Healthier Kansas Menus

with Alternate Entrées

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FALL WEEK 4 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

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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 |
| Hamburger on a Bun  **Or**  Fruit, Yogurt & Granola Parfait  Dark Green Leaf Lettuce  Tomato Slice  Oven Fries  Fresh Apple  Canned Fruit Choice  Milk Choice | Chili  **Tortilla Chips (9-12)**  **Or**  Popcorn Chicken  **Tortilla Chips (9-12)**  Red Bell Pepper Strips  Sliced Cucumber  Fresh Nectarine  Cinnamon Roll  Canned Fruit Choice  Milk Choice | Chicken Nuggets  Whole Wheat Roll  **Or**  Rock and Roll  Beef Wrap  Mashed Potatoes  & Gravy  Tossed Salad  Fresh Blueberries  Canned Fruit Choice  Milk Choice | Baked Ham  Angel Biscuit & Jelly  **Or**  Grilled Chicken Sandwich  Apple Glazed Sweet Potatoes  Green Beans  Diced Peaches  **Honey Apple Crisp (9-12)**  Fresh Fruit Choice  Milk Choice | Macaroni & Cheese  Meatballs  **Whole Wheat Bread & Jelly (6-12)**  **Or**  Pepperoni Pizza  Baked Beans  Fresh Baby Carrots  Fresh Strawberries  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **637**  **880**  **8.9%** | **655**  **899**  **8.7%** | **813**  **957**  **7.9%** |

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## Recipes for the Week

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| --- | --- | --- | --- |
| Day | Recipe Name | Recipe Number | HKM Recipe  Page Number |
| Monday | Whole Grain Bun | 877 | 91 |
| Tuesday | Chili  Whole Wheat Cinnamon Roll | 218  167 | 17  87 |
| Wednesday | Whole Grain Roll  Tossed Salad  Rock & Roll Beef Wrap | 877  74  133 | 91  62  30 |
| Thursday | Apple Glazed Sweet Potatoes  Angel Biscuit, Whole Wheat  Honey Apple Crisp (9-12 only) | 122  120  39 | 47  63  71 |
| Friday | Macaroni & Cheese  Whole Wheat Bread  Baked Beans | 184  107  188 | 23  83  50 |

## 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 4 – Monday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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 |
| **Alternate Entrée:**  Fruit, Yogurt & Granola Parfait | * Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to *Fruit & Vegetable Order Guide* for amount needed. * Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving. * Purchase pre-prepared granola that provides 2 oz Grains per ½ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving. * Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering ½ cup yogurt, ¼ cup fruit, ½ cup yogurt and ¼ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy. * **CCP: Refrigerate and hold at 41o F or below for cold service.** | K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola |
| 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 41°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 41°F or below for cold service.** | K-12: 2 slices |
| Oven Fries | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase ovenable straight cut fries. * Heat in oven according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |

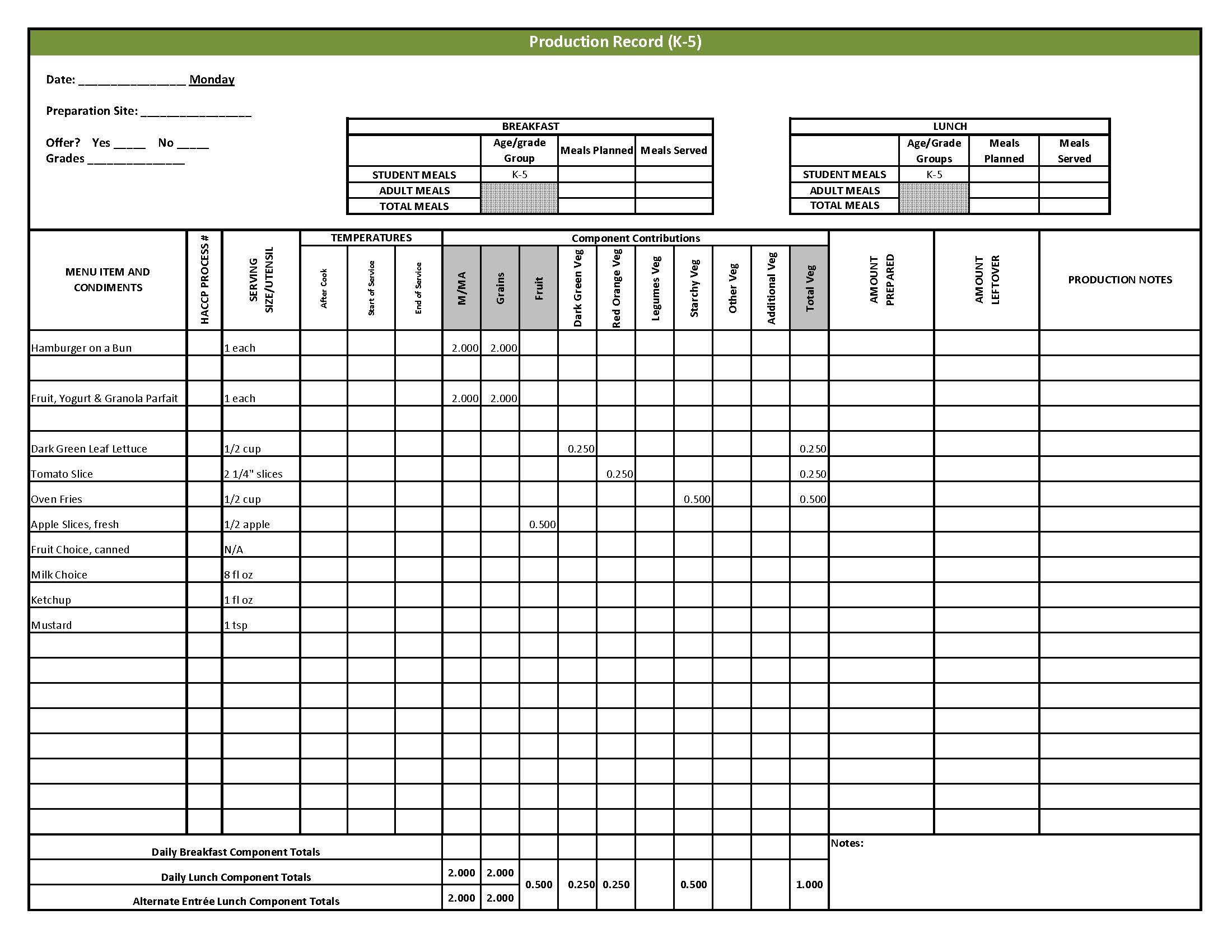
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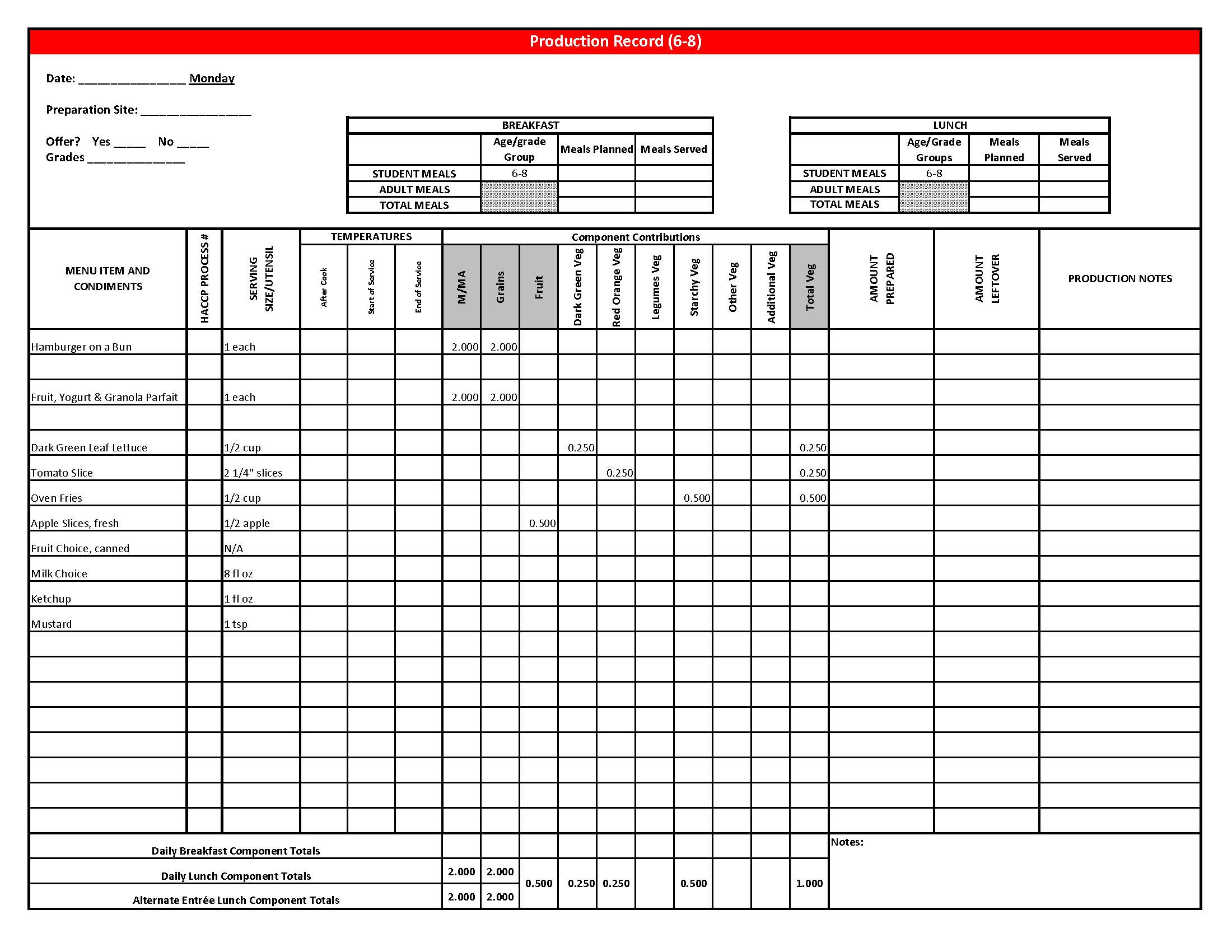
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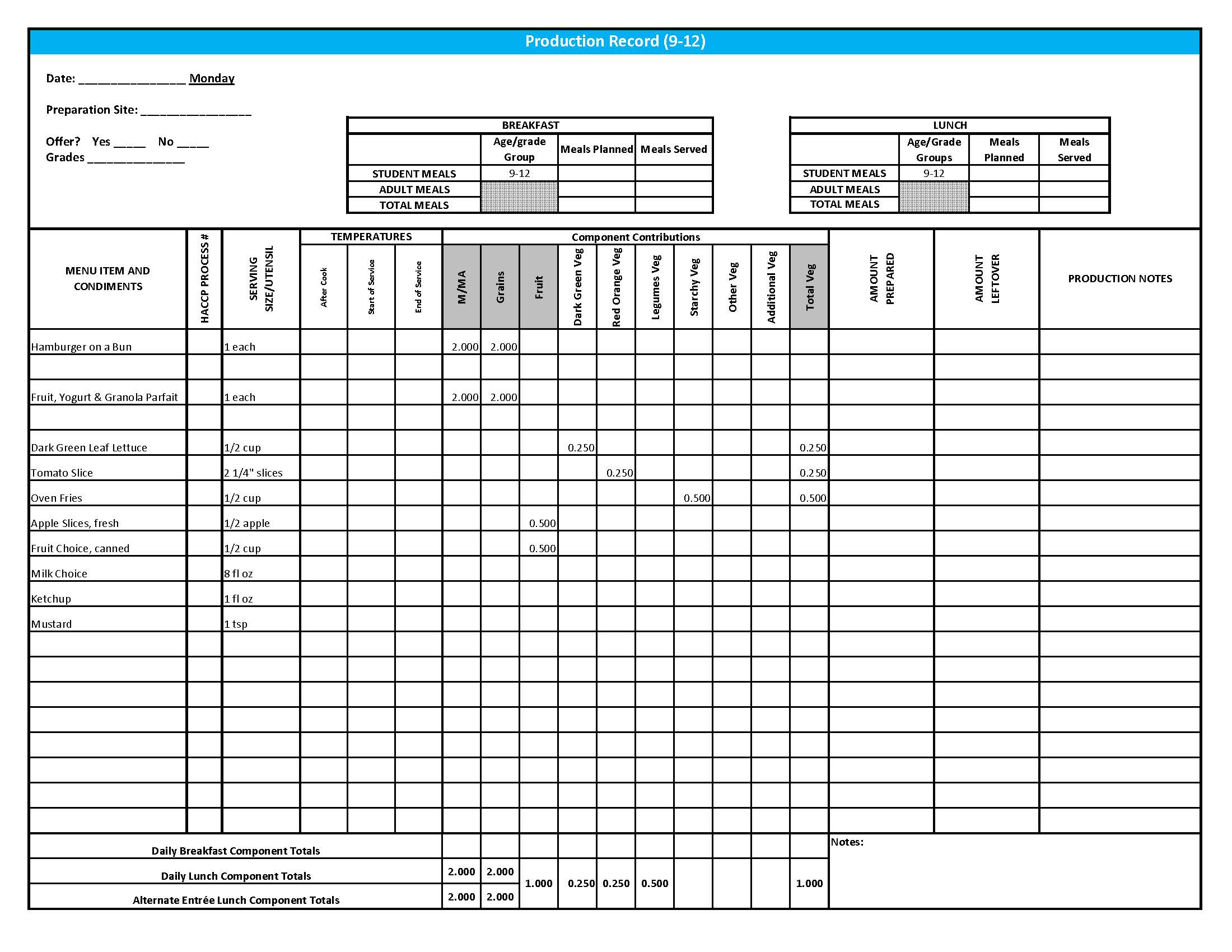
Week 4 – Monday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Apple Slices, Fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase apples, size #125-138. * Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. * Dip in lemon, orange, pineapple juice, or antioxidant solution to preserve color. * Cover and refrigerate or store at room temperature until serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service** | K-12: ½ apple |
| Fruit Choice, canned | Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.  \*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41°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 4 - Tuesday:** Thaw ground beef under refrigeration.







Purchasing, Preparation & Serving Instructions

Week 4 – Tuesday

|  |  |  |
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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Chili | * Purchase 80/20 ground beef. Prepare HKM Recipe 218, Chili. * **CCP: Hold for hot service at 135°F or above.** | K-8: ¾ cup  9-12: 1 cup |
| **Alternate Entrée:**  Chicken, popcorn | * Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 15 pieces  (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain) |
| 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 |
| Red Bell Pepper Strips | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, core and slice bell peppers into strips. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ½ cup |
| Cucumber Slices | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash and slice cucumbers. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-8: ¼ cup  9-12: ½ cup |
| Nectarines, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash nectarines. * Cover and refrigerate or store at room temperature until serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: 1 each |

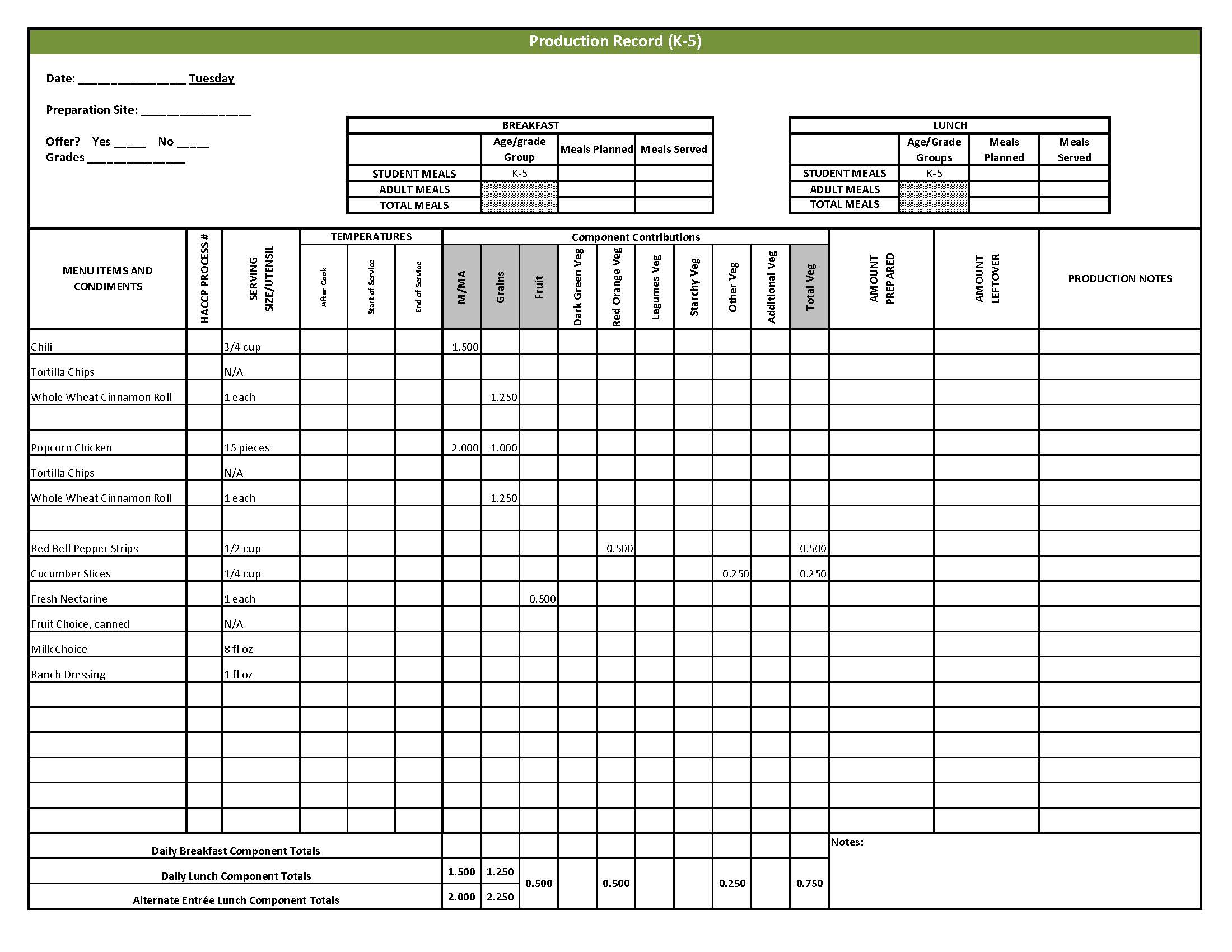
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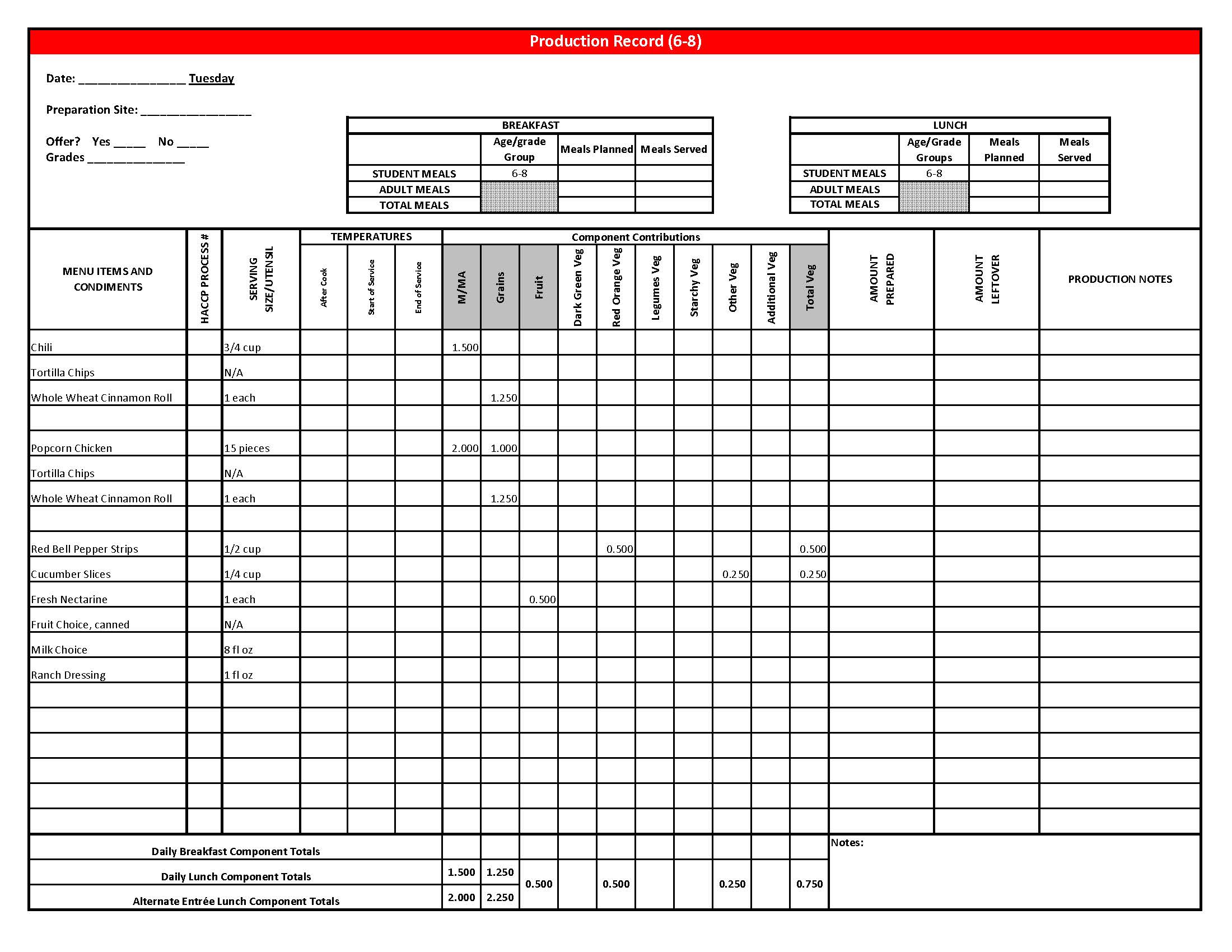
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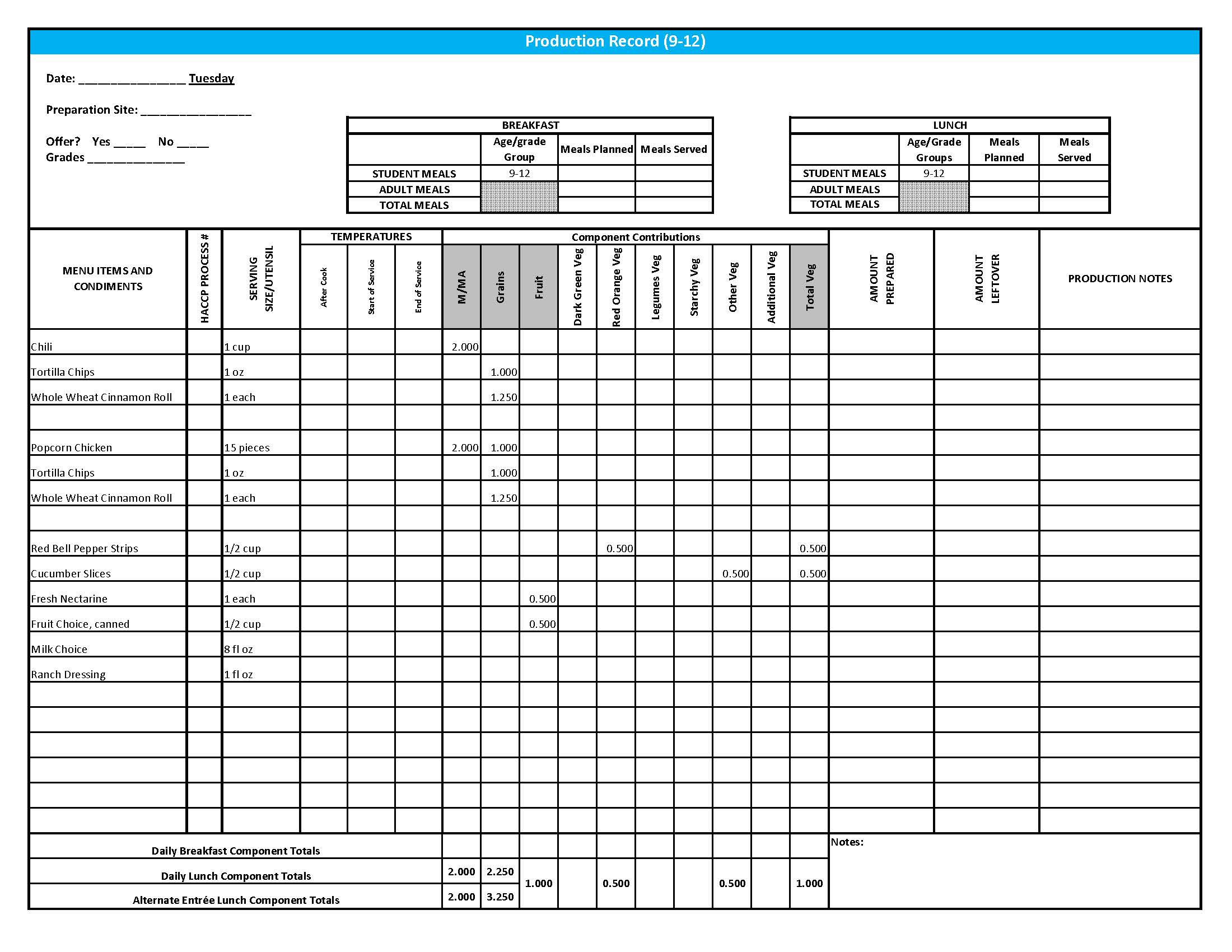
Week 4 – Tuesday, continued

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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 |
| Whole Wheat Cinnamon Roll | * Prepare HKM Recipe 167, Whole Wheat Cinnamon Roll. * This menu item will count as a grain based dessert. | K-12: 1 each |
| Milk | * 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 | * 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 4 - Wednesday:** None







## Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday

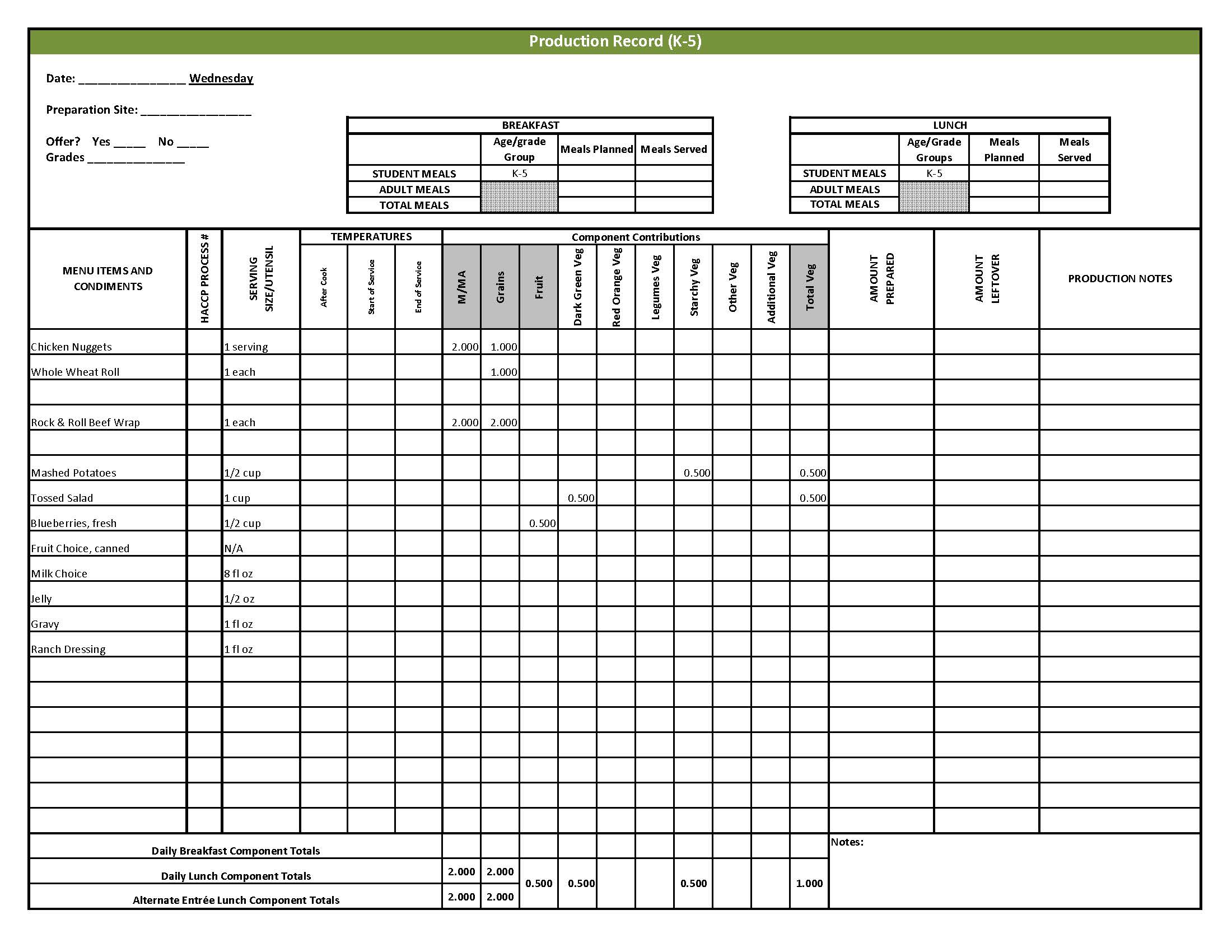
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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Chicken Nuggets | * Purchase pre-cooked nuggets providing 2 oz equivalent M/MA and 1 oz equivalent Grains; no more than 15 gm of fat; and no more than 450 mg sodium per serving. If product 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 serving  (providing 2 oz M/MA and 1 oz equivalent Grains) |
| Whole Wheat Roll | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-12: 1 each (1 oz) |
| **Alternate Entrée:**  Rock and Roll Beef Wraps | * Prepare HKM Recipe 133, Rock and Roll Beef Wraps. * Purchase 8” whole grain rich tortillas weighing 1.5 oz each. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 wrap |
| Mashed Potatoes | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase dehydrated mashed potatoes. * Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Tossed Salad | * Prepare HKM Recipe 74, Tossed Salad. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 1 cup |
| Blueberries, Fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash blueberries. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |

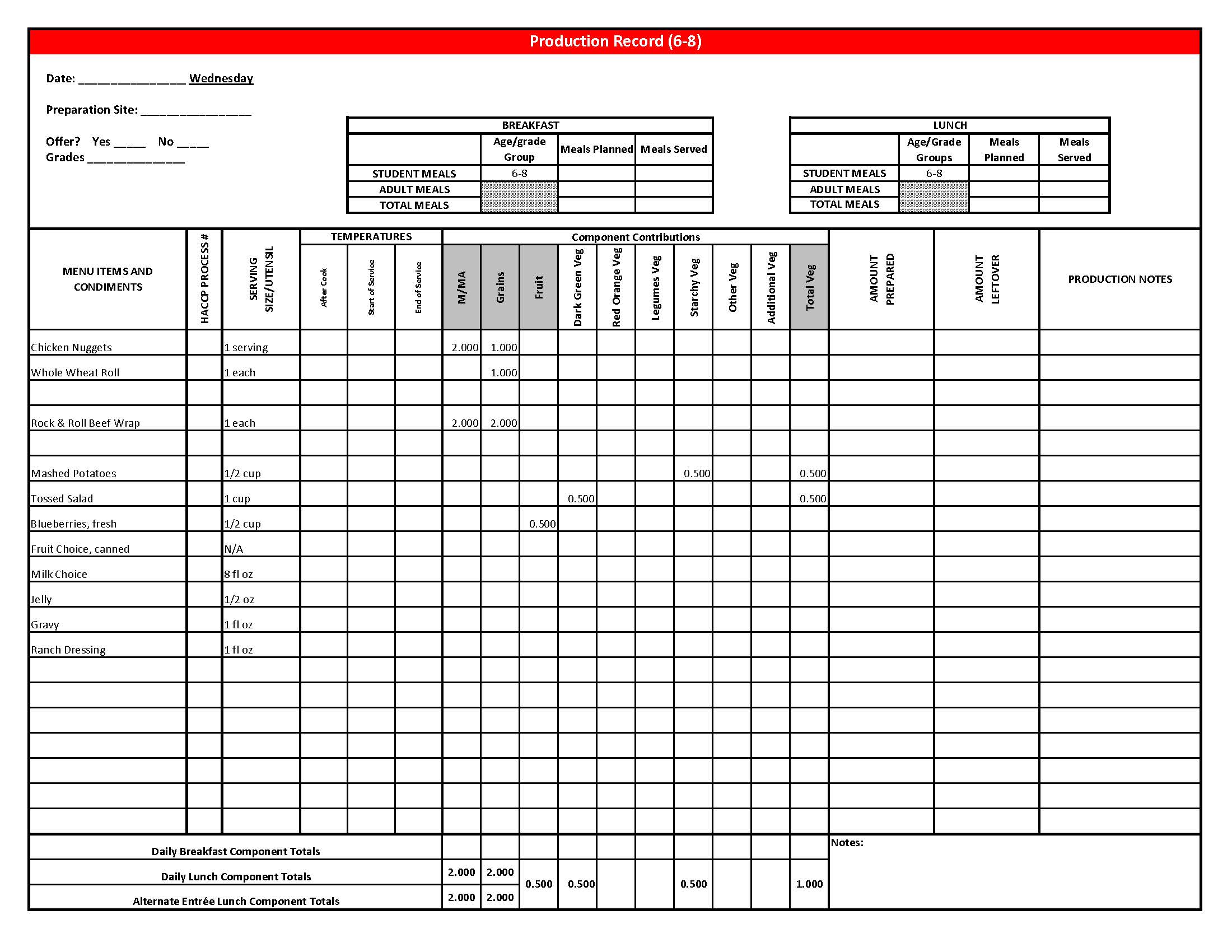
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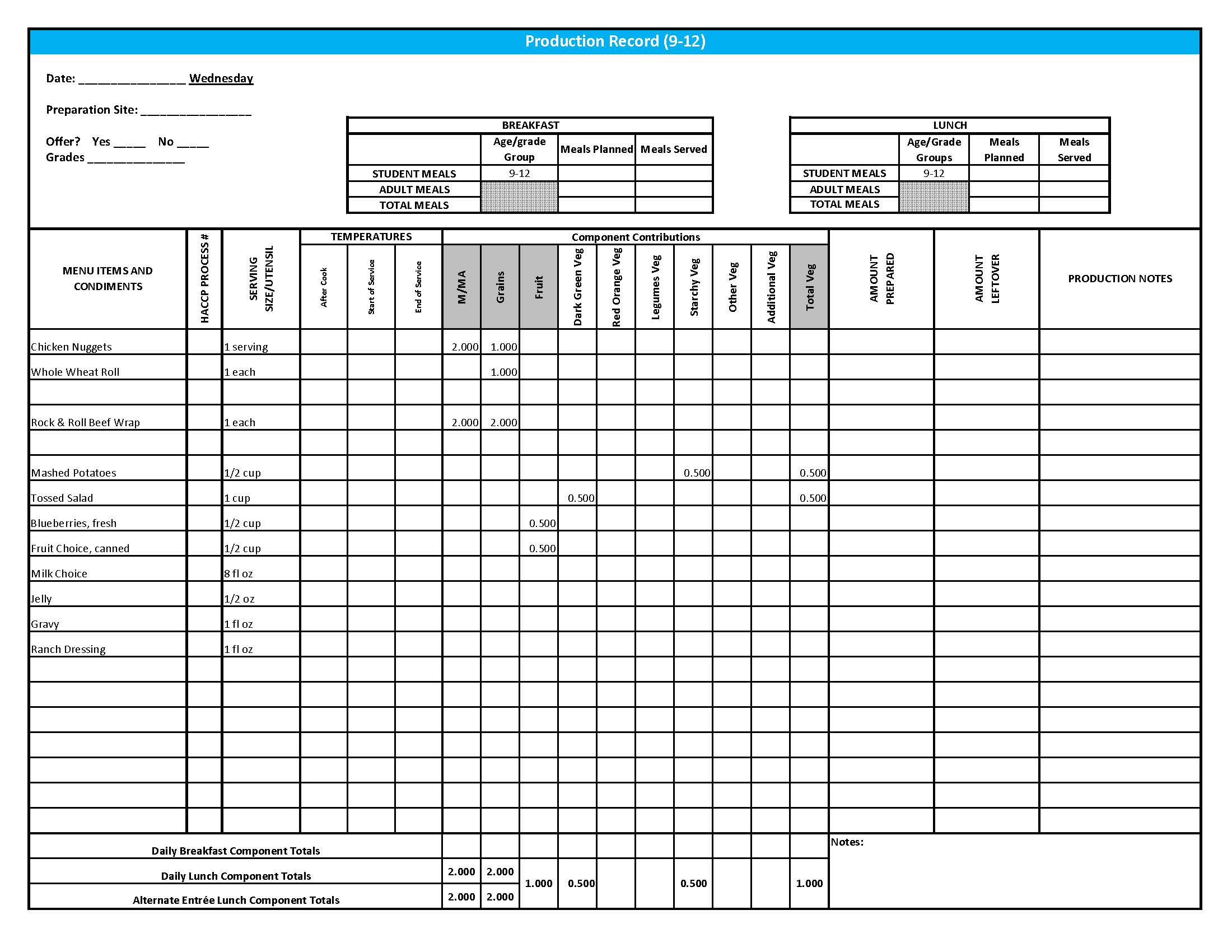
Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday, 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 41°F or below for cold service.** | K-12: 8 fl oz |
| Gravy | * Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 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 41°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 |

**Pre-preparation for Week 4 - Thursday:** Chill peaches





Purchasing, Preparation & Serving Instructions

Week 4 – Thursday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Baked Ham | * Purchase pre-cooked ham with no more than 650 mg sodium per serving and no more than 3 gm of fat per serving. * Slice prior to heating. Each slice before heating should weigh 2.5 oz. Prepare according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 2.5 oz slice |
| Angel Biscuit | * Prepare HKM Recipe 120, Angel Biscuits, Whole Wheat. | K-12: 1 each |
| **Alternate Entrée:**  Grilled Chicken Sandwich | * Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Prepare according to manufacturer’s instructions. * Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 each |
| Apple Glazed Sweet Potatoes | * Prepare HKM Recipe 122, Apple Glazed Sweet Potatoes. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Hold for hot service at 135°F or above.** | K-8: ¼ cup (2 wedges)  9-12: ½ cup (4 wedges) |
| 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 |
| Peaches, canned, sliced | * Purchase slices peaches packed in light syrup. Refer to *Fruit & Vegetable Order Guide* for amount needed. * Chill cans overnight. Wipe can tops clean before opening. Drain, cover, and refrigerate until serving. * Serve with slotted utensil. Level utensil when serving. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service.** | K-12: ½ cup |

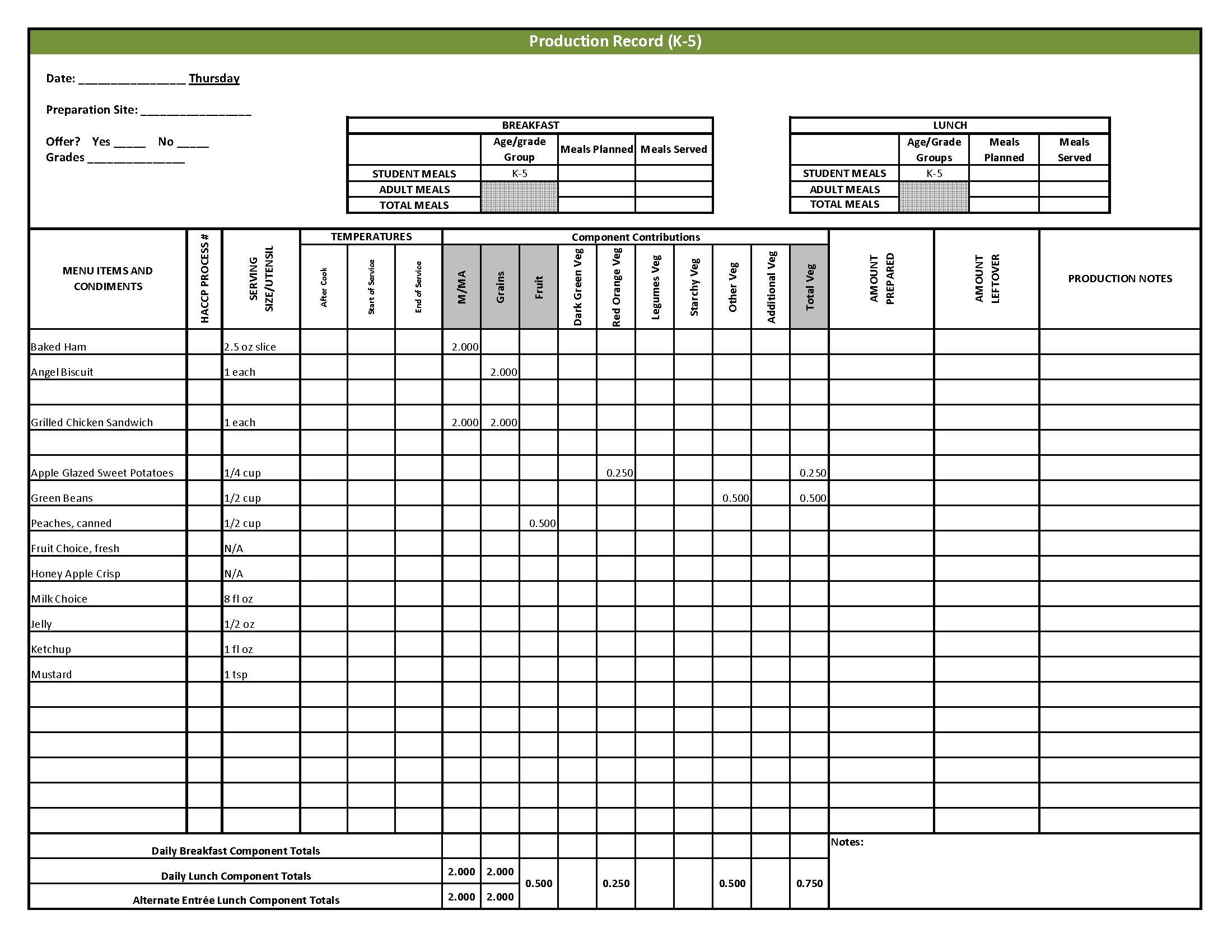
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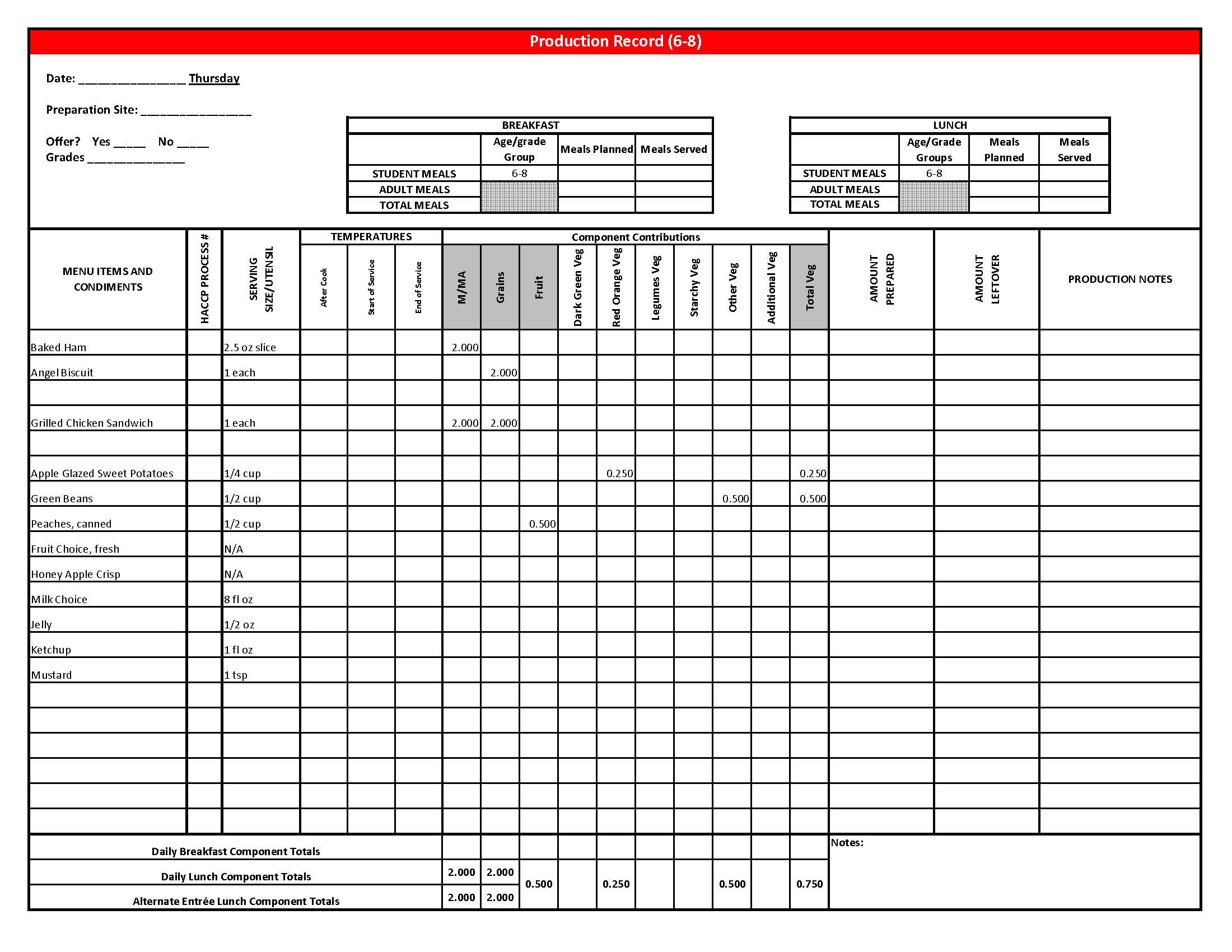
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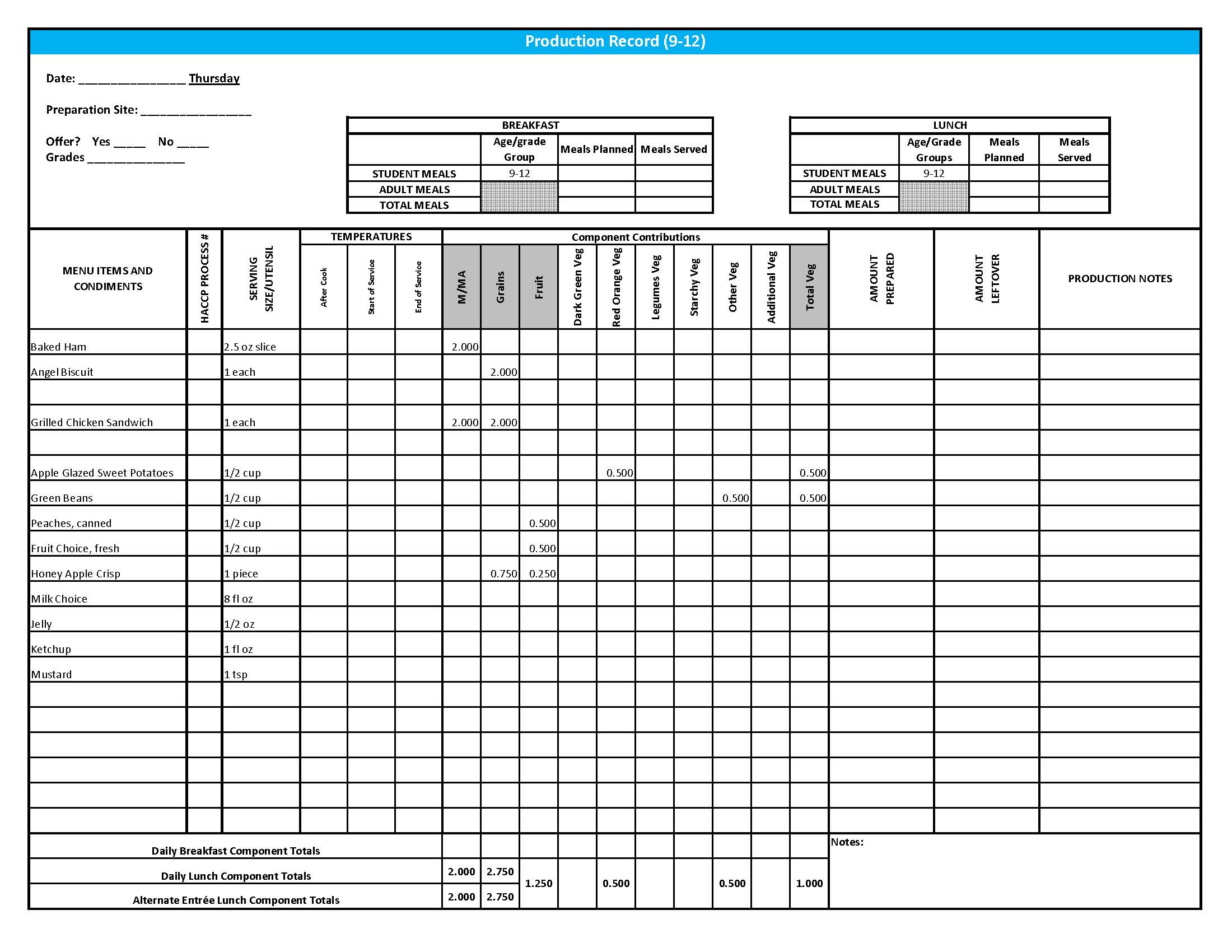
Week 4 – Thursday, continued

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| 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 |
| Honey Apple Crisp, Whole Wheat | * Prepare Honey Apple Crisp, Whole Wheat HKM Recipe 39. * This menu item will count as a grain based dessert. | K-8: N/A  9-12: 1 piece |
| Milk | * 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 |
| 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 |
| Jelly | * Purchase .5 oz packets or purchase in bulk container. | K-12: ½ oz each **or** 1 Tbsp |

**Pre-preparation for Week 4 - Friday:** N/A







Purchasing, Preparation & Serving Instructions

Week 4 – Friday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Macaroni & Cheese | * Prepare HKM Recipe 184, Macaroni & Cheese. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Meatballs, beef | * Purchase pre-cooked beef meatballs that provide 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 300 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: 3 each  (or number needed to provide 1 oz equivalent M/MA) |
| Sliced Whole Wheat Bread | * Purchase sliced, whole wheat bread; 1 oz per slice (first ingredient listed is whole wheat flour) or prepare HKM Recipe 107, Whole Wheat Bread. | K-5: N/A  6-12: 1 slice |
| **Alternate Entrée:**  Pepperoni Pizza | * Purchase pre-prepared pepperoni pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 9 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat in oven according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 piece |
| Baked Beans | * Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Carrots, baby, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle with gloved hands or serving utensils. Cover and refrigerate until serving. * Weigh or count number needed per portion. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ½ cup |

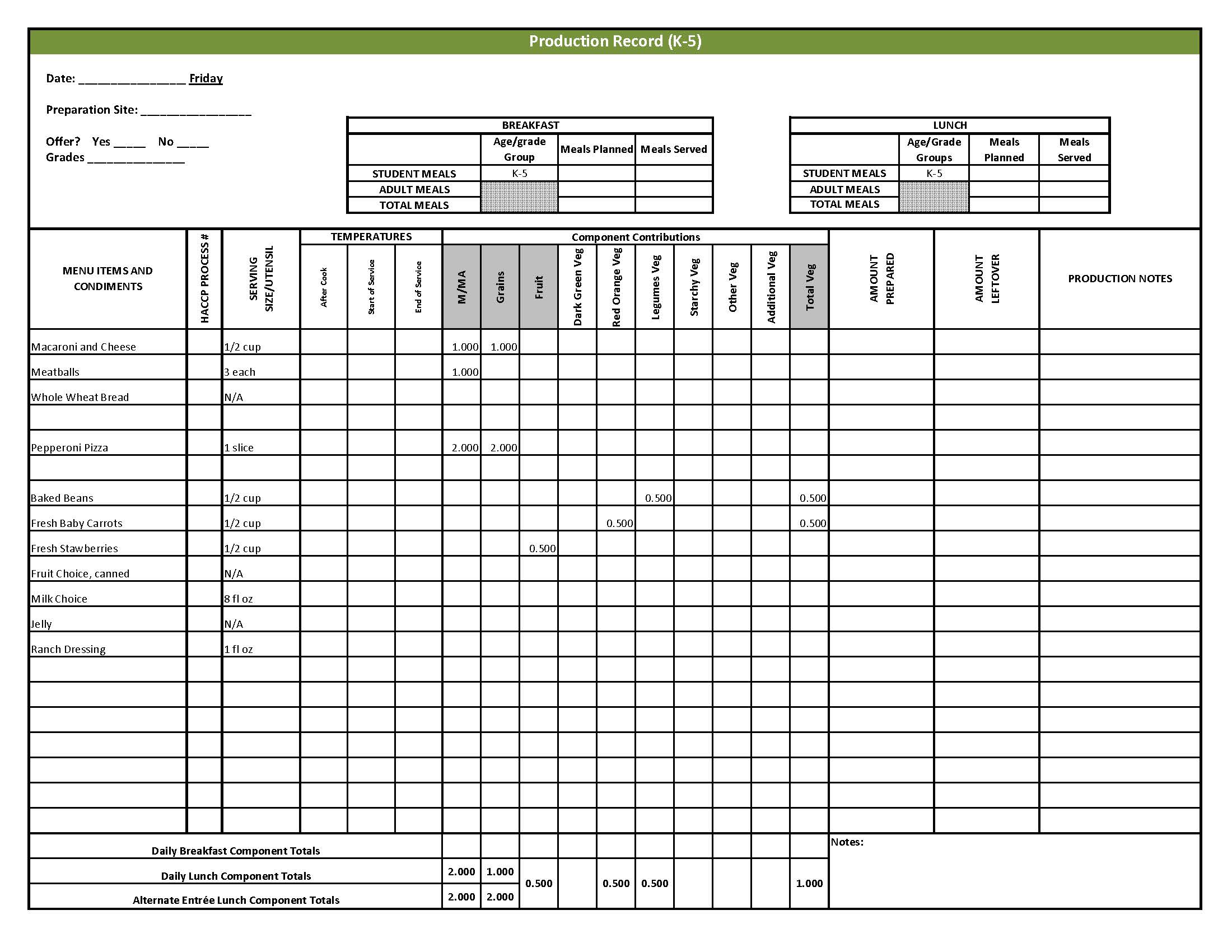
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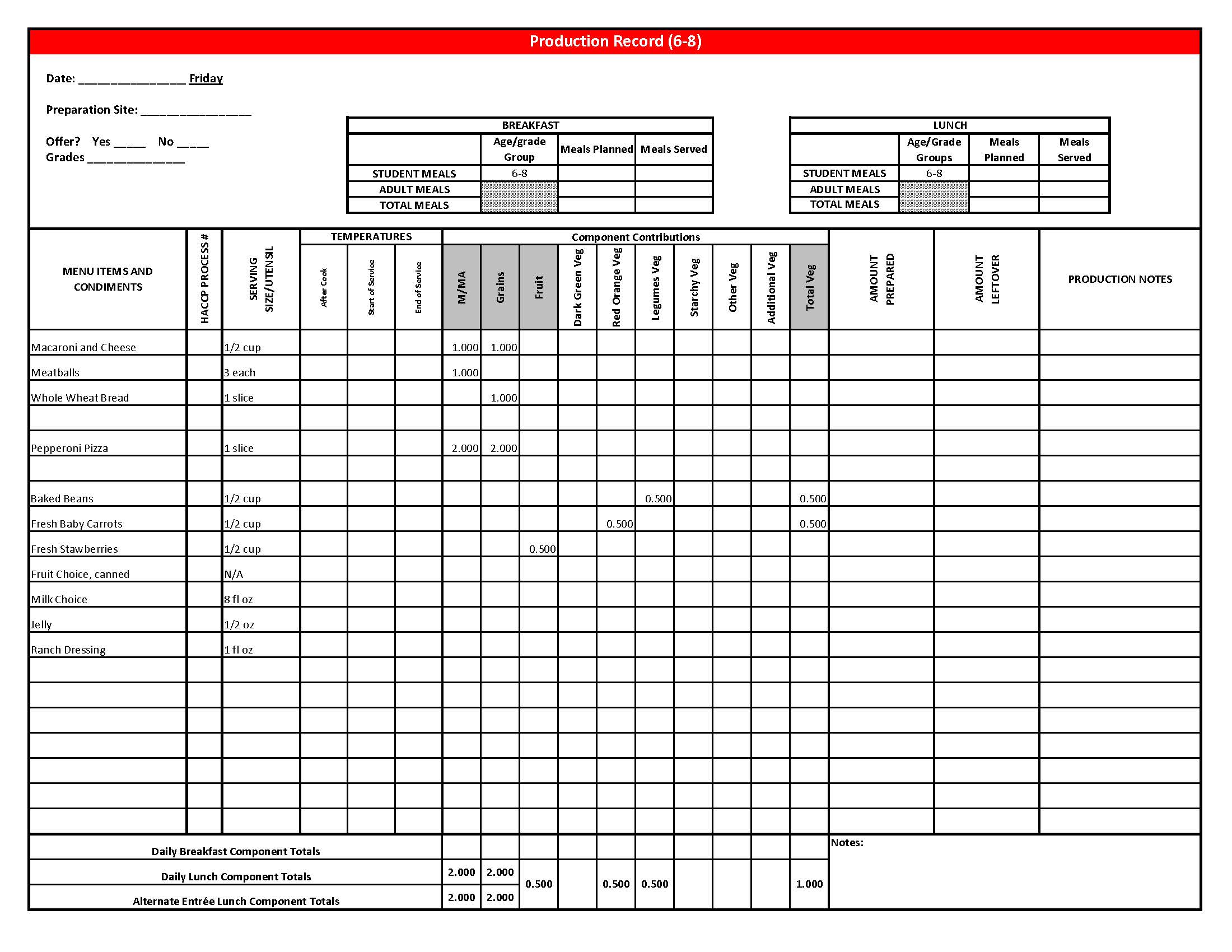
Purchasing, Preparation & Serving Instructions

Week 4 – Friday, continued

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| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Strawberries, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash strawberries. * **CCP: Refrigerate and hold at 41⁰ F or below for cold service** | K-12: ½ cup |
| Fruit Choice, canned | Select an additional fruit choice to offer on the menu.  The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.  \*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required.  The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 8 fl oz |
| Jelly | * Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. | K-5: N/A  6-12: ½ oz each **or** 1 Tbsp |
| 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 41°F or below if school-prepared dressing is served.** | K-12: 1 fl oz **or** 2 Tbsp |

**Pre-preparation for Week 1 - Monday:** None





## Fri 9-12 PR

## Fruit & Vegetable Order Guide

## **Week 4**

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 | 2 - ¼” slices | 11 lb 8 oz | 2 - ¼” slices | 11 lb 8 oz | 2 - ¼” slices | 11 lb 8 oz |
| Potatoes, French Fries, frozen, straight cup | ½ cup | 14 lb 7 oz | ½ cup | 14 lb 7 oz | ½ cup | 14 lb 7 oz |
| 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 | Chili | ¾ cup |  | ¾ cup |  | 1 cup |  |
| Tomato Juice |  | 6 lb 8 oz |  | 6 lb 8 oz |  | 8 lb 11 oz |
| Pinto Beans, canned |  | 5.5 #10 cans |  | 5.5 #10 cans |  | 7.33 #10 cans |
| Tomato, canned, Puree | 0.5 #10 can | 0.5 #10 can | 0.66 #10 can |
| Cucumber, fresh, AP | ¼ cup | 8 lb 2 oz | ¼ cup | 8 lb 2 oz | ½ cup | 16 lb 4 oz |
| Peppers, bell, fresh, red | ½ cup | 13 lb 13 oz | ½ cup | 13 lb 13 oz | ½ cup | 13 lb 13 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 4, 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 | Potatoes, dehydrated, flakes | ½ cup prepared | 4 lb | ½ cup prepared | 4 lb | ½ cup prepared | 4 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 |
| Blueberries, fresh | ½ cup | 23 lb 13 oz | ½ cup | 23 lb 13 oz | ½ cup | 23 lb 13 oz |
| Thursday | Apple Glazed Sweet Potatoes | 2 wedges  (1/4 cup) |  | 2 wedges  (1/4 cup) |  | 4 wedges  (1/2 cup) |  |
| Sweet Potatoes, whole, AP |  | 15 lb 8 oz |  | 15 lb 8 oz |  | 31 lb |
| Juice, Apple, 100% |  | ½ gal |  | ½ gal |  | 1 gal |
| Green Beans, canned | ½ cup | 4.6 #10 cans | ½ cup | 4.6 #10 cans | ½ cup | 4.6 #10 cans |
| 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 |
| Honey Apple Crisp, Whole Wheat | N/A |  | N/A |  | 1 piece |  |
| Apples, sliced, canned in water |  | N/A |  | N/A |  | 2 #10 cans |
| Friday | 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 | ½ cup | 15 lb 10 oz | ½ cup | 15 lb 10 oz | ½ cup | 15 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 |