
Healthier Kansas Menus with Alternate Entrées



FALL WEEK 2 – DAILY PRODUCTION RECORDS

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

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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	618	657	803
					Sodium (mg)	837	887	1007
					% of Total Calories from Sat. Fat	6.8%	6.9%	6.5%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Mini Meatball Sub	132	25
	Ranch Potato Wedges	131	56
	Tossed Salad	74	62
Tuesday	BBQ Chicken Drumstick	130	2
	Whole Wheat Roll	877	91
	Baked Beans	188	50
	Creamy Cole Slaw	20	52
Wednesday	White Chicken Chili	128	43
	Cornbread Muffin	127	69
	Rock and Roll Beef Wrap	133	30
Thursday	N/A		
Friday	Biscuits & Sausage Gravy	118	7
	Angel Biscuits	120	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	<ul style="list-style-type: none"> • 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 <i>Fruit & Vegetable Order Guide</i> for amount spaghetti sauce needed. • CCP: Hold for hot service at 135° 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	<ul style="list-style-type: none"> • Purchase a fresh, frozen or canned fruit (packed in light syrup or 100% juice). Refer to <i>Fruit & Vegetable Order Guide</i> 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 41° F or below for cold service. 	K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola
Ranch Potato Wedges	<ul style="list-style-type: none"> • Prepare HKM Recipe 131, Ranch Potato Wedges. • Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Weigh out each portion size indicated and use as a sample. • CCP: Hold for hot service at 135° F or above. 	K-12: ½ cup
Tossed Salad	<ul style="list-style-type: none"> • Prepare HKM Recipe 74, Tossed Salad. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 1 cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 2 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Apple Slices, Fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> 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 41° F or below for cold service 	K-12: ½ apple
Fruit Choice, canned	<ul style="list-style-type: none"> 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. <p><i>*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.</i></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> 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 41° F or below if school-prepared dressing is used. 	K-12: 1 fl oz or 2 Tbsp
Ketchup	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 135° F or above. 	K-5: 1 drumstick 6-12: 2 drumsticks
Whole Wheat Roll	<ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%. 	K-8: 1 each 9-12: 2 each
Alternate Entrée: Chicken, popcorn	<ul style="list-style-type: none"> 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 135° 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	<ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%. 	K-5: N/A 6-12: 1 each
Baked Beans	<ul style="list-style-type: none"> Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135° F or above. 	K-12: ½ cup
Creamy Cole Slaw	<ul style="list-style-type: none"> Prepare HKM Recipe 20, Creamy Cole Slaw. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase pre-shredded green cabbage. CCP: Hold for cold service at 41° F or below. 	K-12: ¼ cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 2 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Carrots, baby, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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 41° F or below for cold service. 	K-12: ¼ cup
Nectarines, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash nectarines. • Cover and refrigerate or store at room temperature until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 1 each
Fruit Choice, canned	<ul style="list-style-type: none"> • 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. <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
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 8 fl oz
Jelly	<ul style="list-style-type: none"> • 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.

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Tuesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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BBQ Chicken Drumstick		2 drumsticks				3.000																																																			
Whole Wheat Roll		2 each					2.000																																																		
Popcorn Chicken		15 pieces				2.000	1.000																																																		
Whole Wheat Roll		1 each					1.000																																																		
Baked Beans		1/2 cup									0.500				0.500																																										
Creamy Coleslaw		1/4 cup											0.250		0.250																																										
Fresh Baby Carrots		1/2 cup								0.500					0.250																																										
Nectarine, fresh		1 each						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
Jelly		1/2 oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						3.000	2.000	1.000		0.500	0.500		0.250		1.250																																										
Alternate Entrée Lunch Component Totals						2.000	2.000																																																		

Purchasing, Preparation & Serving Instructions Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
White Chicken Chili	<ul style="list-style-type: none"> Prepare HKM Recipe 128, White Chicken Chili. Refer to <i>Fruit & Vegetable Order Guide</i> for amount onions, great northern beans, and green chili peppers needed. CCP: Hold for hot service at 135° F or higher. 	K-12: ¾ cup
Cornbread Muffins	<ul style="list-style-type: none"> Prepare HKM Recipe 127, Cornbread Muffins. 	K-8: 1 muffin 9-12: 2 muffins
Alternate Entrée: Rock and Roll Beef Wraps	<ul style="list-style-type: none"> 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 135° F or above. 	K-12: 1 wrap
Cherry Tomatoes	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and stem tomatoes. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-9-12: 6 tomatoes (½ cup)
Cucumber Slices	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and slice cucumbers. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ¼ cup
Blueberries, Fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash blueberries. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> 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. <p>*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.</p>	K-8: N/A* 9-12: ½ cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 2 – Wednesday, continued

Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> • 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 41° 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.

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Offer? Yes _____ No _____																																																									
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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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White Chicken Chili		3/4 cup				2.000																																																			
Cornbread Muffin		1 each					1.250																																																		
Rock & Roll Beef Wrap		1 each				2.000	2.000																																																		
Cherry Tomatoes		1/2 cup								0.500						0.500																																									
Cucumber Slices		1/4 cup												0.250		0.250																																									
Blueberries, fresh		1/2 cup						0.500																																																	
Fruit Choice, canned		N/A																																																							
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
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Daily Lunch Component Totals						2.000	1.250	0.500		0.500				0.250		0.750																																									
Alternate Entrée Lunch Component Totals						2.000	2.000																																																		

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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Alternate Entrée Lunch Component Totals						2.000	2.000																																																		

Purchasing, Preparation & Serving Instructions Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving
Cheese Pizza	<ul style="list-style-type: none"> • 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 135° F or above. 	K-12: 1 piece
Alternate Entrée: Grilled Chicken Sandwich	<ul style="list-style-type: none"> • 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 135° F or above. 	K-12: 1 each
Broccoli Florets	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. • Wash broccoli. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ cup
Carrots, baby, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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 41° F or below for cold service. 	K-12: ½ cup
Peaches, canned, sliced	<ul style="list-style-type: none"> • Purchase slices peaches packed in light syrup. Refer to <i>Fruit & Vegetable Order Guide</i> 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 41° F or below for cold service. 	K-12: ½ cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 2 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, fresh	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> • 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 41° F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp
Ketchup	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Offer? Yes _____ No _____																																																									
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Grilled Chicken Sandwich		1 each				2.000	2.000																																																		
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Fresh Baby Carrots		1/2 cup								0.500						0.500																																									
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Alternate Entrée Lunch Component Totals						2.000	2.000																																																		

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			
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				
Cheese Pizza		1 piece				2.000	2.000												
Grilled Chicken Sandwich		1 each				2.000	2.000												
Broccoli Florets		1/2 cup							0.500							0.500			
Fresh Baby Carrots		1/2 cup								0.500						0.500			
Sliced Peaches, canned		1/2 cup						0.500											
Fruit Choice, fresh		N/A																	
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
Ketchup		1 fl oz																	
Mustard		1 tsp																	
Daily Breakfast Component Totals																			
Daily Lunch Component Totals						2.000	2.000	0.500	0.500	0.500						1.000			
Alternate Entrée Lunch Component Totals						2.000	2.000												

Notes: _____

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Thursday</u>																																																									
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Purchasing, Preparation & Serving Instructions Week 2 – Friday

Menu Item	Purchasing & Preparation	Serving
Biscuits & Sausage Gravy	<ul style="list-style-type: none"> • 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 135° F or above. 	Biscuits K-12: 1 biscuit Gravy K-12: 3 oz
Sausage Patty, turkey	<ul style="list-style-type: none"> • 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 135° F or above. 	K-5: N/A 6-12: 1 each
Alternate Entrée: Pepperoni Pizza	<ul style="list-style-type: none"> • 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 135° F or above. 	K-12: 1 piece
Hash Brown Patty	<ul style="list-style-type: none"> • Purchase 2.25 oz hash brown patties. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Follow manufacturer's directions for baking and holding. Batch cook. • CCP: Hold for hot service at 135° F or above. 	K-8: 1 patty 9-12: 2 patties
Sugar Snap Peas, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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 41° F or below for cold service. 	K-12: ½ cup

Continued on next page

Purchasing, Preparation & Serving Instructions Week 2 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Strawberries, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash strawberries. • CCP: Refrigerate and hold at 41° F or below for cold service 	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 8 fl oz

Pre-preparation for Week 3 - Monday: None

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Sausage Patty		N/A																																																							
Pepperoni Pizza		1 slice				2.000	2.000																																																		
Sugar Snap Peas, fresh		1/2 cup												0.500		0.500																																									
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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Friday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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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