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# **Healthier Kansas Menus with Alternate Entrées**



## **FALL WEEK 3 – 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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## 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	
Pork Rib on a Bun <b>Or</b> Peanut Butter & Jelly Sandwich  Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fresh Cantaloupe Canned Fruit Choice Milk Choice	Taco Soup & Tortilla Chips <b>Or</b> Chicken Crispito & Tortilla Chips  Tomato Salsa Refried Beans Sliced Pears Fresh Fruit Choice Milk Choice	Corn Dog <b>Or</b> Hamburger on a Bun  Green Beans Tater Tots Honeydew Melon Snickerdoodle Canned Fruit Choice Milk Choice	Chicken Quesadilla <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt & Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b>  <b>Black Bean &amp; Corn Salsa (9-12)</b> Broccoli Florets Fresh Baby Carrots Apple Salad Canned Fruit Choice Milk Choice	Cowboy Cavatini Whole Wheat Roll <b>Or</b> Turkey & Cheese Sub Sandwich  Seasoned Corn Garden Salad Fresh Grapes Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>655</b>	<b>661</b>	<b>823</b>
					<b>Sodium (mg)</b>	<b>856</b>	<b>858</b>	<b>922</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.7%</b>	<b>7.5%</b>	<b>6.9%</b>



## Recipes for the Week

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

Menu Item	Purchasing & Preparation	Serving
Pork Rib on a Bun	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Heat according to manufacturer's instructions.</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, hamburger bun variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
<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)
Dark Green Leaf 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
Sweet Potato Puffs	<ul style="list-style-type: none"> <li>• Purchase ovenable sweet potato puffs.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Heat in oven according to manufacturer's instructions.</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 3 – 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 (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

**Pre-preparation for Week 3 – Tuesday:** Prepare Tomato Salsa. Thaw ground beef under refrigeration.



# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Monday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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			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																																										
Pork Rib on a Bun		1 sandwich				2.000	2.000																																																		
Peanut Butter & Jelly		1 each (2.6 oz)				1.000	1.000																																																		
WG Crackers		1 oz					1.000																																																		
String Cheese		1 oz				1.000																																																			
Dark Green Leaf Lettuce		1/2 cup							0.250							0.250																																									
Tomato Slice		1 1/4" Slice								0.125						0.125																																									
Sweet Potato Puffs		1/2 cup								0.500						0.500																																									
Cantaloupe, fresh		1/2 cup						0.500																																																	
Fruit Choice, canned		N/A																																																							
Milk Choice		8 fl oz																																																							
Ketchup		1 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.250	0.625						0.875																																									
<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: \_\_\_\_\_ Monday

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 ITEM 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					
Pork Rib on a Bun		1 sandwich				2.000	2.000													
Peanut Butter & Jelly		1 each (5.3 oz)				2.000	2.000													
WG Crackers		N/A																		
String Cheese		N/A																		
Dark Green Leaf Lettuce		1/2 cup							0.250							0.250				
Tomato Slice		1 1/4" Slice								0.125						0.125				
Sweet Potato Puffs		1/2 cup								0.500						0.500				
Cantaloupe, fresh		1/2 cup									0.500									
Fruit Choice, canned		N/A																		
Milk Choice		8 fl oz																		
Ketchup		1 fl oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.250	0.625						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 (9-12)																																																										
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## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Taco Soup	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 20, Taco Soup.</li> <li>• Purchase 80/20 ground beef.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 cup
<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
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-8: 1 oz 9-12: 2 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-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
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

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
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. *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 3 - Wednesday:** Cut and chill honeydew melon.

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STUDENT MEALS	K-5																																																								
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Crispito, chicken chili		1 each				1.000	1.000																																																		
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Refried Beans		1/2 cup									0.500				0.500																																										
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Milk Choice		8 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	1.000	0.500		0.250	0.500				0.750																																										
<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			
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	
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Taco Soup		1 cup				2.000													
Tortilla Chips		1 oz					1.000												
Crispito, chicken chili		1 each				1.000	1.000												
Tortilla Chips		1 oz					1.000												
Tomato Salsa		1/4 cup								0.250						0.250			
Refried Beans		1/2 cup									0.500					0.500			
Sliced Pears, canned		1/2 cup						0.500											
Fruit Choice, fresh		N/A																	
Milk Choice		8 fl oz																	
<b>Daily Breakfast Component Totals</b>																	Notes:		
<b>Daily Lunch Component Totals</b>						2.000	1.000	0.500		0.250	0.500					0.750			
<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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Daily Lunch Component Totals						2.000	2.000	1.000		0.500	0.500				1.000																																										
Alternate Entrée Lunch Component Totals						2.000	4.000																																																		



## Purchasing, Preparation & Serving Instructions

### Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Corn Dog	<ul style="list-style-type: none"> <li>• 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.</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-12: 1 each
<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
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
Tater Tots	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase frozen, ovenable, tater tots.</li> <li>• Follow manufacturer’s directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Snickerdoodle	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 19, Snickerdoodle.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-12: 1 each

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 3 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
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
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.</li> </ul> <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
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 or 2 Tbsp or 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

**Pre-preparation for Week 3 – Thursday:** Thaw chicken 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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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.500																																																		

## 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			
<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				
Corn Dog		1 each				2.000	2.000												
Hamburger on a Bun		1 each				2.000	2.000												
Green Beans		1/2 cup												0.500		0.500			
Tater Tots		1/2 cup											0.500		0.500				
Honeydew Melon, fresh		1/2 cup						0.500											
Fruit Choice, canned		N/A																	
Snickerdoodle		1 each					0.500												
Milk Choice		8 fl oz																	
Ketchup		1 fl oz																	
Mustard		1 tsp																	
<b>Daily Breakfast Component Totals</b>																			
<b>Daily Lunch Component Totals</b>						2.000	2.500	0.500				0.500	0.500		1.000				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.500												

Notes:

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

Production Record (9-12)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday

Menu Item	Purchasing & Preparation	Serving
Chicken Quesadilla	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 29, Chicken Quesadilla.</li> <li>• Purchase frozen pulled or diced cooked chicken with no skin and no added salt.</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 Quesadilla
<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 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
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-8: N/A 9-12: 1 oz
Black Bean & Corn Salsa	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 81, Black Bean &amp; Corn Salsa.</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-8: N/A 9-12: ¼ cup
Broccoli Florets	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli. 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 3 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
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-8: ¼ cup 9-12: ½ cup
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.</li> <li>*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
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 3 - Friday:** Thaw beef under refrigeration.

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
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Preparation Site: _____																																																									
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## 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		
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Notes: \_\_\_\_\_

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

Production Record (9-12)																																																									
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## Purchasing, Preparation & Serving Instructions

### Week 3 – Friday

Menu Item	Purchasing & Preparation	Serving
Cowboy Cavatini	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 32, Cowboy Cavatini.</li> <li>• Purchase 80/20 raw ground beef.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¾ 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-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
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
Corn, steamed	<ul style="list-style-type: none"> <li>• Purchase frozen or canned corn. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• If using canned corn, wipe tops of cans clean before opening.</li> <li>• Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</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 3 – 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
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
Jelly	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: ½ oz each <b>or</b> 1 Tbsp
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
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 4 - Monday:** None

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

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## 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 <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
	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	