Healthier Kansas Menus

with Alternate Entrées

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FALL WEEK 2 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

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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 |
| Mini Meatball Sub  **Or**  Fruit, Yogurt & Granola Parfait  Ranch Potato Wedges  Tossed Salad  Fresh Apple  Canned Fruit Choice  Milk Choice | BBQ Chicken Drumstick  Whole Wheat Roll  **Or**  Popcorn Chicken  Whole Wheat Roll  Baked Beans  Creamy Cole Slaw  Fresh Baby Carrots  Fresh Nectarine  Canned Fruit Choice  Milk Choice | White Chicken Chili  Cornbread Muffin  **Or**  Rock and Roll  Beef Wrap  Cherry Tomatoes  Cucumber Slices  Fresh Blueberries  Canned Fruit Choice  Milk Choice | Cheese Pizza  **Or**  Grilled Chicken Sandwich  Broccoli Florets  Fresh Baby Carrots  Diced Peaches  Fresh Fruit Choice  Milk Choice | Biscuits & Gravy  **Sausage Patty**  **(6-12)**  **Or**  Pepperoni Pizza  Fresh Sugar Snap Peas  Hash Brown Patty  Fresh Strawberries  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **618**  **837**  **6.8%** | **657**  **887**  **6.9%** | **803**  **1007**  **6.5%** |

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## Recipes for the Week

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| --- | --- | --- | --- |
| Day | Recipe Name | Recipe Number | HKM Recipe  Page Number |
| Monday | Mini Meatball Sub  Ranch Potato Wedges  Tossed Salad | 132  131  74 | 25  56  62 |
| Tuesday | BBQ Chicken Drumstick  Whole Wheat Roll  Baked Beans  Creamy Cole Slaw | 130  877  188  20 | 2  91  50  52 |
| Wednesday | White Chicken Chili  Cornbread Muffin  Rock and Roll Beef Wrap | 128  127  133 | 43  69  30 |
| Thursday | N/A |  |  |
| Friday | Biscuits & Sausage Gravy  Angel Biscuits | 118  120 | 7  63 |

## 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 2 – Monday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Mini Meatball Sub | * Prepare HKM Recipe 132, Mini Meatball Sub. * Purchase pre-cooked beef meatballs where 5 meatballs equal 2 M/MA (or use number of meatballs needed to provide 1 M/MA to K-8 and 2 M/MA to 9-12), and each meatball has no more than 60 mg sodium and no more than 2 g fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Refer to *Fruit & Vegetable Order Guide* for amount spaghetti sauce needed. * **CCP: Hold for hot service at 135⁰ F or above.** | K-8: 1 sandwich  (made with 3 meatballs or number needed to provide 1 oz equivalent M/MA)  9-12: 1 sandwich  (made with 5 meatballs or number needed to provide 2 oz equivalent M/MA) |
| **Alternate Entrée:**  Fruit, Yogurt & Granola Parfait | * Purchase a fresh, frozen or canned fruit (packed in light syrup or 100% juice). Refer to *Fruit & Vegetable Order Guide* for amount needed. * Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving. * Purchase pre-prepared granola that provides 2 oz Grains per ½ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving. * Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering ½ cup yogurt, ¼ cup fruit, ½ cup yogurt and ¼ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola |
| Ranch Potato Wedges | * Prepare HKM Recipe 131, Ranch Potato Wedges. * Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. Refer to *Fruit & Vegetable Order Guide* for amount needed. * Weigh out each portion size indicated and use as a sample. * **CCP: Hold for hot service at 135⁰ F or above.** | K-12: ½ cup |
| Tossed Salad | * Prepare HKM Recipe 74, Tossed Salad. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 1 cup |

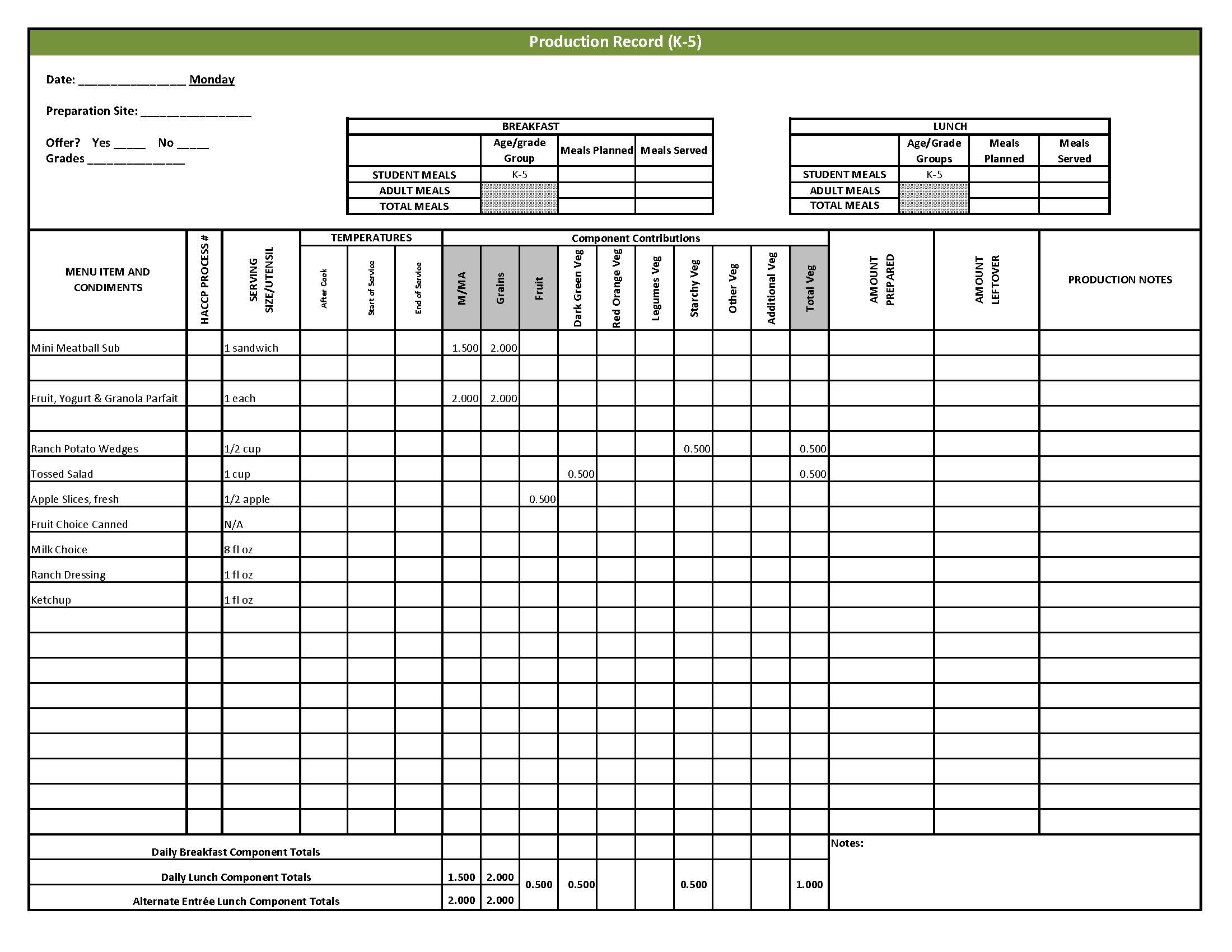
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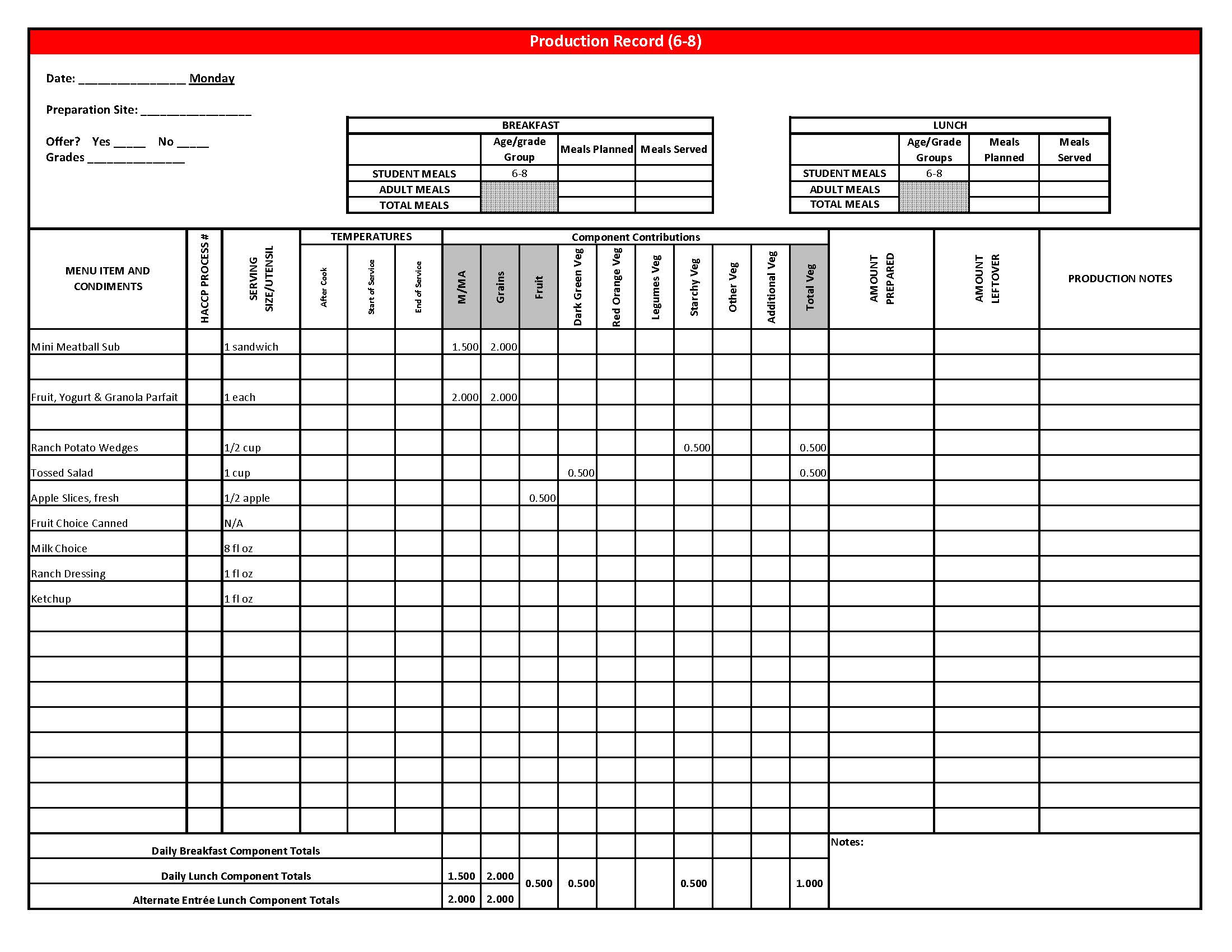
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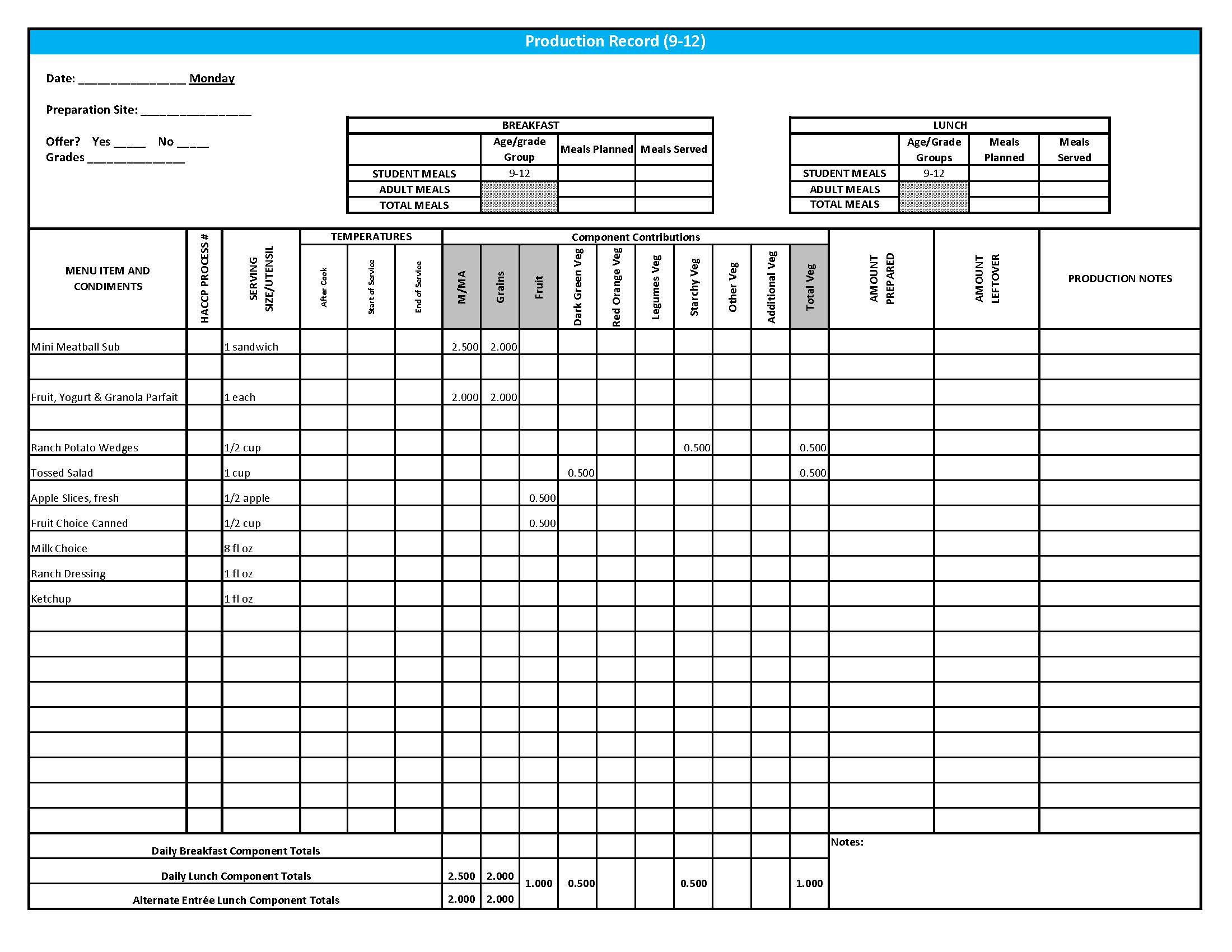
Week 2 – Monday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Apple Slices, Fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase apples, size #125-138. * Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. * Dip in lemon, orange, pineapple juice, or antioxidant solution to preserve color. * Cover and refrigerate or store at room temperature until serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service** | K-12: ½ apple |
| Fruit Choice, canned | 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. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | * 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. * **CCP: Refrigerate and serve at 41⁰ F or below if school-prepared dressing is used.** | K-12: 1 fl oz **or**  2 Tbsp |
| Ketchup | * 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. | K-12: 1 fl oz  **or** 2 Tbsp **or** 2 PC |

**Pre-preparation for Week 2 – Tuesday:** Thaw chicken under refrigeration.







## Purchasing, Preparation & Serving Instructions

Week 2 – Tuesday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| BBQ Chicken | * Prepare HKM Recipe 130, BBQ Chicken. * Purchase raw, frozen chicken legs with skin that provide 1.5 oz equivalent M/MA per serving OR purchase a CN labeled, pre-cooked product that provides 1.5 oz equivalent M/MA per serving and prepare according to manufacturer’s instructions. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * **CCP: Hold for hot service at 135⁰ F or above.** | K-5: 1 drumstick  6-12: 2 drumsticks |
| Whole Wheat Roll | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%. | K-8: 1 each  9-12: 2 each |
| **Alternate Entrée:**  Chicken, popcorn | * Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat according to manufacturer’s instructions. * **CCP: Hold for hot service at 135⁰ F or above.** | K-12: 15 pieces  (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain) |
| **Alternate Entrée:**  Whole Wheat Roll | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%. | K-5: N/A  6-12: 1 each |
| Baked Beans | * Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Hold for hot service at 135⁰ F or above.** | K-12: ½ cup |
| Creamy Cole Slaw | * Prepare HKM Recipe 20, Creamy Cole Slaw. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Purchase pre-shredded green cabbage. * **CCP: Hold for cold service at 41⁰ F or below.** | K-12: ¼ cup |

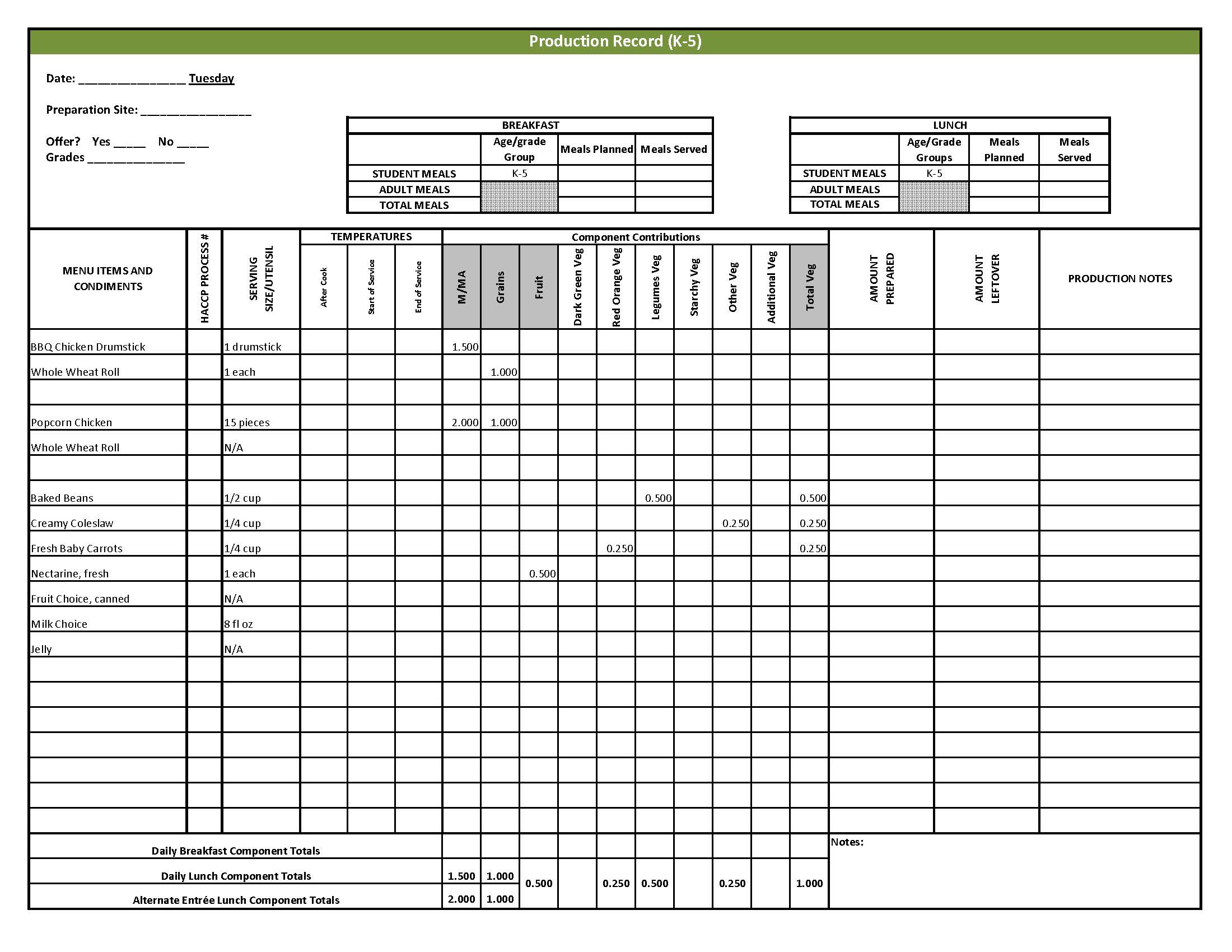
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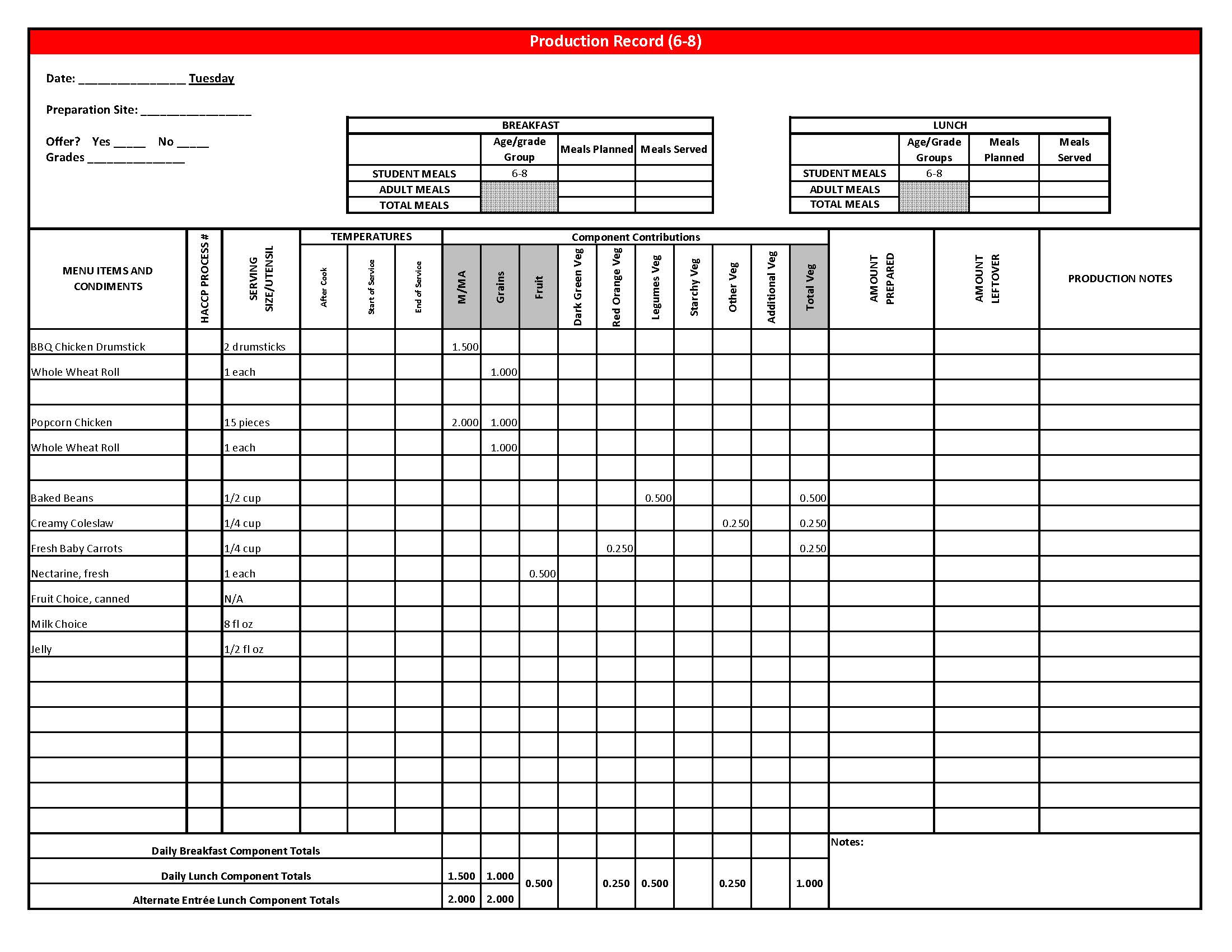
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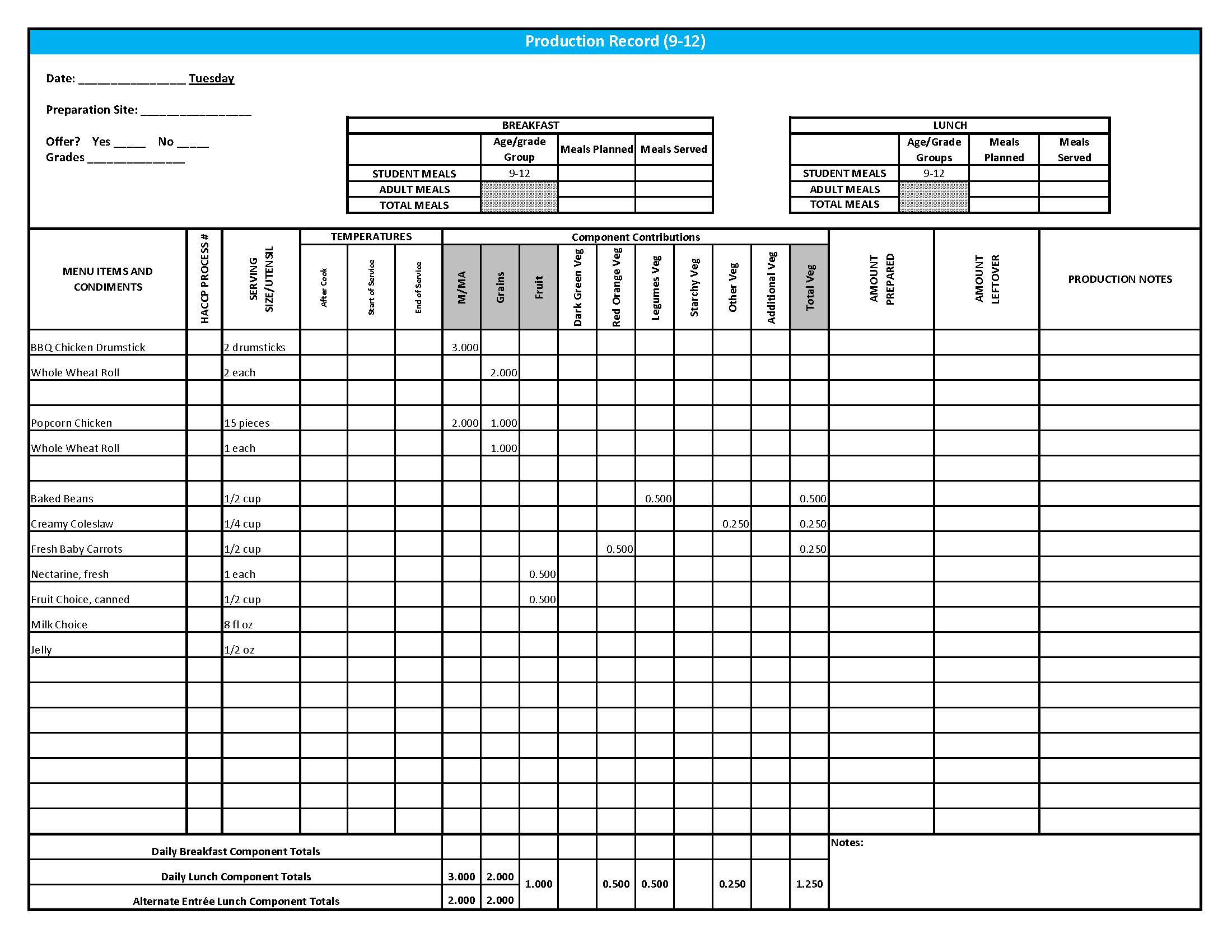
Week 2 – Tuesday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Carrots, baby, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle with gloved hands or serving utensils. Cover and refrigerate until serving. * Weigh or count number needed per portion. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ¼ cup |
| Nectarines, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash nectarines. * Cover and refrigerate or store at room temperature until serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 1 each |
| Fruit Choice, canned | 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. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 8 fl oz |
| Jelly | * Purchase .5 oz packets or purchase in bulk container. | 6-12: ½ oz each  **or**1 Tbsp |

**Pre-preparation for Week 2 - Wednesday:** Thaw chicken under refrigeration.







Purchasing, Preparation & Serving Instructions

Week 2 – Wednesday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| White Chicken Chili | * Prepare HKM Recipe 128, White Chicken Chili. * Refer to *Fruit & Vegetable Order Guide* for amount onions, great northern beans, and green chili peppers needed. * **CCP: Hold for hot service at 135⁰ F or higher.** | K-12: ¾ cup |
| Cornbread Muffins | * Prepare HKM Recipe 127, Cornbread Muffins. | K-8: 1 muffin  9-12: 2 muffins |
| **Alternate Entrée:**  Rock and Roll Beef Wraps | * Prepare HKM Recipe 133, Rock and Roll Beef Wraps. * Purchase 8” whole grain rich tortillas weighing 1.5 oz each. * **CCP: Hold for hot service at 135⁰ F or above.** | K-12: 1 wrap |
| Cherry Tomatoes | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash and stem tomatoes. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-9-12: 6 tomatoes (½ cup) |
| Cucumber Slices | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash and slice cucumbers. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ¼ cup |
| Blueberries, Fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash blueberries. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |
| Fruit Choice, canned | 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. | K-8: N/A\*  9-12: ½ cup |

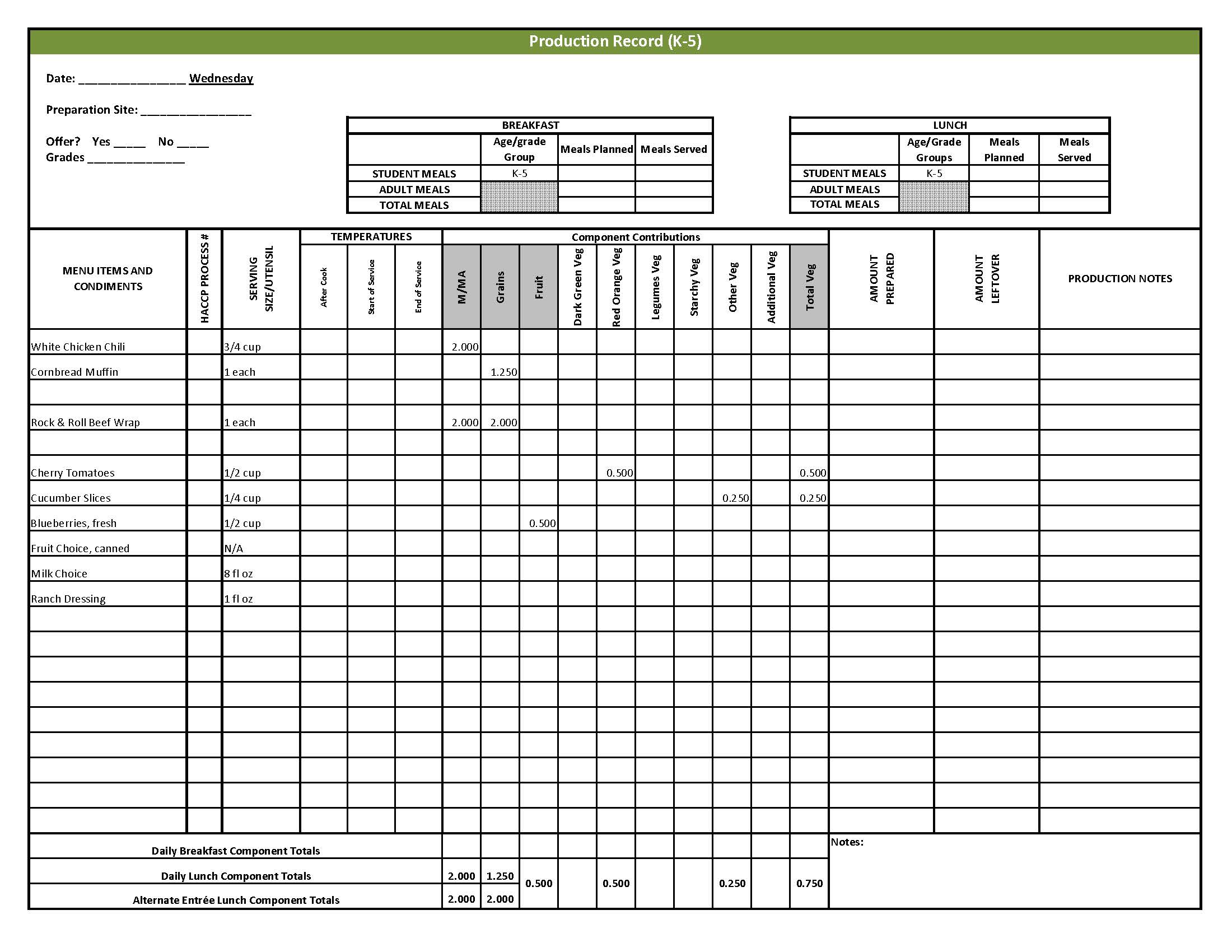
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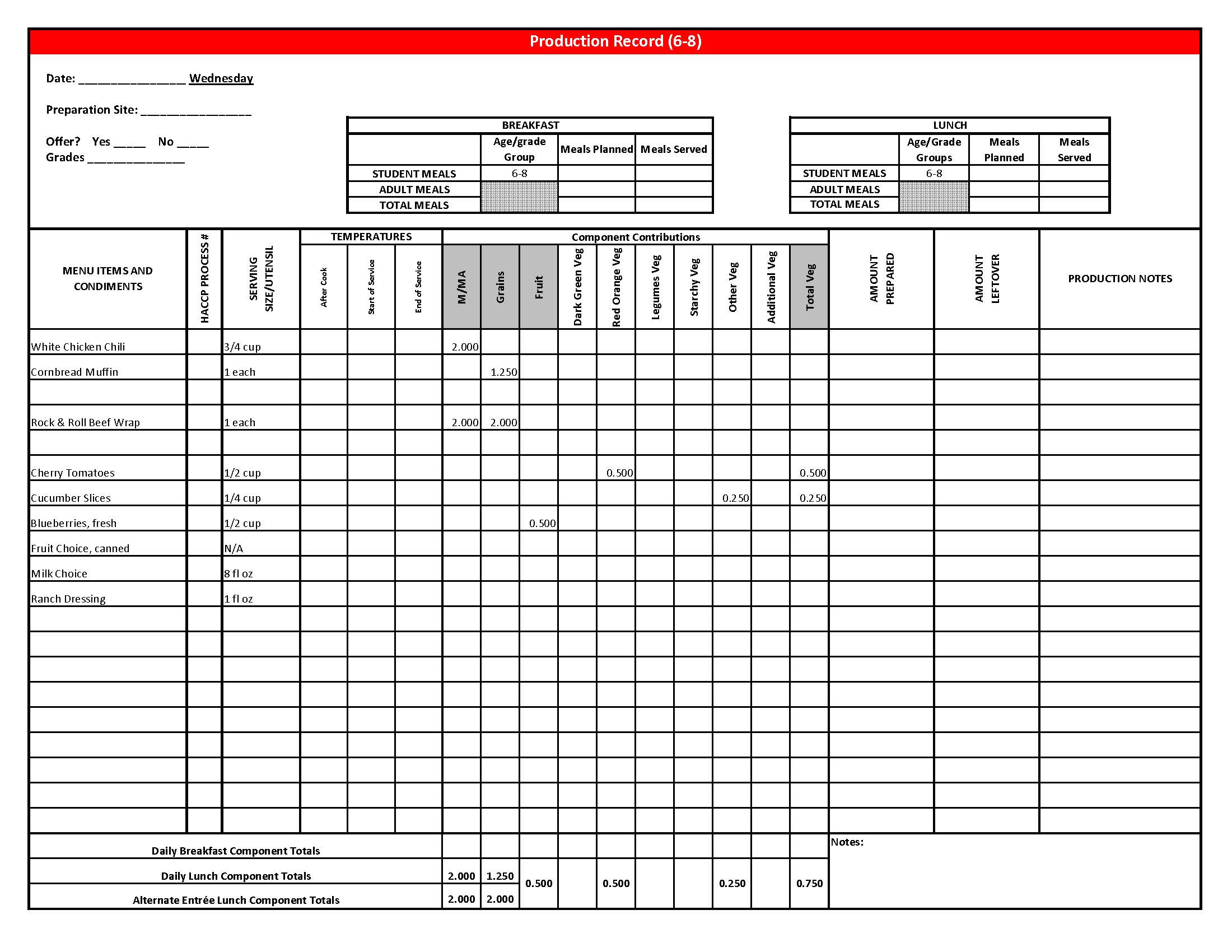
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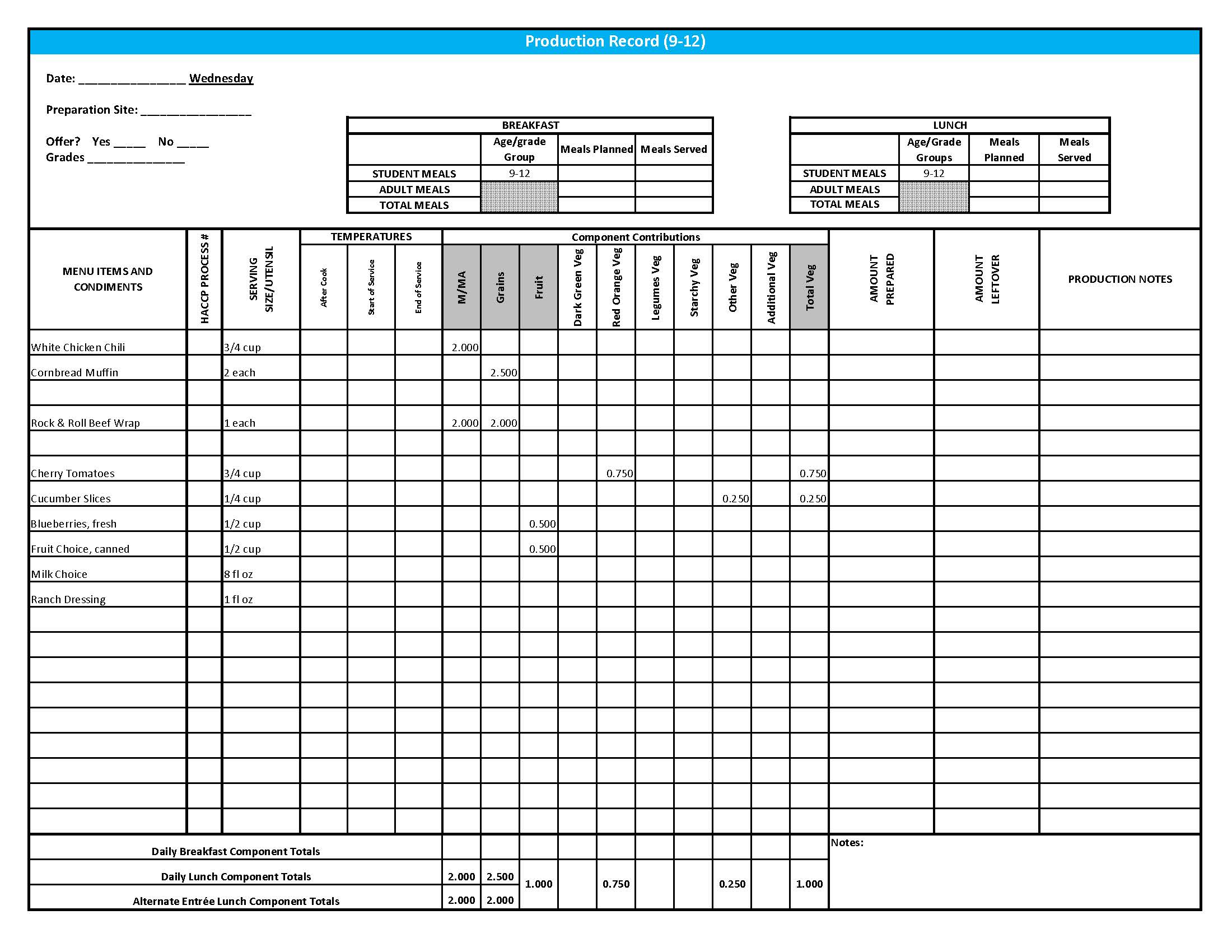
**Week 2 – Wednesday, continued**

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| --- | --- | --- |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | * 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. * **CCP: Refrigerate and serve at 41⁰ F or below if school-prepared dressing is served.** | K-12: 1 fl oz **or** 2 Tbsp |

**Pre-preparation for Week 2 – Thursday:** Chill peaches.







Purchasing, Preparation & Serving Instructions

Week 2 - Thursday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Cheese Pizza | * Purchase pre-prepared cheese pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat in oven according to manufacturer’s instructions. * **CCP: Hold for hot service at 135⁰ F or above.** | K-12: 1 piece |
| **Alternate Entrée:**  Grilled Chicken Sandwich | * Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Prepare according to manufacturer’s instructions. * 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. * **CCP: Hold for hot service at 135⁰ F or above.** | K-12: 1 each |
| Broccoli Florets | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase fresh broccoli florets, ready to serve. * Wash broccoli. * Cover and refrigerate until serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |
| Carrots, baby, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle with gloved hands or serving utensils. Cover and refrigerate until serving. * Weigh or count number needed per portion. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |
| Peaches, canned, sliced | * Purchase slices peaches packed in light syrup. Refer to *Fruit & Vegetable Order Guide* for amount needed. * Chill cans overnight. Wipe can tops clean before opening. Drain, cover, and refrigerate until serving. * Serve with slotted utensil. Level utensil when serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |

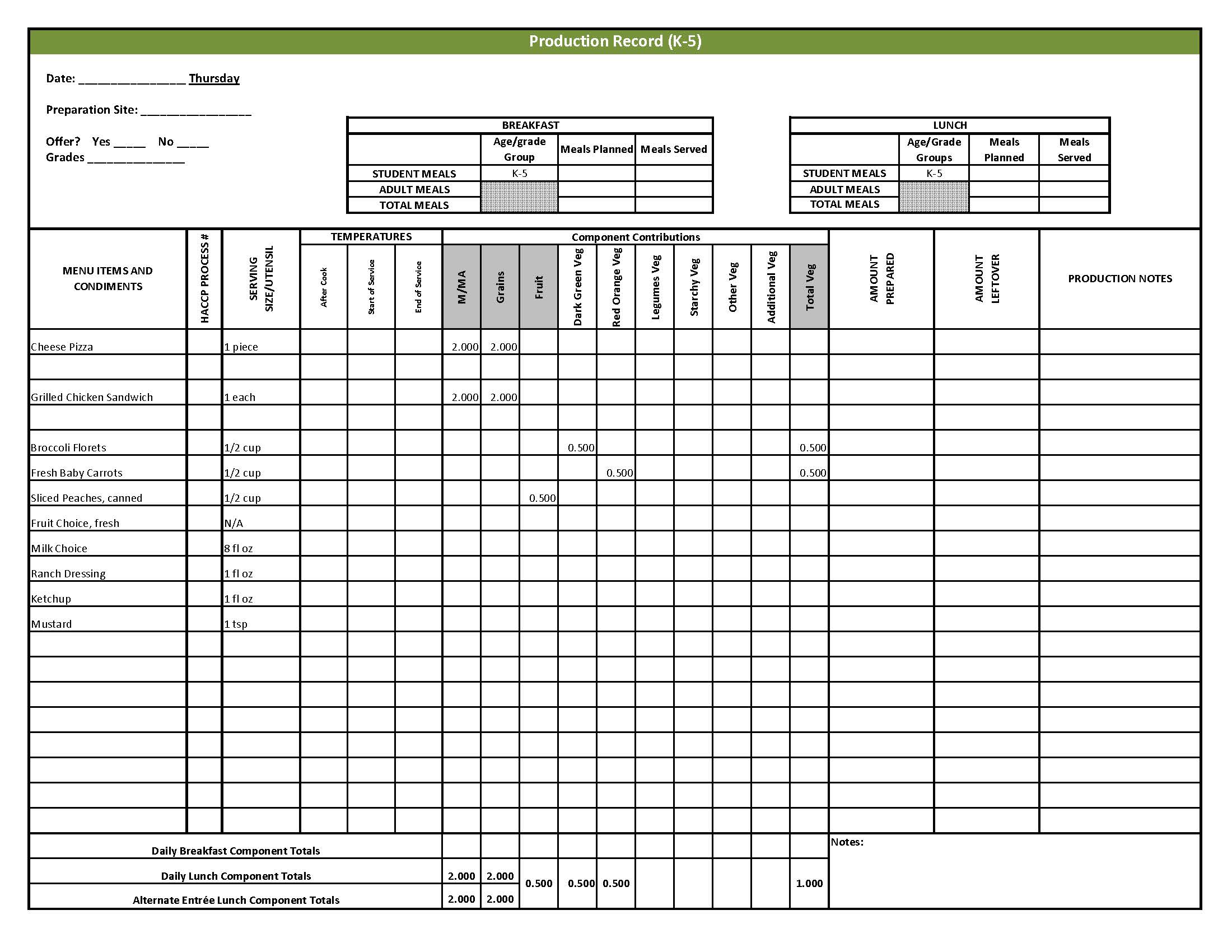
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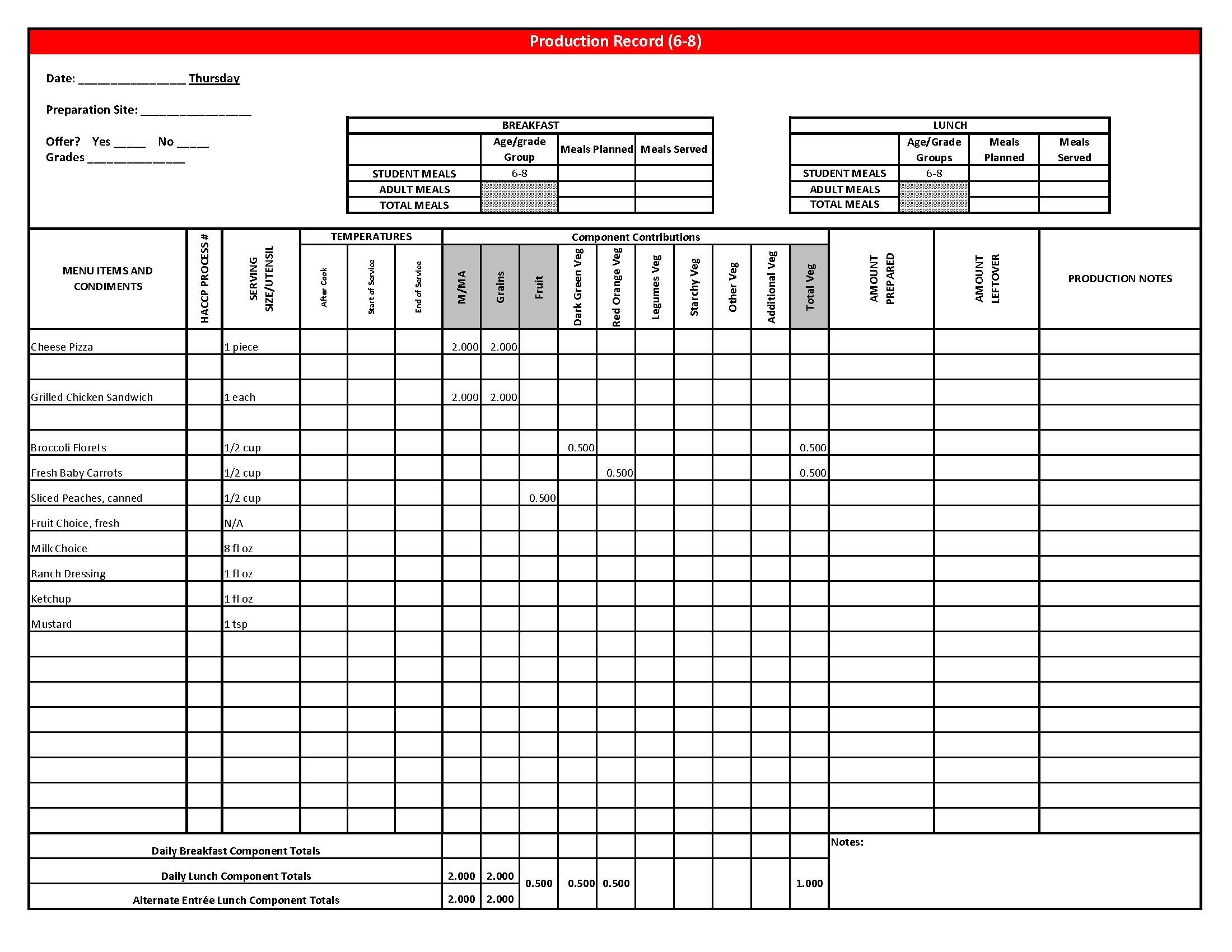
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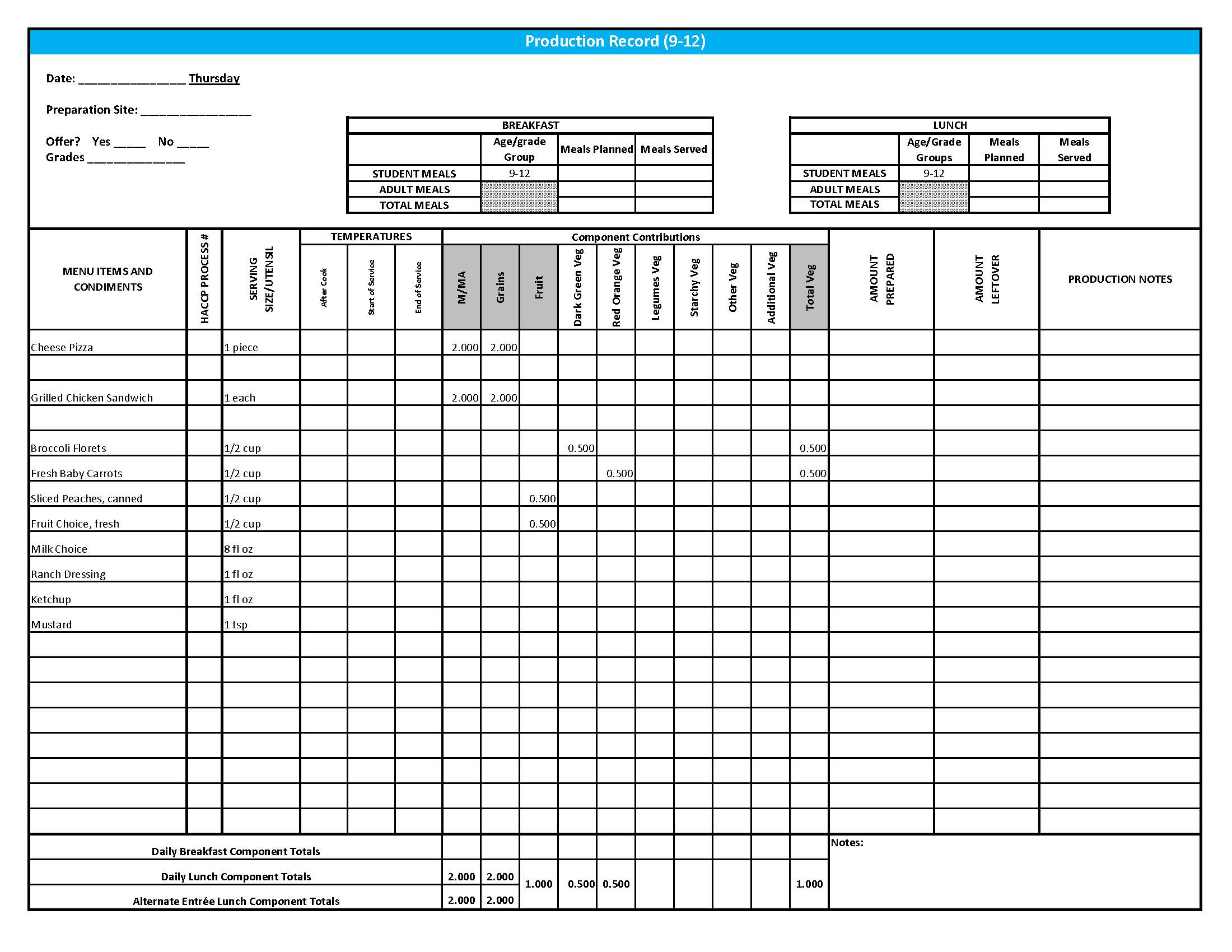
Week 2 – Thursday, continued

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| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Fruit Choice, fresh | 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. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | * 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. * **CCP: Refrigerate and serve at 41⁰ F or below if school-prepared dressing is served.** | K-12: 1 fl oz **or** 2 Tbsp |
| Ketchup | * 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. | K-12: 1 fl oz  **or** 2 Tbsp **or** 2 PC |
| Mustard | * Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

**Pre-preparation for Week 2 - Friday:** Thaw sausage under refrigeration.







Purchasing, Preparation & Serving Instructions

Week 2 – Friday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Biscuits & Sausage Gravy | * Prepare HKM Recipe 118, Biscuits and Sausage Gravy. * If purchasing biscuits, purchase whole grain rich biscuit that provides 2 oz equivalent Grains. * If preparing biscuits, prepare HKM Recipe 120, Angel Biscuits. * **CCP: Hold gravy for hot service at 135⁰ F or above.** | Biscuits  K-12: 1 biscuit  Gravy  K-12: 3 oz |
| Sausage Patty, turkey | * Purchase pre-cooked turkey sausage patties where 1 serving provides 1 oz equivalent M/MA, contains no more than 360 mg of sodium and no more than 8 grams of fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat according to manufacturer’s instructions. * **CCP: Hold for hot service at 135⁰ F or above.** | K-5: N/A  6-12: 1 each |
| **Alternate Entrée:**  Pepperoni Pizza | * Purchase pre-prepared pepperoni pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 9 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat in oven according to manufacturer’s instructions. * **CCP: Hold for hot service at 135⁰ F or above.** | K-12: 1 piece |
| Hash Brown Patty | * Purchase 2.25 oz hash brown patties. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Follow manufacturer’s directions for baking and holding. Batch cook. * **CCP: Hold for hot service at 135⁰ F or above.** | K-8: 1 patty  9-12: 2 patties |
| Sugar Snap Peas, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle with gloved hands or serving utensils. Cover and refrigerate until serving. * Weigh or count number needed per portion. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |

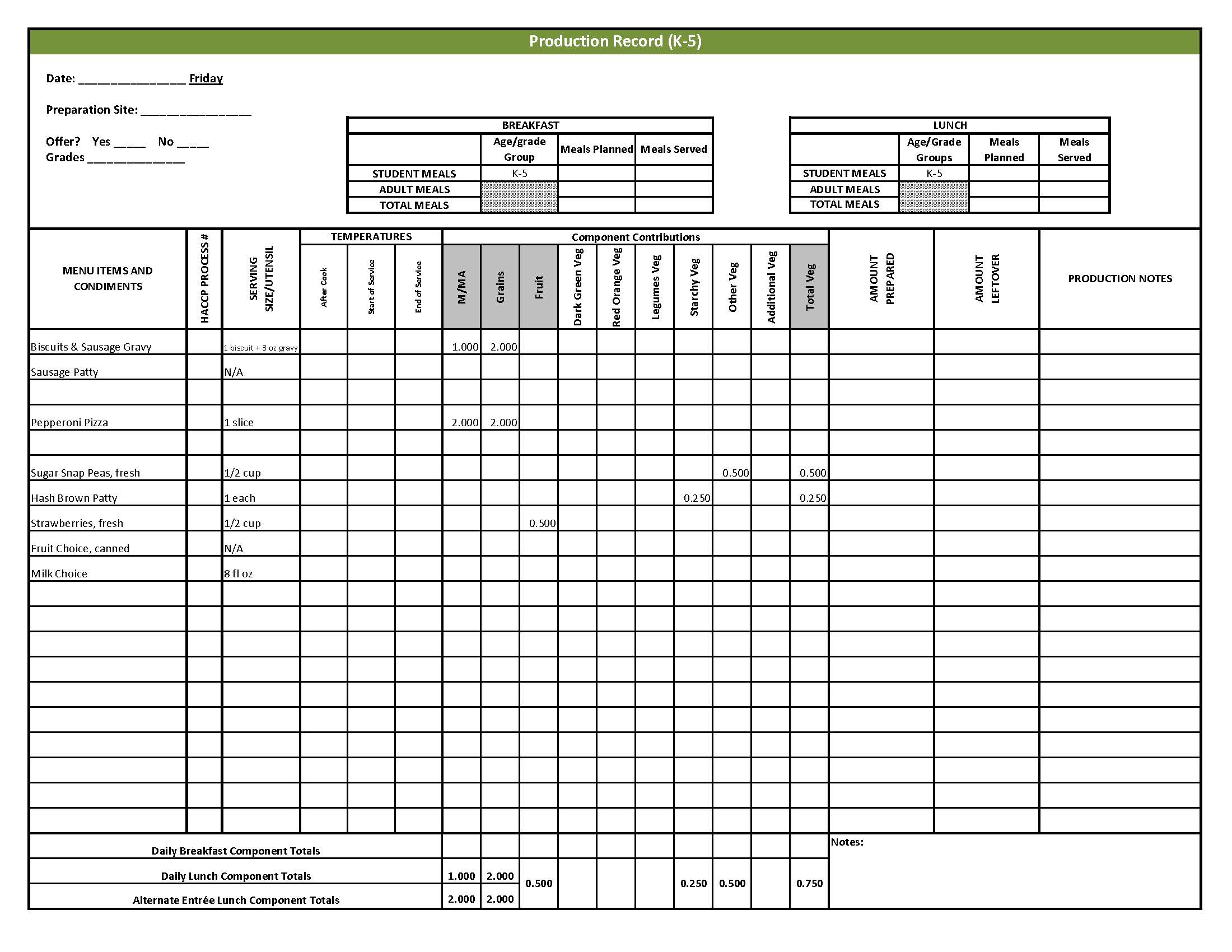
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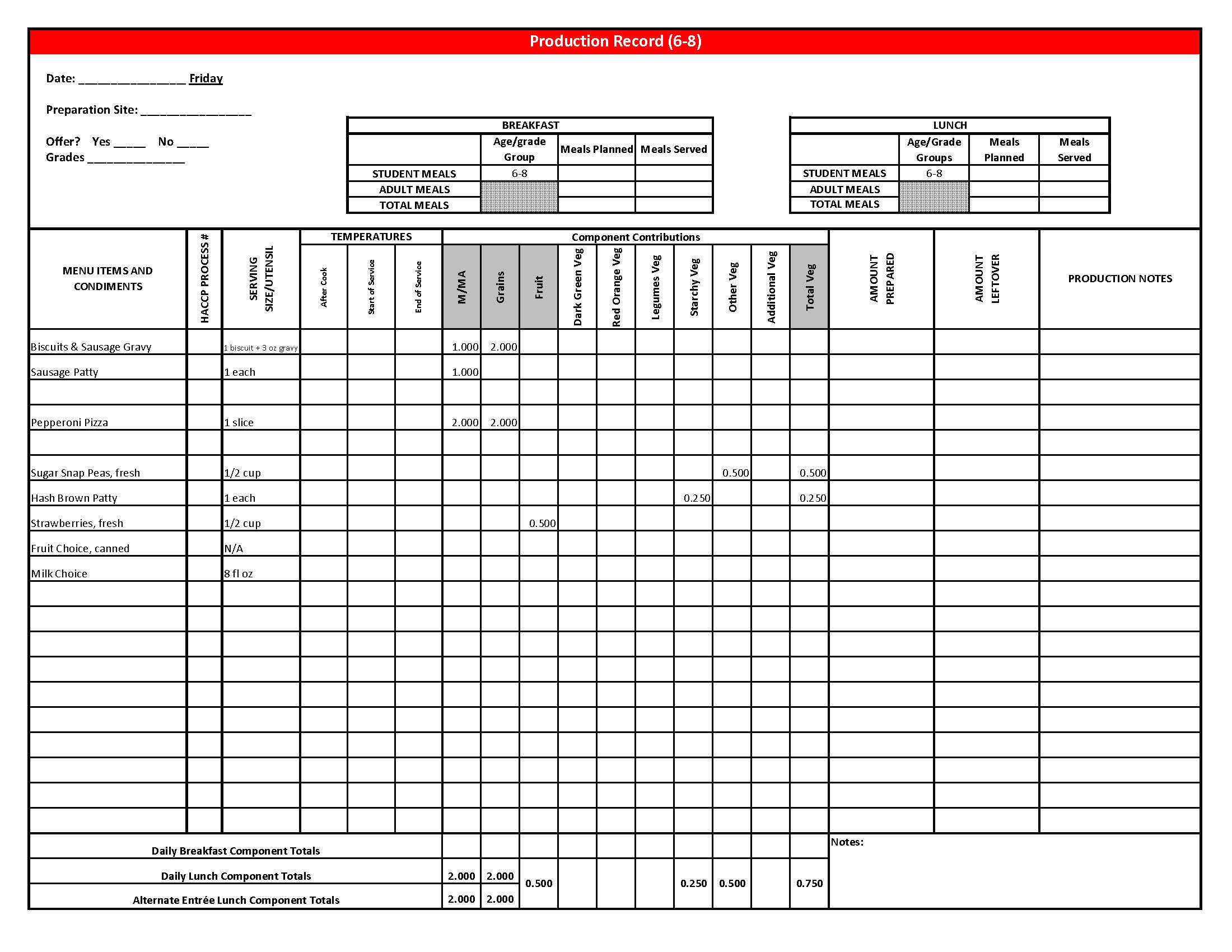
Purchasing, Preparation & Serving Instructions

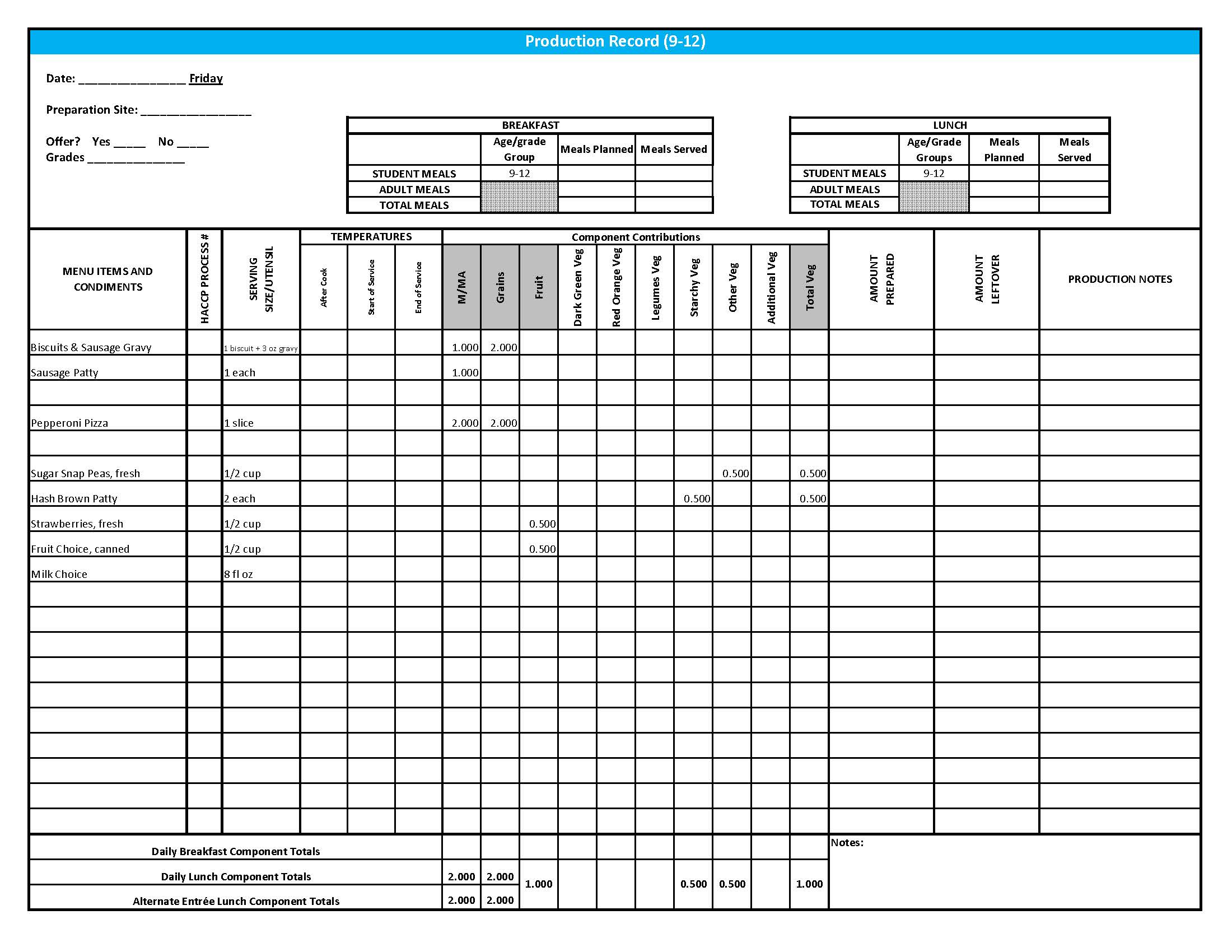
Week 2 – Friday, continued

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Strawberries, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash strawberries. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service** | K-12: ½ cup |
| Fruit Choice, canned | 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. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 8 fl oz |

**Pre-preparation for Week 3 - Monday:** None







Fruit & Vegetable Order Guide

**Week 2**

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 | Spaghetti Sauce, canned |  | 2.1 #10 cans |  | 2.1 #10 cans |  | 2.1 #10 cans |
| Potato Wedges, IQF, frozen | ½ cup | 17 lb | ½ cup | 17 lb | ½ cup | 17 lb |
| Tossed Salad | 1 cup |  | 1 cup |  | 1 cup |  |
| Spinach, fresh, trimmed, AP |  | 7 lb |  | 7 lb |  | 7 lb |
| Romaine Lettuce, AP | 7 lb | 7 lb | 7 lb |
| Apples, fresh, #125-138, AP | ½ apple | 13 lb 10 oz  or 50 each | ½ apple | 13 lb 10 oz  or 50 each | ½ apple | 13 lb 10 oz  or 50 each |
| Tuesday | Baked Beans | ½ cup |  | ½ cup |  | ½ cup |  |
| Beans, baked, canned, vegetarian |  | 4.25 #10 cans |  | 4.25 #10 cans |  | 4.25 #10 cans |
| Tomato Sauce, canned | 6 cups | 6 cups | 6 cups |
| Carrots, baby, fresh, EP | ¼ cup | 7 lb 13 oz | ¼ cup | 7 lb 13 oz | ¼ cup | 7 lb 13 oz |
| Creamy Cole Slaw | ¼ cup |  | ¼ cup |  | ¼ cup |  |
| Cabbage, fresh, green, shredded ready to use |  | 6 lb |  | 6 lb |  | 6 lb |
| Carrots, fresh, AP |  | 12 oz |  | 12 oz |  | 12 oz |
| Nectarines, fresh | 1 nectarine | 45 lb 10 oz | 1 nectarine | 45 lb 10 oz | 1 nectarine | 45 lb 10 oz |

Fruit & Vegetable Order Guide

**Week 2,** 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 | White Chicken Chili | ¾ cup |  | ¾ cup |  | ¾ cup |  |
| Onions, yellow, AP |  | 3 lb 8 oz |  | 4 lb |  | 4 lb |
| Great Northern Beans, canned, low sodium | 3.25 #10 cans | 3.25 #10 cans | 3.25 #10 cans |
| Green Chili Peppers, canned, diced | 15 oz | 15 oz | 15 oz |
| Tomatoes, cherry, AP | 6 tomatoes | 16 lb 10 oz | 6 tomatoes | 16 lb 10 oz | 6 tomatoes | 16 lb 10 oz |
| Cucumber, fresh, AP | ¼ cup | 8 lb 2 oz | ¼ cup | 8 lb 2 oz | ¼ cup | 8 lb 2 oz |
| Blueberries, fresh | ½ cup | 23 lb 13 oz | ½ cup | 23 lb 13 oz | ½ cup | 23 lb 13 oz |
| Thursday | Broccoli, florets, fresh, EP | ½ cup | 7 lb | ½ cup | 7 lb | ½ cup | 7 lb |
| Carrots, baby, fresh, EP | ½ cup | 15 lb 10 oz | ½ cup | 15 lb 10 oz | ½ cup | 15 lb 10 oz |
| Peaches, cling, sliced, canned in 100% juice or light syrup | ½ cup | 5.6 #10 cans | ½ cup | 5.6 #10 cans | ½ cup | 5.6 #10 cans |
| Friday | Hash Brown Patties, frozen, 2.25 oz each | 1 each | 14 lb 1 oz  or 100 each | 1 each | 14 lb 1 oz  or 100 each | 2 each | 28 lb 2 oz  or 200 each |
| Sugar Snap Peas, fresh | ½ cup | 20 lb 10 oz | ½ cup | 20 lb 10 oz | ½ cup | 20 lb 10 oz |
| Strawberries, fresh, whole, AP | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz |