Healthier Kansas Menus

with Alternate Entrées

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FALL WEEK 3 – 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.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| Pork Rib on a Bun  **Or**  Peanut Butter & Jelly Sandwich  Dark Green Leaf Lettuce  & Tomato Slice  Sweet Potato Puffs  Fresh Cantaloupe  Canned Fruit Choice  Milk Choice | Taco Soup  & Tortilla Chips  **Or**  Chicken Crispito  & Tortilla Chips  Tomato Salsa  Refried Beans  Sliced Pears  Fresh Fruit Choice  Milk Choice | Corn Dog  **Or**  Hamburger on a Bun  Green Beans  Tater Tots  Honeydew Melon  Snickerdoodle  Canned Fruit Choice  Milk Choice | Chicken Quesadilla  **Tortilla Chips (9-12)**  **Or**  Yogurt & Blueberry Oat Muffin Plate  **Tortilla Chips (9-12)**  **Black Bean & Corn Salsa (9-12)**  Broccoli Florets  Fresh Baby Carrots  Apple Salad  Canned Fruit Choice  Milk Choice | Cowboy Cavatini  Whole Wheat Roll  **Or**  Turkey & Cheese Sub Sandwich  Seasoned Corn  Garden Salad  Fresh Grapes  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **655**  **856**  **7.7%** | **661**  **858**  **7.5%** | **823**  **922**  **6.9%** |

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## Recipes for the Week

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| --- | --- | --- | --- |
| Day | Recipe Name | Recipe Number | HKM Recipe  Page Number |
| Monday | Whole Wheat Bun | 877 | 91 |
| Tuesday | Taco Soup  Tomato Salsa | 20  129 | 41  61 |
| Wednesday | Snickerdoodle | 19 | 81 |
| Thursday | Chicken Quesadilla  Black Bean & Corn Salsa (9-12 only)  Blueberry Oat Muffin | 29  81  28 | 13  51  64 |
| Friday | Cowboy Cavatini  Turkey & Cheese Sub  Whole Wheat Roll  Garden Salad | 32  144  877  164 | 19  42  91  55 |

## 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 3 – Monday

|  |  |  |
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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Pork Rib on a Bun | * Purchase a pre-cooked rib patty that provides 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat according to manufacturer’s instructions. * Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare 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 sandwich |
| **Alternate Entrée:**  Peanut Butter & Jelly Sandwich Meal  (K-5) | * Purchase or prepare Peanut Butter & 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. * Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-5: 1 sandwich,  1 oz crackers, 1 oz cheese |
| **Alternate Entrée:**  Peanut Butter & Jelly Sandwich  (6-12) | * Purchase or prepare Peanut Butter & 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. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | 6-12: 1 sandwich  (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal) |
| Dark Green Leaf Lettuce | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle produce with gloved hands. May be pre-portioned. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |
| Tomato Slice | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle produce with gloved hands. * Slice ¼” thick. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-8: 1 slice  9-12: 2 slices |
| Sweet Potato Puffs | * Purchase ovenable sweet potato puffs. * Refer to *Fruit & Vegetable Order Guide* for amount needed. Heat in oven according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |

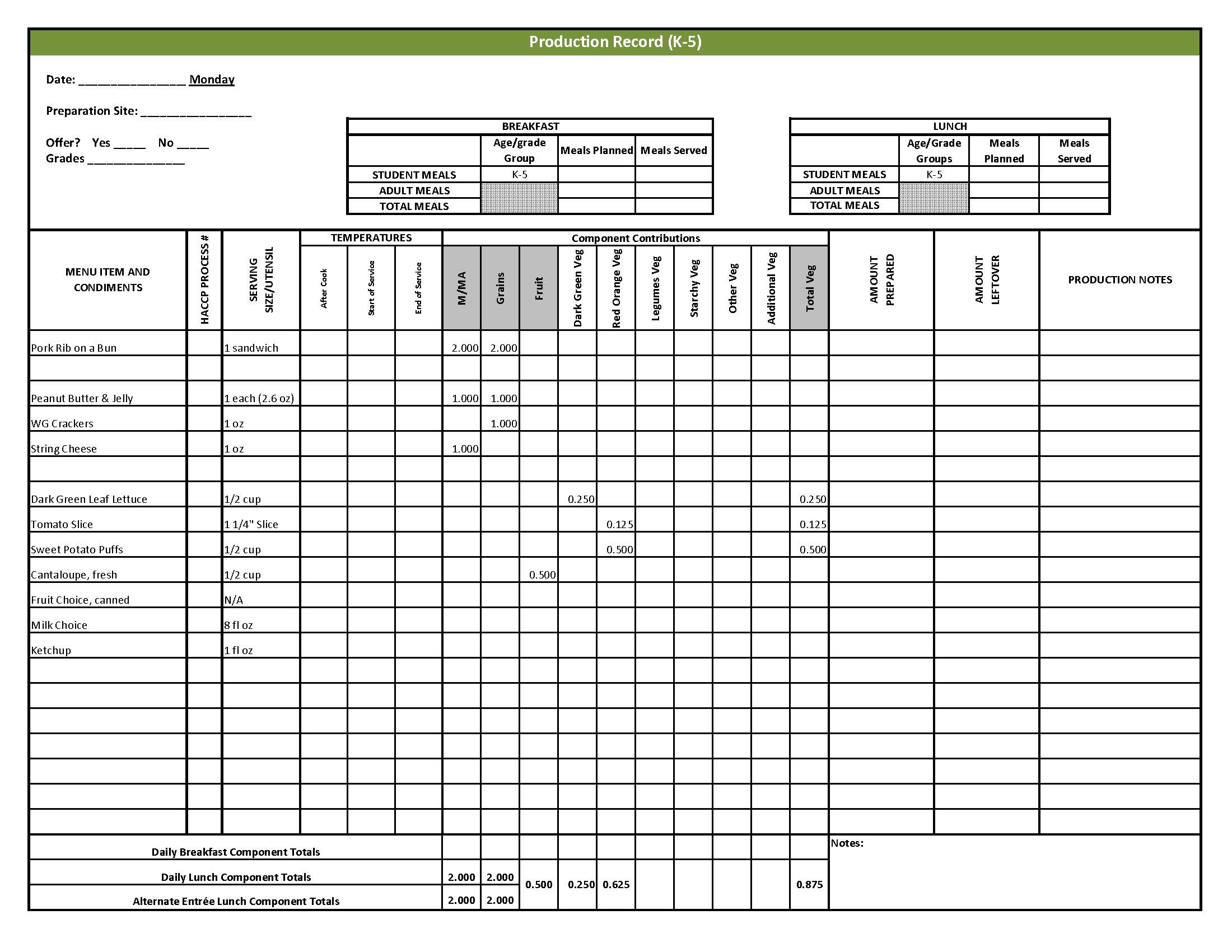
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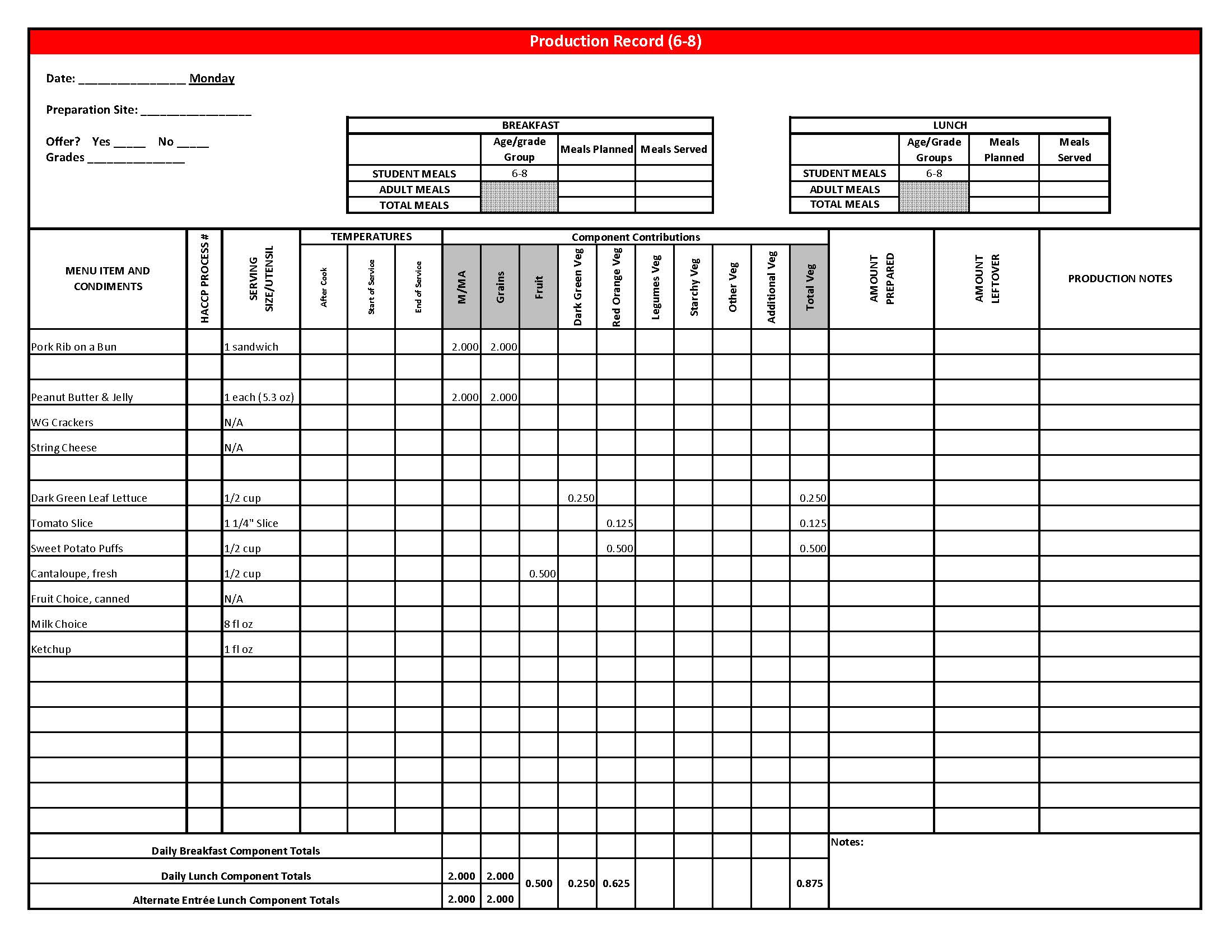
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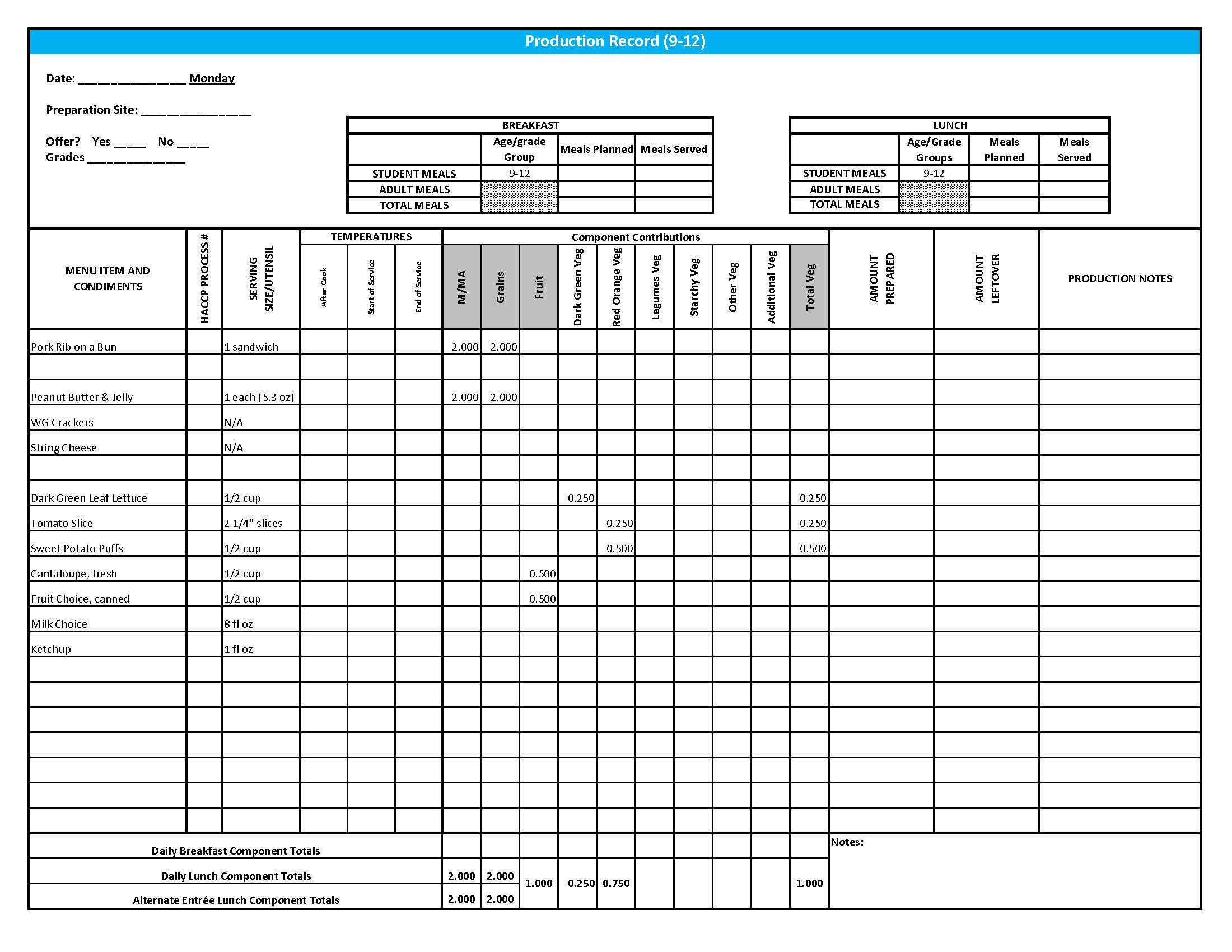
**Week 3 – Monday, continued**

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Cantaloupe, Fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. * **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 |
| 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 3 – Tuesday:** Prepare Tomato Salsa. Thaw ground beef under refrigeration.

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# Purchasing, Preparation & Serving Instructions

Week 3 – Tuesday

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Taco Soup | * Prepare HKM Recipe 20, Taco Soup. * Purchase 80/20 ground beef. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 cup |
| **Alternate Entrée:**  Crispito, chicken chili | * 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. * Heat according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-8: 1 each  9-12: 2 each |
| Tortilla Chips | * Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). * May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: 1 oz  9-12: 2 oz |
| Tomato Salsa | * Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * May be served, self-serve or pre-portioned for service. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-8: ¼ cup  9-12: ½ cup |
| Refried Beans | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared. * For dried beans, prepare according to manufacturer directions. * For canned beans, wipe top of cans before opening. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Pears, canned, sliced | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase sliced pears packed in light syrup or juice. * Chill cans overnight. Wipe tops clean before opening. Drain, cover, and refrigerate until servings. * Serve with slotted utensil. Level utensil when serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |

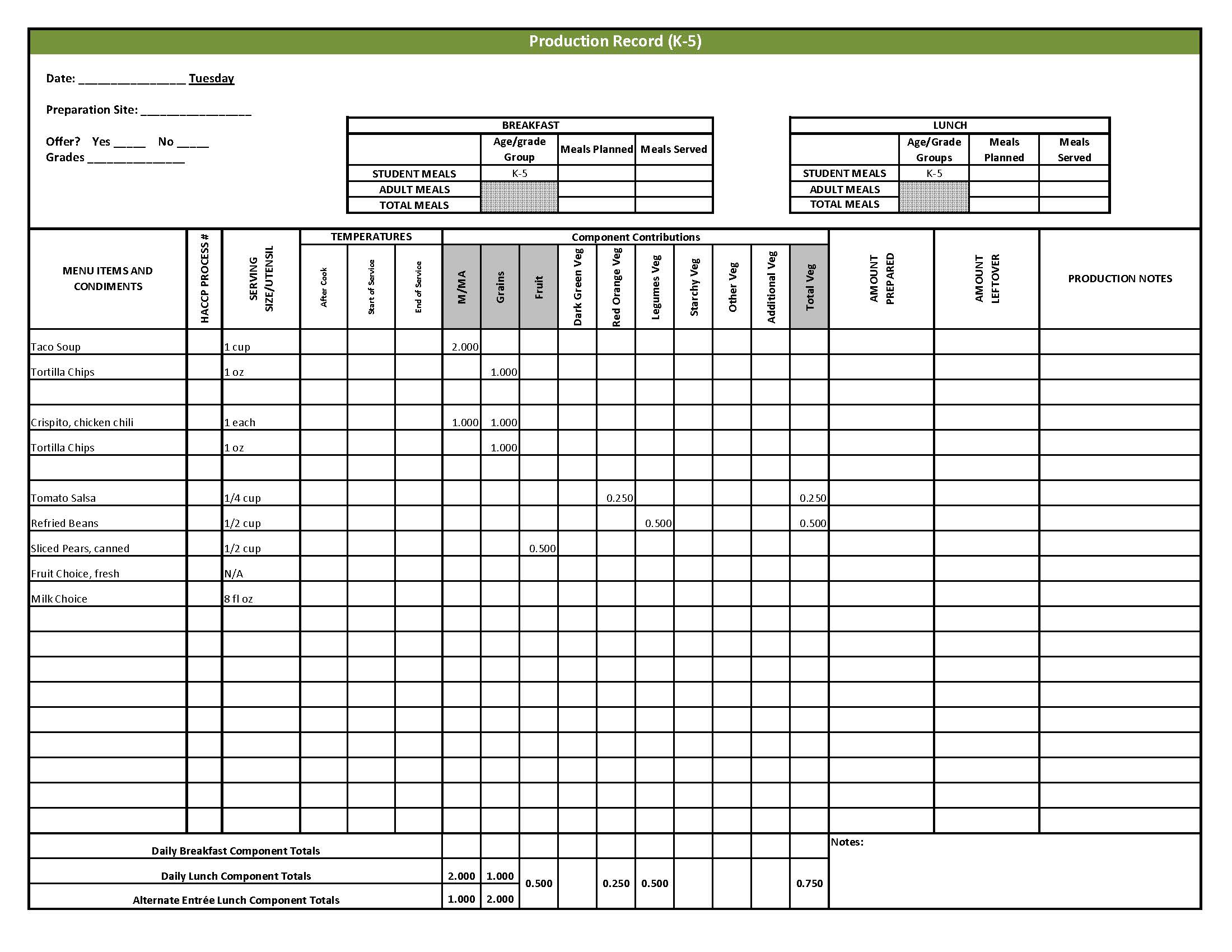
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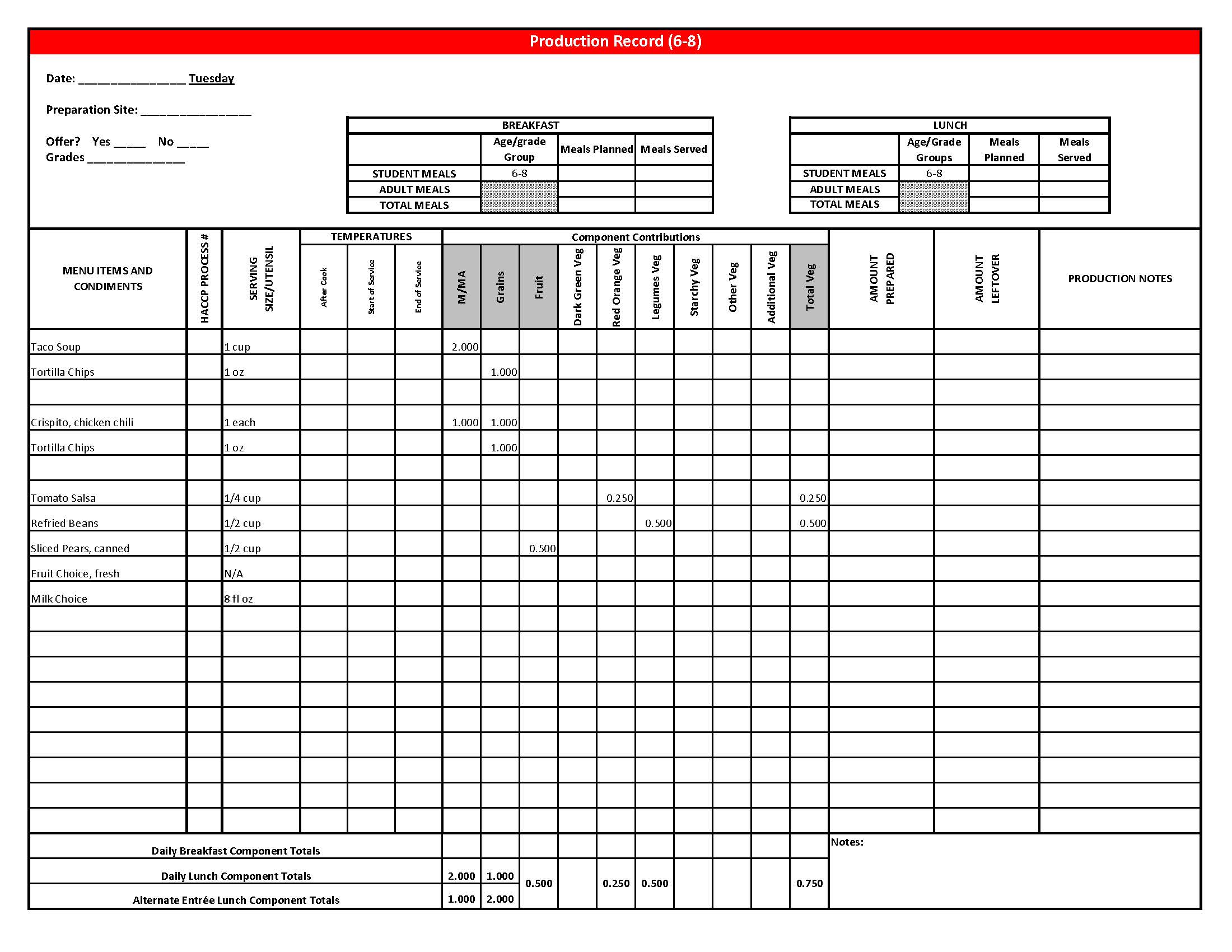
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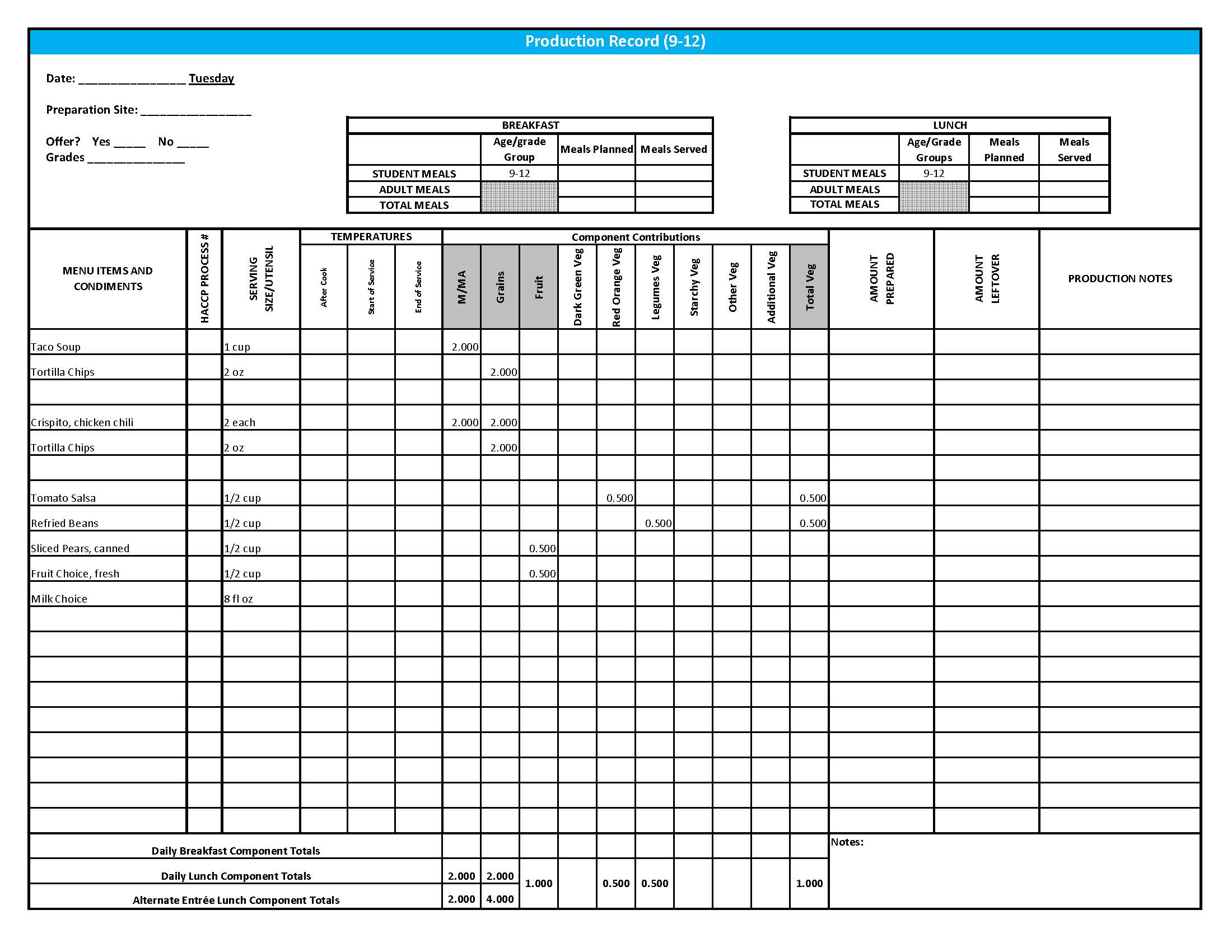
Week 3 – Tuesday, continued

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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 |

**Pre-preparation for Week 3 - Wednesday:** Cut and chill honeydew melon.







## Purchasing, Preparation & Serving Instructions

Week 3 – Wednesday

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| **Menu Item** | **Purchasing & Preparation** | **Serving** | |
| Corn Dog | | * Purchase a whole grain-rich, pre-cooked product 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 of 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: 1 each |
| **Alternate Entrée:**  Hamburger on a Bun | | * 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. * Heat 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 |
| Green Beans | | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Wipe can tops clean before opening. * Batch cook by steaming or by stock pot with minimal liquid close to serving time. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Tater Tots | | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Purchase frozen, ovenable, tater tots. * Follow manufacturer’s directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Snickerdoodle | | * Prepare HKM Recipe 19, Snickerdoodle. * This menu item will count as a grain based dessert. | K-12: 1 each |

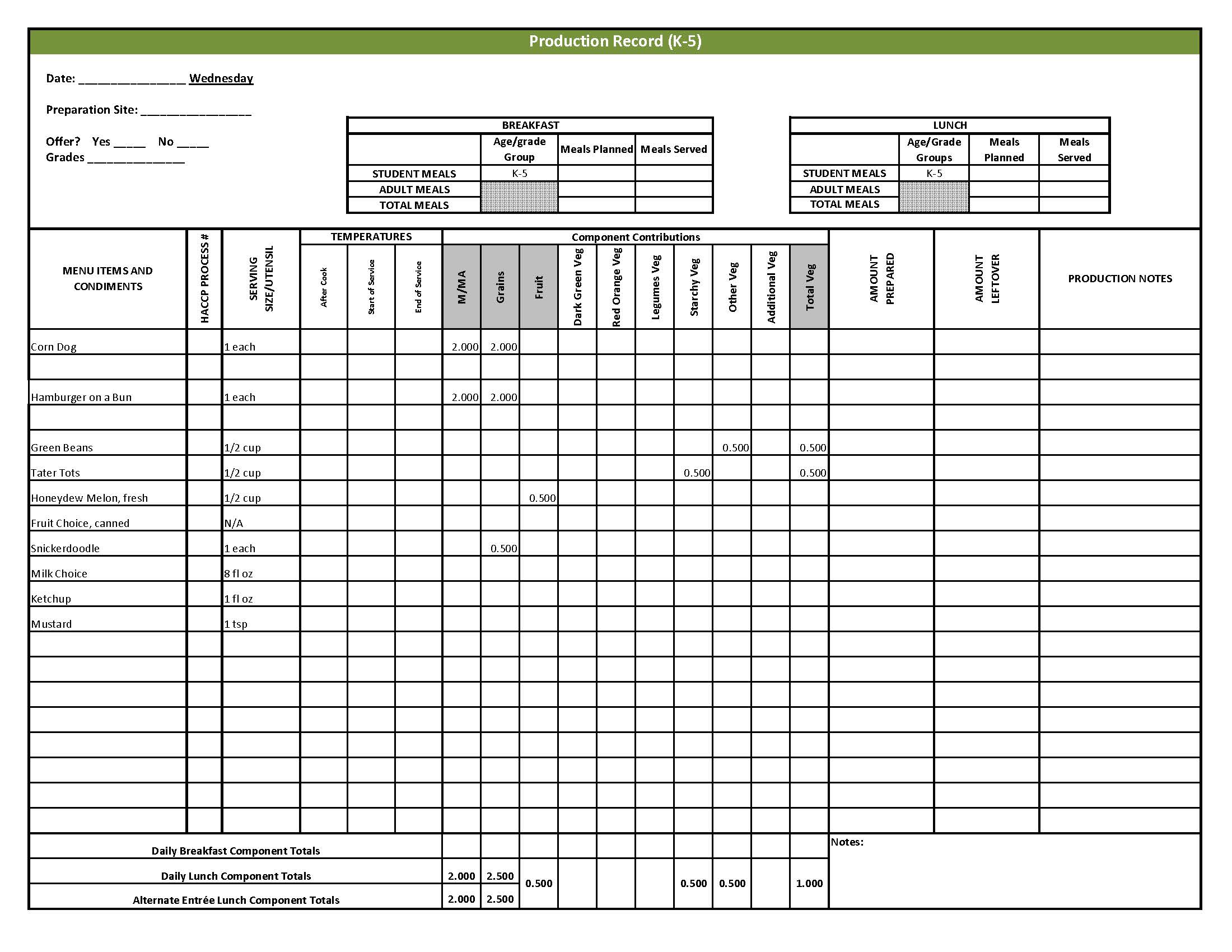
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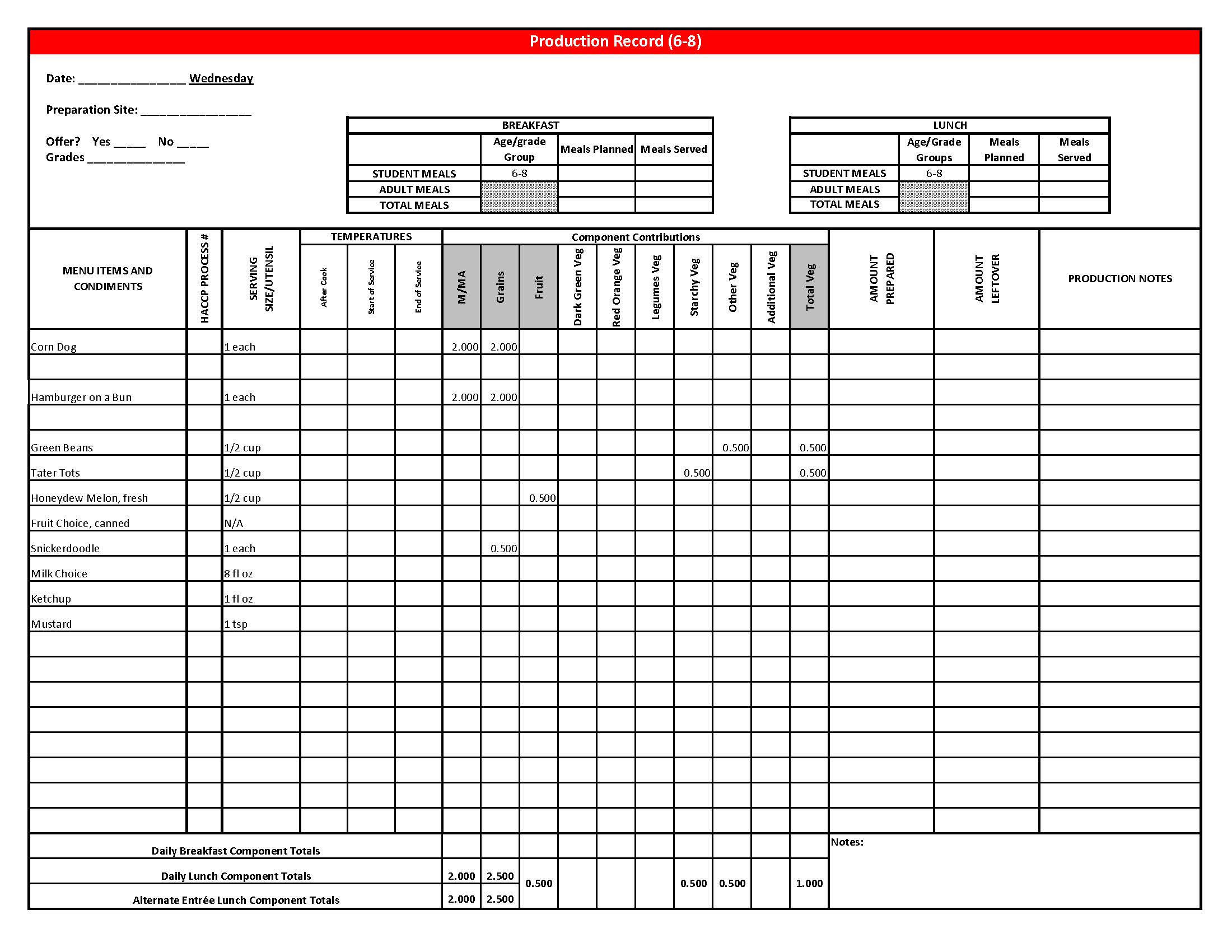
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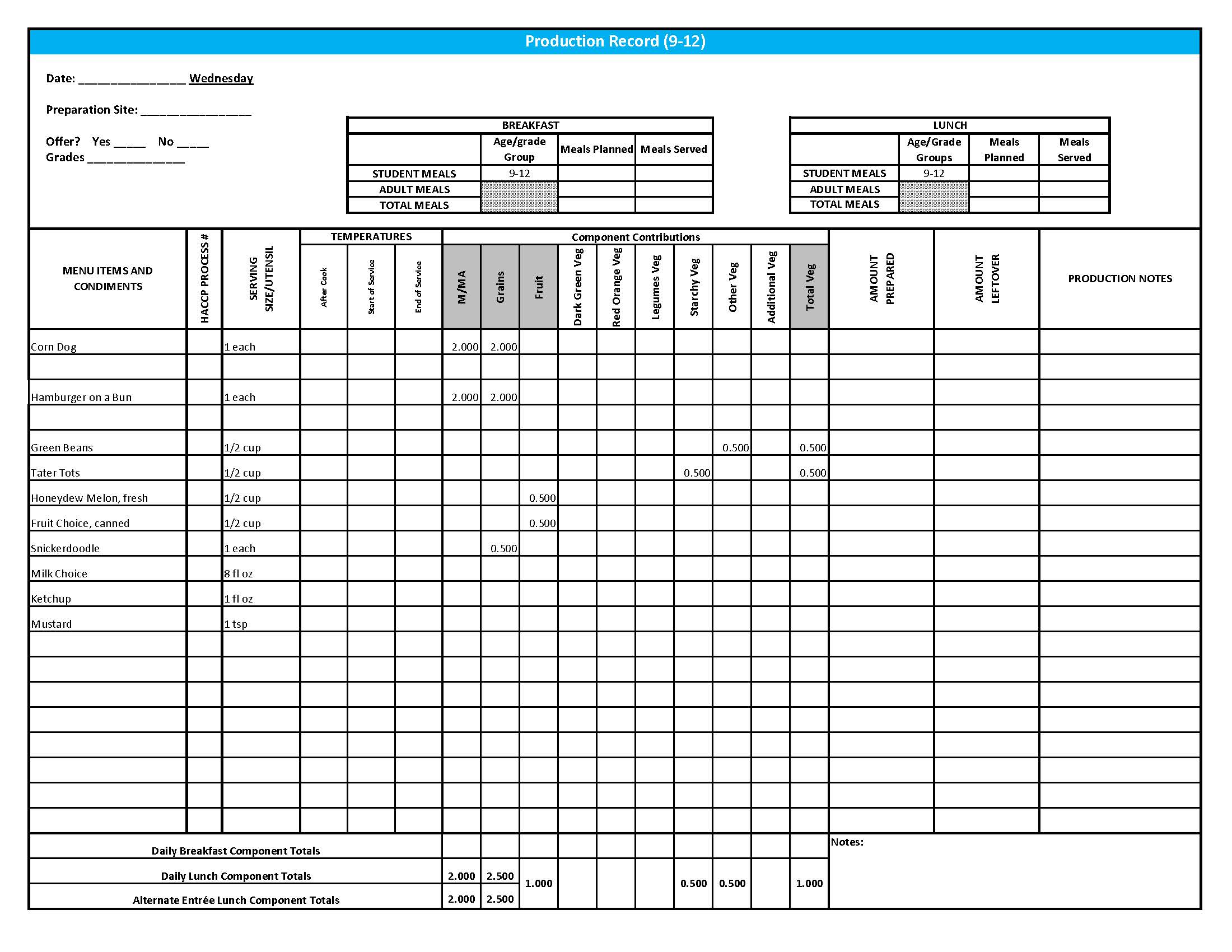
Week 3 – Wednesday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Honeydew Melon, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. * **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 |
| 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 3 – Thursday**: Thaw chicken under refrigeration. Prepare and chill apple salad.







## Purchasing, Preparation & Serving Instructions

Week 3 – Thursday

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Chicken Quesadilla | * Prepare HKM Recipe 29, Chicken Quesadilla. * Purchase frozen pulled or diced cooked chicken with no skin and no added salt. * Purchase 8” whole grain tortillas, weighing at least 1.5 oz. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 Quesadilla |
| **Alternate Entrée:**  Yogurt & Blueberry Oat Muffin Meal | * Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain. * Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings. * **CCP: Refrigerate and hold at 41o F or below for cold service.** | K-12: 8oz yogurt,  2 muffins each |
| Tortilla Chips | * Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). * May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: N/A  9-12: 1 oz |
| Black Bean & Corn Salsa | * Prepare HKM Recipe 81, Black Bean & Corn Salsa. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-8: N/A  9-12: ¼ cup |
| 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 |

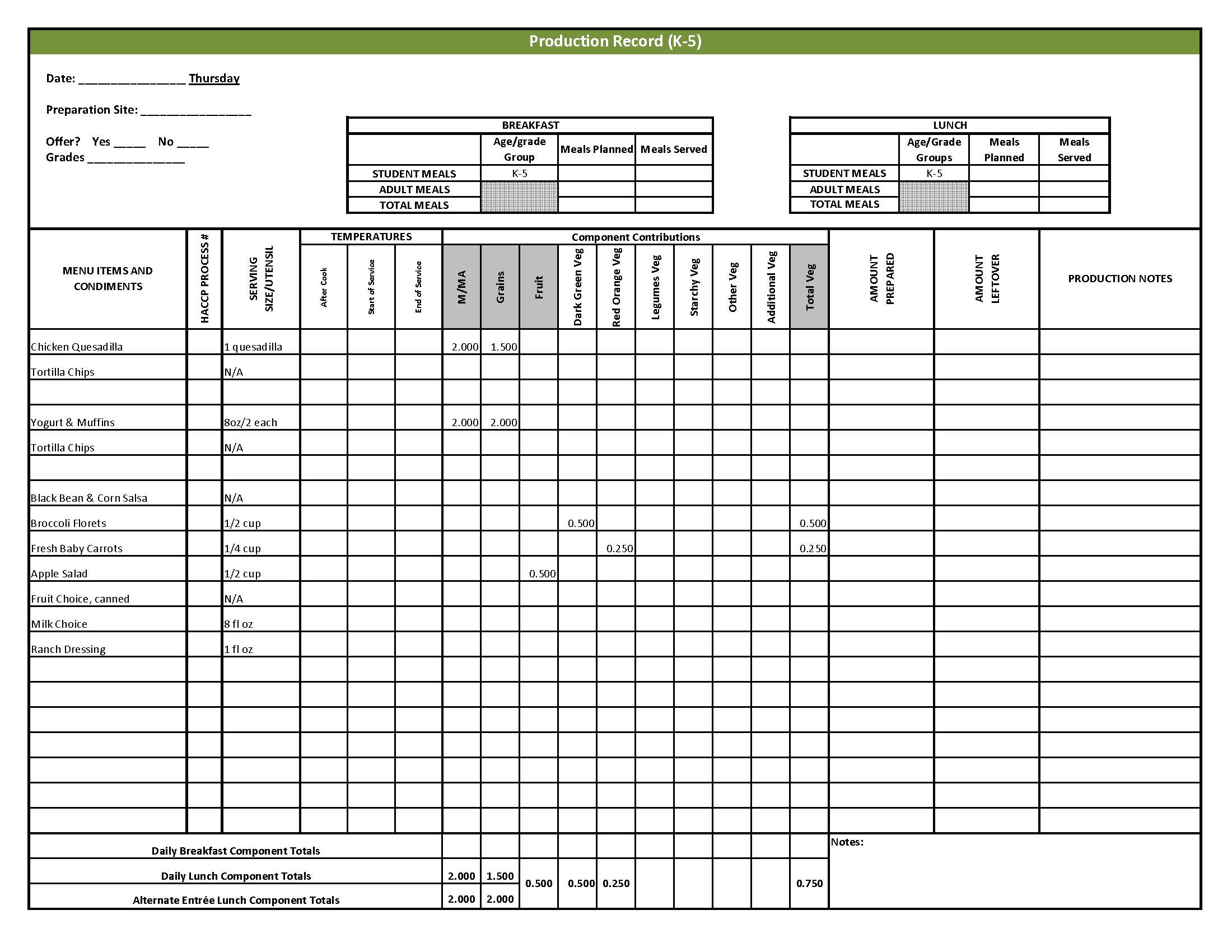
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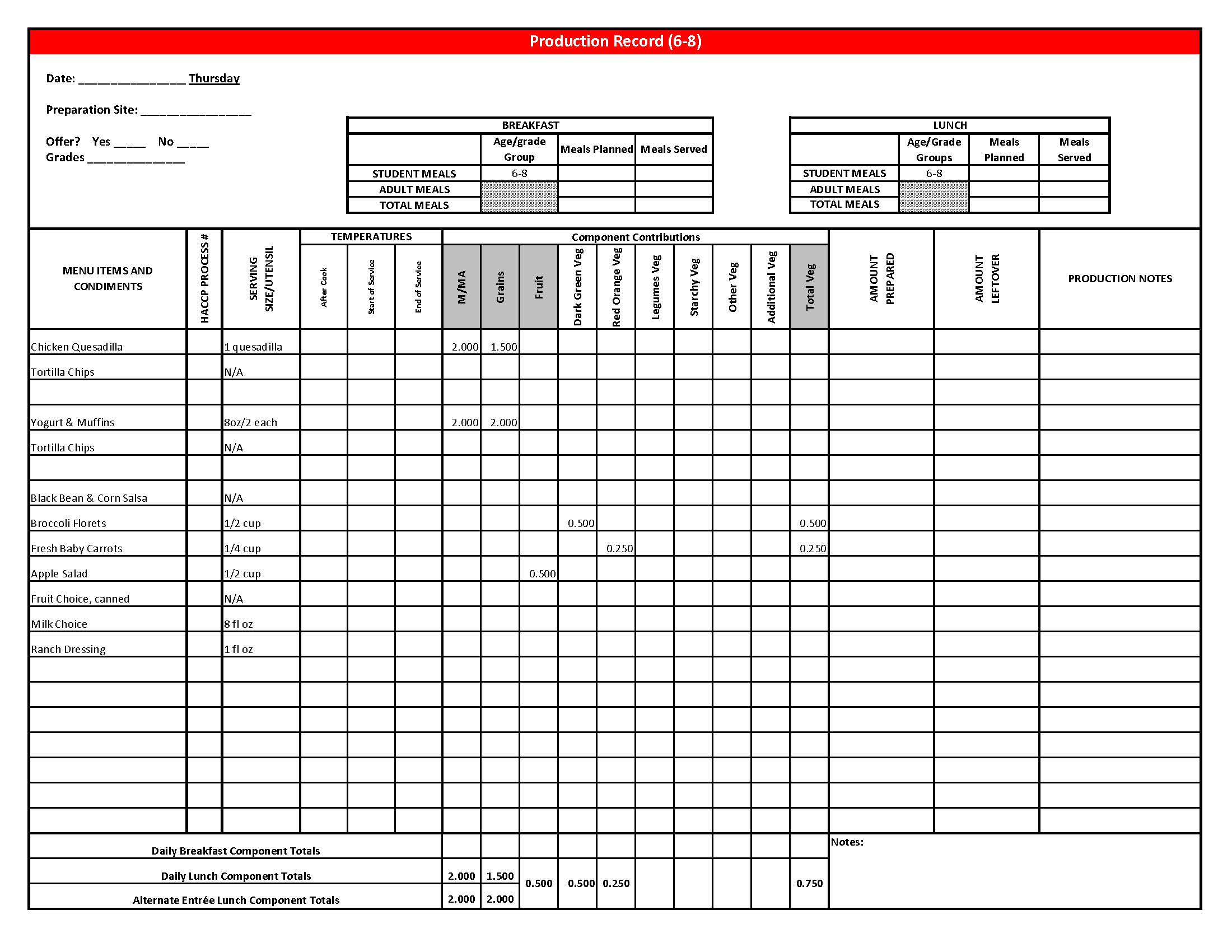
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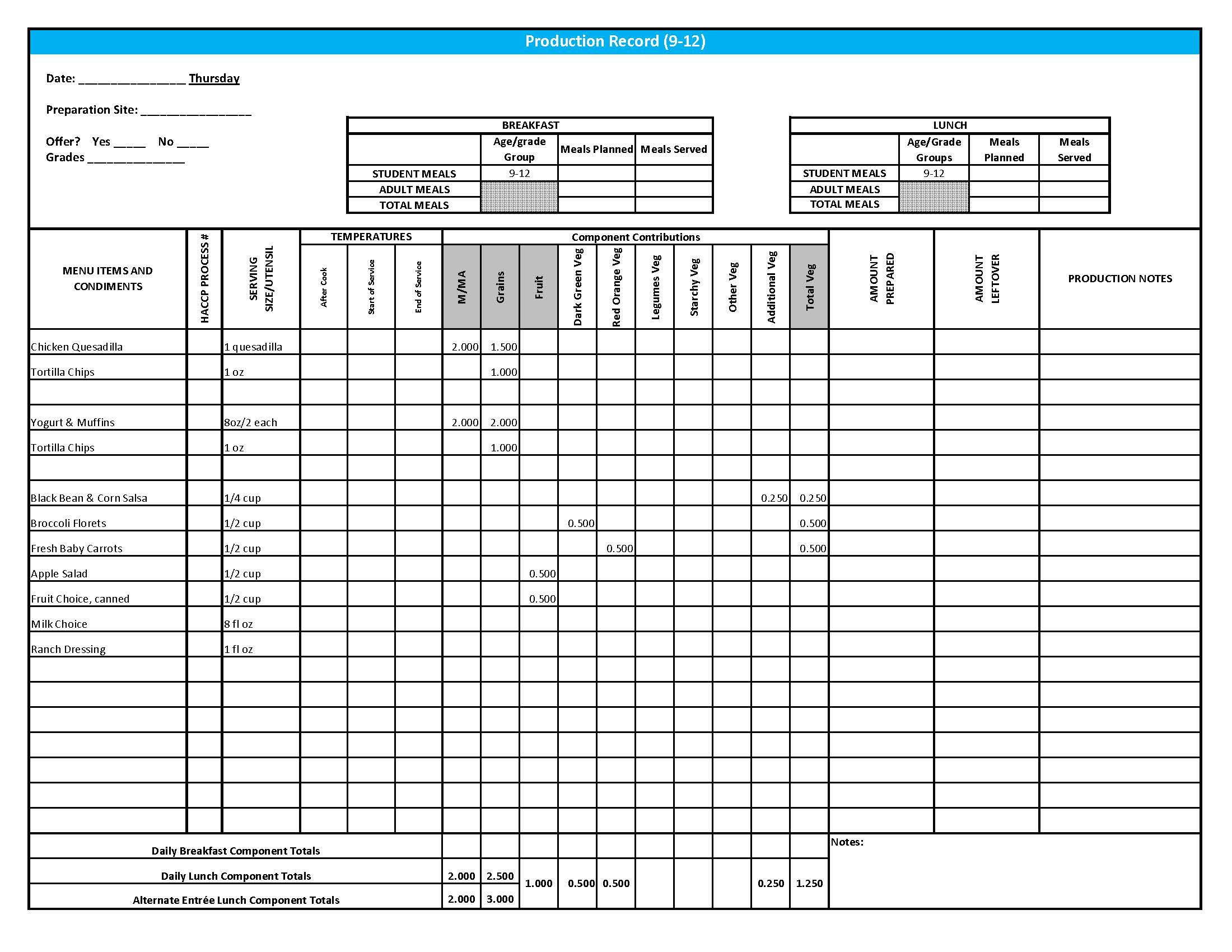
**Week 3 – Thursday, continued**

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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-8: ¼ cup  9-12: ½ cup |
| Apple Salad | * Prepare HKM Recipe 121, Apple Salad. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **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 |
| 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 3 - Friday:** Thaw beef under refrigeration.







## Purchasing, Preparation & Serving Instructions

Week 3 – Friday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Cowboy Cavatini | * Prepare HKM Recipe 32, Cowboy Cavatini. * Purchase 80/20 raw ground beef. * **CCP: Hold for hot service at 135°F or above.** | K-12: ¾ cup |
| Whole Wheat Roll | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-12: 1 each (1 oz) |
| **Alternate Entrée:**  Turkey & Cheese Sub | * Prepare HKM Recipe 144, Turkey & Cheese Sub. * 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. * Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. * **CCP: Hold at 41⁰ F or below for cold service.** | K-12: 1 sandwich |
| Garden Salad | * Prepare HKM Recipe 164, Garden Salad. Refer to *Fruit & Vegetable Order Guide* for amounts of individual ingredients needed. * Handle salad with gloved hands, tongs or serving utensils. * May estimate serving sizes using measured portions as samples. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 1 cup |
| Corn, steamed | * Purchase frozen or canned corn. Refer to *Fruit & Vegetable Order Guide* for amount needed. * If using canned corn, wipe tops of cans clean before opening. * Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid. * **CCP: Hold for hot service at 135o F or above.** | K-12: ½ cup |
| Grapes, Fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Wash grapes. Remove from stems or separate out into smaller clusters. * Cover and refrigerate until serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |

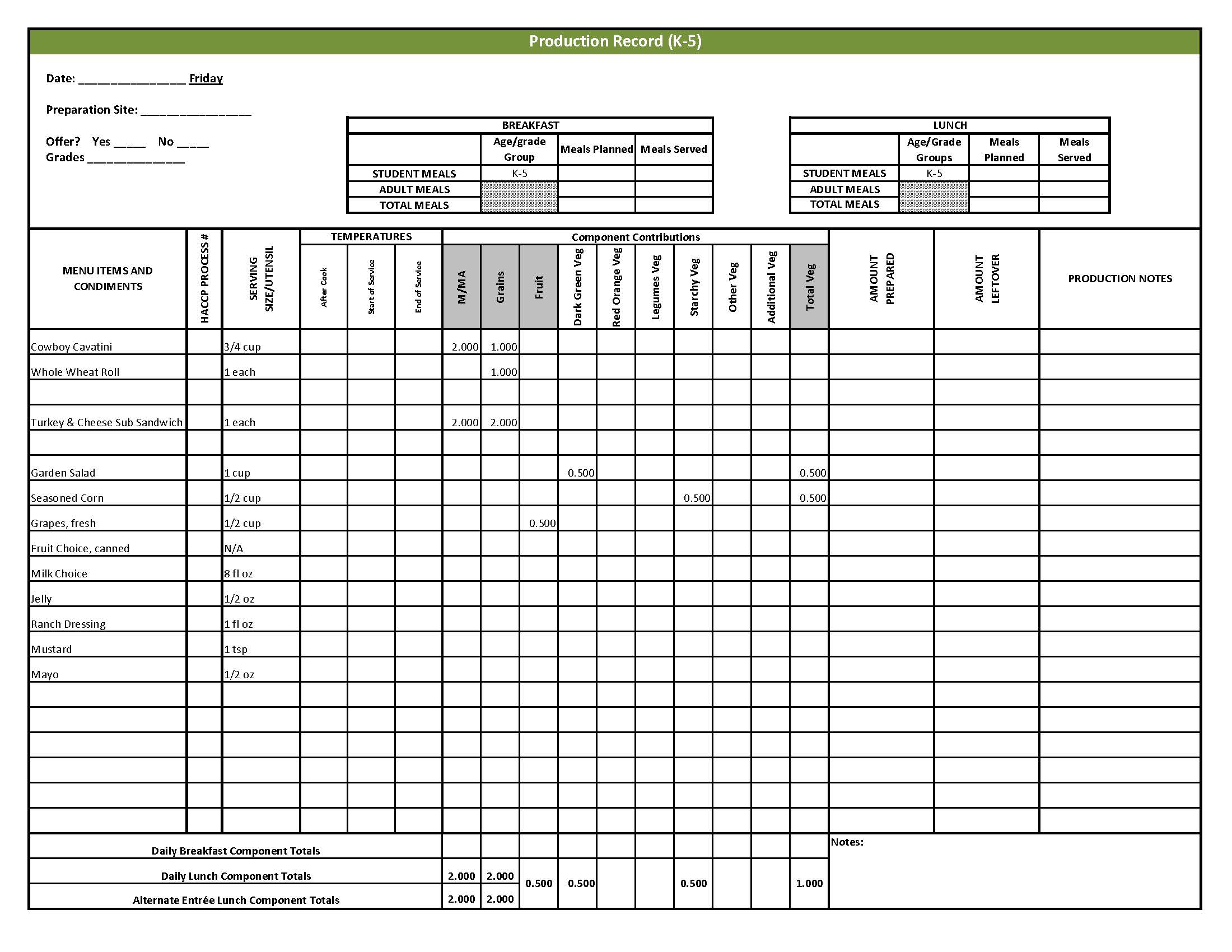
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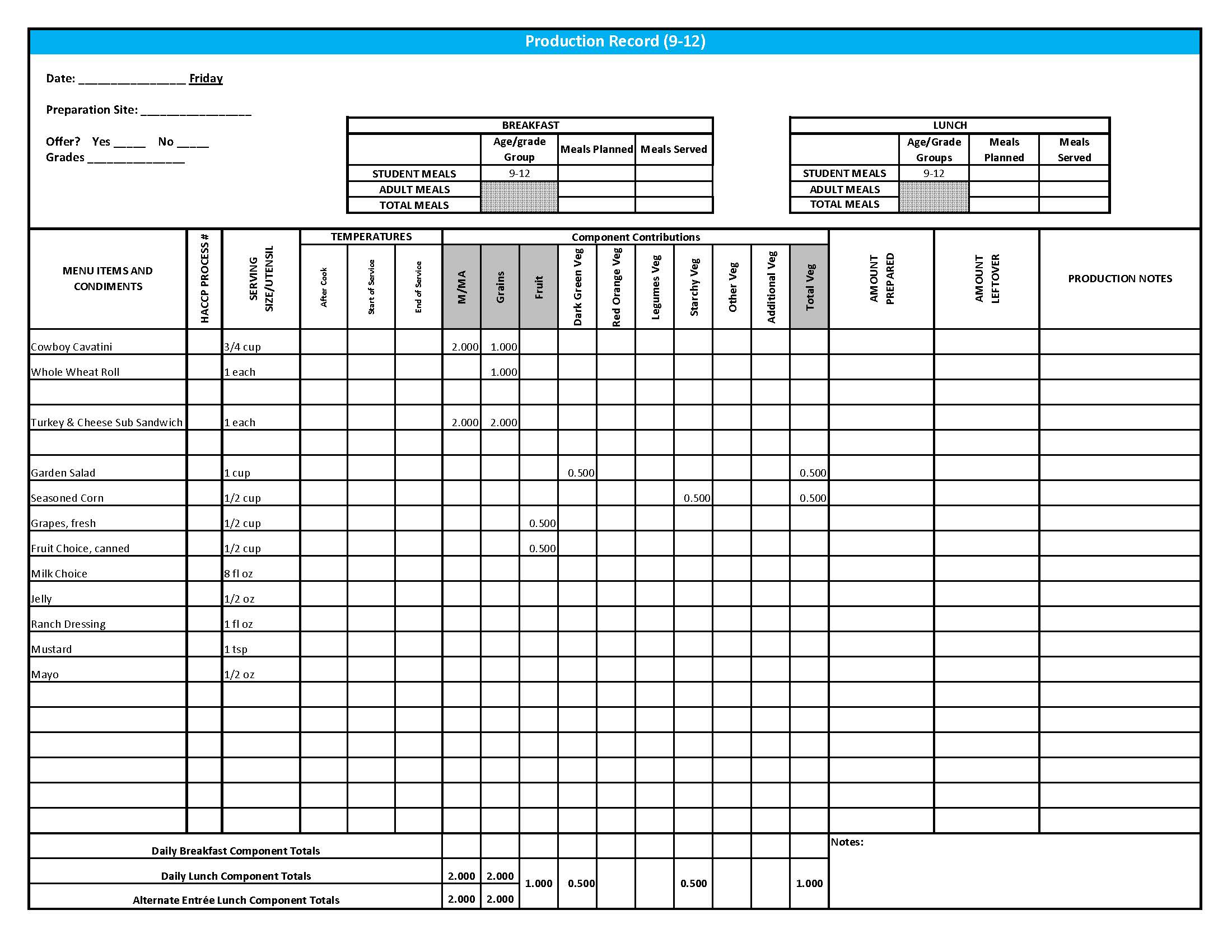
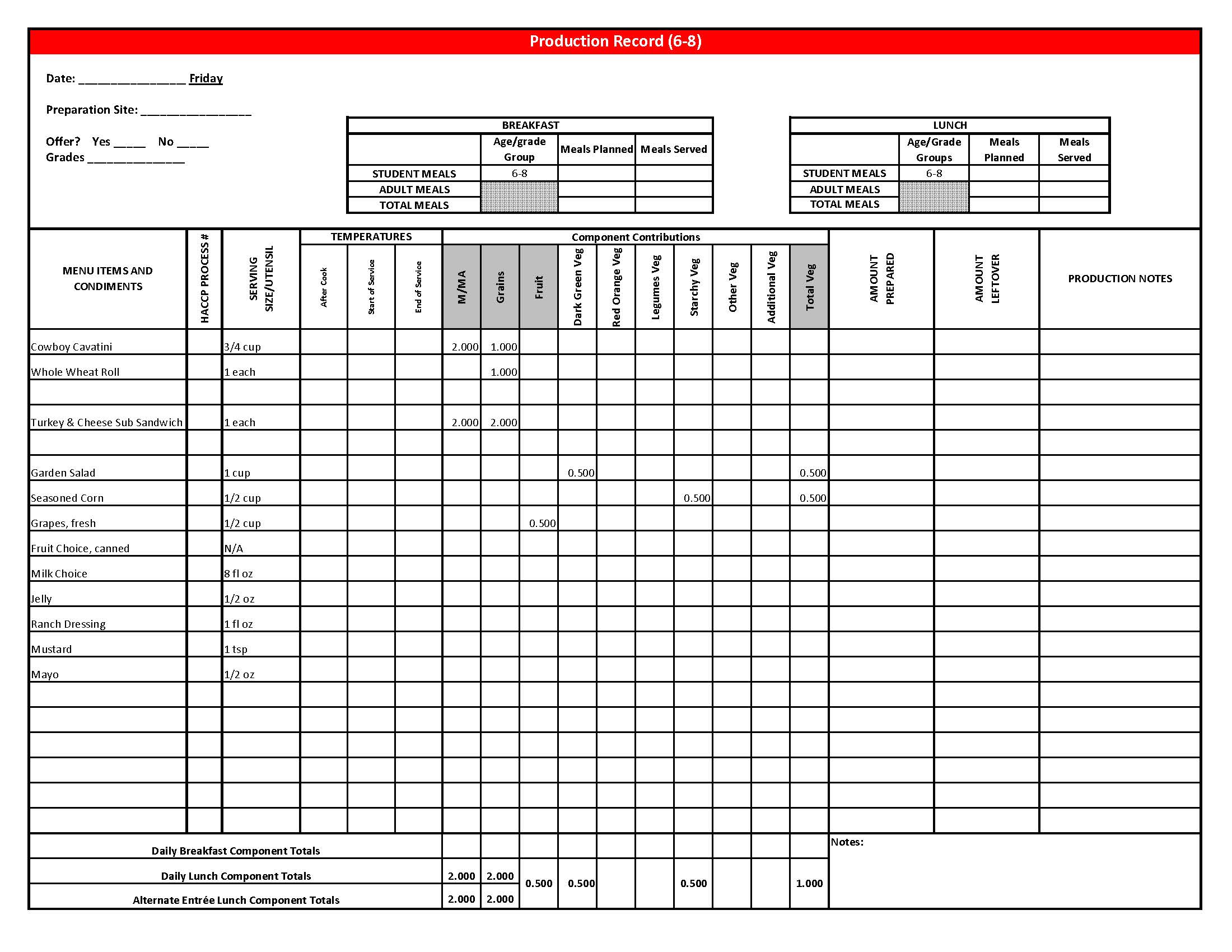
Purchasing, Preparation & Serving Instructions

Week 3 – Friday, continued

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| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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 served.** | K-12: 1 fl oz **or** 2 Tbsp |
| Jelly | * Purchase .5 oz packets or purchase in bulk container. | K-12: ½ oz each **or**  1 Tbsp |
| Mayo-type Salad Dressing, reduced fat | * 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. | K-12: ½ oz or 1 Tbsp |
| Mustard | * Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

**Pre-preparation for Week 4 - Monday:** None





## Fruit & Vegetable Order Guide

**Week 3**

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 | Lettuce, Dark Green Leafy, AP | ½ cup | 9 lb 7 oz | ½ cup | 9 lb 7 oz | ½ cup | 9 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 |
| Sweet Potato Puffs | ½ cup | 15 lb 13 oz | ½ cup | 15 lb 13 oz | ½ cup | 15 lb 13 oz |
| Cantaloupe, fresh, whole, 18 count, AP | ½ cup | 35 lb | ½ cup | 35 lb | ½ cup | 35 lb |
| Tuesday | Taco Soup | 1 cup |  | 1 cup |  | 1 cup |  |
| Corn, whole kernel, frozen |  | 7 lb |  | 7 lb |  | 7 lb |
| Pinto Beans, Canned | 2.75 #10 cans | 2.75 #10 cans | 2.75 #10 cans |
| Salsa, Canned | 1.75 #10 cans | 1.75 #10 cans | 1.75 #10 cans |
| Refried Beans, canned **OR** | 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 |
| 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 |
| Tomato Salsa | ¼ cup |  | ¼ cup |  | ¼ cup |  |
| Tomato, crushed, salsa-ready, canned (for Tomato Salsa) |  | 2 #10 can |  | 2 #10 can |  | 2 #10 can |
| Jalapeno Peppers, canned (for Tomato Salsa) | 4 oz | 4 oz | 4 oz |
| Wednesday | 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 |
| Tater Tots, frozen | ½ cup | 15 lb 13 oz | ½ cup | 15 lb 13 oz | ½ cup | 15 lb 13 oz |

Fruit & Vegetable Order Guide

**Week 3, 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** |
| Thursday | Chicken Quesadilla | 1 quesadilla |  | 1 quesadilla |  | 1 quesadilla |  |
| Peppers, bell, green, AP |  | 2 lb |  | 2 lb |  | 2 lb |
| Onion, fresh, AP | 1 lb 4 oz | 1 lb 4 oz | 1 lb 4 oz |
| Corn, whole kernel, frozen | 5 lb | 5 lb | 5 lb |
| Tomato, fresh, AP | 2 lb 4 oz | 2 lb 4 oz | 2 lb 4 oz |
| Black Bean & Corn Salsa | N/A |  | N/A |  | ¼ cup |  |
| Black Beans, canned |  |  |  |  |  | 1 1/3 #10 cans |
| Corn, whole kernel, frozen | 3 lb 12 oz |
| Peppers, bell, green, AP | 1 lb |
| Peppers, bell, red, AP | 1 lb |
| Onions, red, AP | 5 oz |
| Picante Sauce | 3 ¼ cups |
| Broccoli, florets, fresh, EP | ½ cup | 7 lb | ½ cup | 7 lb | ½ cup | 7 lb |
| Carrots, baby, fresh, EP | ¼ cup | 7 lb 13 oz | ¼ cup | 7 lb 13 oz | ½ cup | 15 lb 10 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 3, 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 | Cowboy Cavatini | ¾ cup |  | ¾ cup |  | ¾ cup |  |
| Tomato Sauce, canned |  | 2.5 #10 cans |  | 2.5 #10 cans |  | 2.5 #10 cans |
| Corn, frozen OR | ½ cup | 18 lb 4 oz | ½ cup | 18 lb 4 oz | ½ cup | 18 lb 4 oz |
| Corn, canned |  | 5.2 #10 cans |  | 5.2 #10 cans |  | 5.2 #10 cans |
| Grapes, fresh, AP | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz |
| 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 |