</b>																		Notes:																			
<b>Daily Lunch Component Totals</b>						1.750	2.500	0.500	0.250	0.125			0.500	0.875																							
<b>Alternate Entrée Lunch Component Totals</b>						1.000	2.000																														

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

Date: \_\_\_\_\_ Tuesday

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES	
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Chicken Wrap		1 each				1.750	1.500												
Spanish Brown Rice		1/2 cup					1.000												
Crispito, chicken chili		1 each				1.000	1.000												
Spanish Brown Rice		1/2 cup					1.000												
Tomato Slice		1/4" slice								0.125						0.125			
Romaine Lettuce		1/2 cup							0.250							0.250			
Sauteed Zucchini		1/2 cup											0.500		0.500				
Sliced Pears, canned		1/2 cup						0.500											
Fruit Choice, fresh		N/A																	
Oatmeal Cookie		N/A																	
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
<b>Daily Breakfast Component Totals</b>																			Notes:
<b>Daily Lunch Component Totals</b>						1.750	2.500	0.500	0.250	0.125			0.500		0.875				
<b>Alternate Entrée Lunch Component Totals</b>						1.000	2.000												

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Tuesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.250	3.250	1.000	0.250	0.250			0.500		1.000																																										
<b>Alternate Entrée Lunch Component Totals</b>						2.000	3.750																																																		



## Purchasing, Preparation & Serving Instructions Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Spaghetti & Meat Sauce	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 170, Spaghetti &amp; Meat Sauce.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 cup
French Garlic Bread	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 163, Whole Wheat French Garlic Bread.</li> </ul>	K-12: 1 piece
<b>Alternate Entrée:</b> Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
Garden Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>• Handle salad with gloved hands, tongs or serving utensils.</li> <li>• May estimate serving sizes using measured portions as samples.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 cup
Green Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wipe can tops clean before opening.</li> <li>• Batch cook by steaming or by stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Honeydew Melon, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 1 – Thursday:** Defrost ground beef under refrigeration. Prepare and chill Apple Salad.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																										
Date: _____ <u>Wednesday</u>																																																										
Preparation Site: _____																																																										
Offer? Yes _____ No _____																																																										
Grades _____																																																										
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Spaghettiw/ Meat Sauce		1 cup				2.000	1.500																																																			
Whole Wheat Garlic Bread		1 slice					1.250																																																			
Hamburger on a Bun		1 each				2.000	2.000																																																			
Garden Salad		1 cup							0.500							0.500																																										
Green Beans		1/2 cup											0.500		0.500																																											
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<b>Daily Breakfast Component Totals</b>																			Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.750	0.500	0.500				0.500		1.000																																											
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																			

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

## Production Record (6-8)

Date: \_\_\_\_\_ Wednesday

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_  
 Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
Spaghetti w/ Meat Sauce		1 cup				2.000	1.500													
Whole Wheat Garlic Bread		1 slice					1.250													
Hamburger on a Bun		1 each				2.000	2.000													
Garden Salad		1 cup							0.500							0.500				
Green Beans		1/2 cup												0.500		0.500				
Honeydew Melon		1/2 cup						0.500												
Fruit Choice, canned		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
Ketchup		1 fl oz																		
Mustard		1 tsp																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.750	0.500	0.500					0.500		1.000				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000													
																Notes:				

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

## Purchasing, Preparation & Serving Instructions Week 1 – Thursday

Menu Item	Purchasing & Preparation	Serving
Taco Salad	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 78, Taco Salad.</li> </ul>	K-12: 1 plate
Tortilla Chips	<ul style="list-style-type: none"> <li>Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-12: 1 oz
Tomato Salsa	<ul style="list-style-type: none"> <li>Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	K-12: ⅓ cup
<b>Alternate Entrée:</b> Yogurt & Blueberry Oat Muffin Meal	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain.</li> <li>Purchase low-fat, flavored yogurt cups that are 1 cup (8 oz) each or may purchase in bulk and pre-portion 1 cup (8 oz) servings.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8oz yogurt, 2 muffins each
Red Bell Pepper Strips	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, core and slice bell peppers into strips.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Refried Beans	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared.</li> <li>For dried beans, prepare according to manufacturer directions.</li> <li>For canned beans, wipe top of cans before opening.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Romaine Lettuce	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle produce with gloved hands. May be pre-portioned.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Cinnamon Puff	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 46, Whole Wheat Cinnamon Puff.</li> <li>This menu item will count as a grain based dessert.</li> </ul>	K-5: N/A 6-12: 1 each

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Apple Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 121, Apple Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 1 – Friday:** Defrost chicken under refrigeration.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																					
Date: _____ <b>Thursday</b>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
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Taco Meat		1/4 cup				1.500																															
Shredded Cheese		1/8 cup				0.500																															
Romaine Lettuce		1 cup																																			
Tomatoes		1/8 cup																																			
Whole Grain Corn Tortilla Chips		1 oz					1.000																														
Yogurt & Muffins		8oz/2 each				2.000	2.000																														
Red Bell Pepper Strips		1/4 cup								0.250						0.250																					
Refried Beans		1/2 cup									0.500					0.500																					
Romaine Lettuce		1/4 cup							0.125							0.125																					
Apple Salad		1/2 cup						0.500																													
Fruit Choice, canned		N/A																																			
Whole Wheat Cinnamon Puff		N/A																																			
Milk Choice		8 fl oz																																			
<b>Daily Breakfast Component Totals</b>																																					
<b>Daily Lunch Component Totals</b>						2.000	1.000	0.500	0.125	0.250	0.500					0.875																					
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														
																Notes:																					



## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

Date: \_\_\_\_\_ Thursday

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
Taco Meat		1/4 cup				1.500														
Shredded Cheese		1/8 cup				0.500														
Romaine Lettuce		1 cup																		
Tomatoes		1/8 cup																		
Whole Grain Corn Tortilla Chips		1 oz					1.000													
Yogurt & Muffins		8oz/2 each				2.000	2.000													
Red Bell Pepper Strips		1/4 cup								0.250						0.250				
Refried Beans		1/2 cup									0.500					0.500				
Romaine Lettuce		1/4 cup							0.125							0.125				
Apple Salad		1/2 cup						0.500												
Fruit Choice, canned		N/A					1.000													
Whole Wheat Cinnamon Puff		N/A																		
Milk Choice		8 fl oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.125	0.250	0.500					0.875				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	3.000													

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Thursday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	3.000																																																		

## Purchasing, Preparation & Serving Instructions

### Week 1 – Friday

Menu Item	Purchasing & Preparation	Serving
Chicken & Noodles	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 152, Chicken &amp; Noodles.</li> <li>• Purchase chicken base with no more than 750 mg of sodium per cup prepared.</li> <li>• Purchase dry, whole grain egg noodles and frozen pulled or diced cooked chicken with no skin and no added salt.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 cup
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-5: N/A 6-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes.</li> <li>• 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 2 tablespoons of salt per 70 cups prepared potatoes.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Grapes, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Honey	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings.</li> </ul>	K-5: N/A 6-12: 1 PC each <b>or</b> 1 Tbsp
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings.</li> </ul>	K-12: ½ oz or 1 Tbsp

**Pre-preparation for Week 2 - Monday:** None

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

## Production Record (K-5)

Date: \_\_\_\_\_ Friday

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_  
 Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	K-5		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	K-5		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
Chicken & Noodles		1 cup				2.000	1.250													
Turkey & Cheese Sub Sandwich		1 each				2.000	2.000													
Mashed Potatoes		1/2 cup											0.500				0.500			
Fresh Baby Carrots		1/2 cup								0.500							0.500			
Fresh Grapes		1/2 cup						0.500												
Fruit Choice, canned		N/A																		
Milk Choice		8 fl oz																		
Honey		N/A																		
Ranch Dressing		1 fl oz																		
Mustard		1 tsp																		
Mayo		1/2 oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	1.250	0.500		0.500		0.500				1.000				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000													

Notes:

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

## Production Record (6-8)

Date: \_\_\_\_\_ Friday

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_  
 Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
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Chicken & Noodles		1 cup				2.000	1.250													
Whole Wheat Roll		1 each					1.000													
Turkey & Cheese Sub Sandwich		1 each				2.000	2.000													
Mashed Potatoes		1/2 cup										0.500				0.500				
Fresh Baby Carrots		1/2 cup								0.500						0.500				
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Ranch Dressing		1 fl oz																		
Mustard		1 tsp																		
Mayo		1/2 oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.250	0.500		0.500		0.500				1.000				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000													

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.250	1.000		0.500		0.500				1.000																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

## Fruit & Vegetable Order Guide Week 1

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion      AP = As Purchased      lb = Pound      oz = ounce      # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Potatoes, frozen, red roasted, chopped	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
	Broccoli, frozen, chopped	½ cup	21 lb	½ cup	21 lb	½ cup	21 lb
	Cantaloupe, fresh, whole, 18 count, AP	½ cup	35 lb	½ cup	35 lb	½ cup	35 lb
Tuesday	Spanish Brown Rice	½ cup		½ cup		½ cup	
	Salsa, canned		7 cups		7 cups		7 cups
	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz
	Tomato, large, fresh, AP	¼” slice	5 lb 12 oz	¼” slice	5 lb 12 oz	2 - ¼” slices	11 lb 8 oz
	Zucchini, fresh, whole, AP	½ cup	19 lb 13 oz	½ cup	19 lb 13 oz	½ cup	19 lb 13 oz
	OR Zucchini, sliced, frozen		28 lb 10 oz		28 lb 10 oz		28 lb 10 oz
Pears, sliced, canned in 100% juice or light syrup	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans	



## Fruit & Vegetable Order Guide

### Week 1, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Wednesday	Spaghetti Sauce, canned		3.25 #10 cans		3.25 #10 cans		3.25 #10 cans
	Garden Salad:	1 cup		1 cup		1 cup	
	Lettuce, Romaine, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
	Carrots, fresh, AP		15 oz		15 oz		15 oz
	Cucumber, fresh, AP		14 oz		14 oz		14 oz
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
Honeydew Melon, fresh, whole	½ cup	41 lb	½ cup	41 lb	½ cup	41 lb	
Thursday	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	Lettuce, Romaine, AP	¼ cup	3 lb 3 ½ oz	¼ cup	3 lb 3 ½ oz	½ cup	6 lb 7 oz
	Tomato, large, fresh, AP	⅛ cup	6 lb 10 oz	⅛ cup	6 lb 10 oz	⅛ cup	6 lb 10 oz
	Tomato Salsa	⅛ cup		⅛ cup		⅛ cup	
	Tomatoes, crushed, salsa-ready, canned		1 #10 cans		1 #10 cans		1 #10 cans
	Peppers, jalapeno, canned		2 oz		2 oz		2 oz
	Peppers, bell, fresh, red	¼ cup	6 lb 14 oz	¼ cup	6 lb 14 oz	½ cup	13 lb 12 oz
	Refried Beans, canned <b>OR</b>	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans
	Refried Beans, dried		9 lb 13 oz		9 lb 13 oz		9 lb 13 oz
	Blueberry Oat Muffin	2 muffins		2 muffins		2 muffins	
	Applesauce, canned, unsweetened		1 ½ #10 can		1 ½ #10 can		1 ½ #10 can
	Blueberries, frozen, unsweetened		5 lb		5 lb		5 lb
	Apple Salad	½ cup		½ cup		½ cup	
	Apples, fresh, #125-#138, AP		10 lb 8 oz		10 lb 8 oz		10 lb 8 oz
Raisins, seedless, unsweetened		2 lb		2 lb		2 lb	

## Fruit & Vegetable Order Guide

### Week 1, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Friday	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz