He**althier Kansas Menus**

with Alternate Entrées

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SPRING WEEK 1 – 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.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| Hot Ham & Cheese  on a Bun  **Or**  Pork Rib on a Bun  Potato Wedges  Red Bell Pepper Strips  Fresh Apple  Canned Fruit Choice  Milk Choice | Pepperoni Pizza  **Or**  Popcorn Chicken  **Whole Wheat Roll (9-12)**  Broccoli Florets  Cherry Tomatoes  Fruit Cocktail  Fresh Fruit Choice  Milk Choice | Taco Burger  on a Bun  **Tortilla Chips (6-12)**  **Or**  Fruit, Yogurt & Granola Parfait  **Tortilla Chips (6-12)**  Tomato Salsa  Dark Green Leaf Lettuce  Refried Beans  Fresh Raspberries  Canned Fruit Choice  Milk Choice | Lasagna  Garlic Bread Stick  w/ Marinara Sauce  **Or**  Turkey & Cheese Sub Sandwich  Garden Salad  Fresh Baby Carrots  Fresh Grapes  Chocolate Chip Cookie  Canned Fruit Choice  Milk Choice | Chicken Patty  Whole Wheat Roll  **Or**  Peanut Butter & Jelly Sandwich  Mashed Potatoes  & Gravy  Steamed Asparagus  Fresh Peach  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **649**  **890**  **8.5%** | **683**  **858**  **8.4%** | **759**  **910**  **7.6%** |

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## Recipes for the Week

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Recipe Name | Recipe Number | HKM Recipe  Page Number |
| Monday | Hot Ham & Cheese on a Bun  Whole Wheat Bun | 48  877 | 20  91 |
| Tuesday | Whole Wheat Roll | 877 | 91 |
| Wednesday | Taco Burger on a Bun  Whole Wheat Bun  Tomato Salsa | 77  877  129 | 37  91  61 |
| Thursday | Lasagna  Whole Wheat Bread Stick: Garlic Variation  Garden Salad  Chocolate Chip Cookie | 40  877  164  1079 | 21  91  55  67 |
| Friday | Whole Wheat Roll | 877 | 91 |

## 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 1 – Monday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Hot Ham & Cheese on a Bun | * Purchase pre-cooked “Ham, water added”. * Prepare HKM Recipe 48, Hot Ham & Cheese on Whole Wheat Bun. Batch cook as necessary. * 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 for hot service at 135°F or above.** | K-12: 1 sandwich |
| **Alternate Entrée:**  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 |
| Potato Wedges | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. * Follow manufacturer’s directions for baking and holding. * Batch cook. May add pepper or other non-sodium seasonings. * May estimate serving sizes using measure portions as samples. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Red Bell Pepper Strips | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, core and slice bell peppers into strips. * Cover and refrigerate until serving. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ½ cup |
| 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 until serving. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ½ apple |

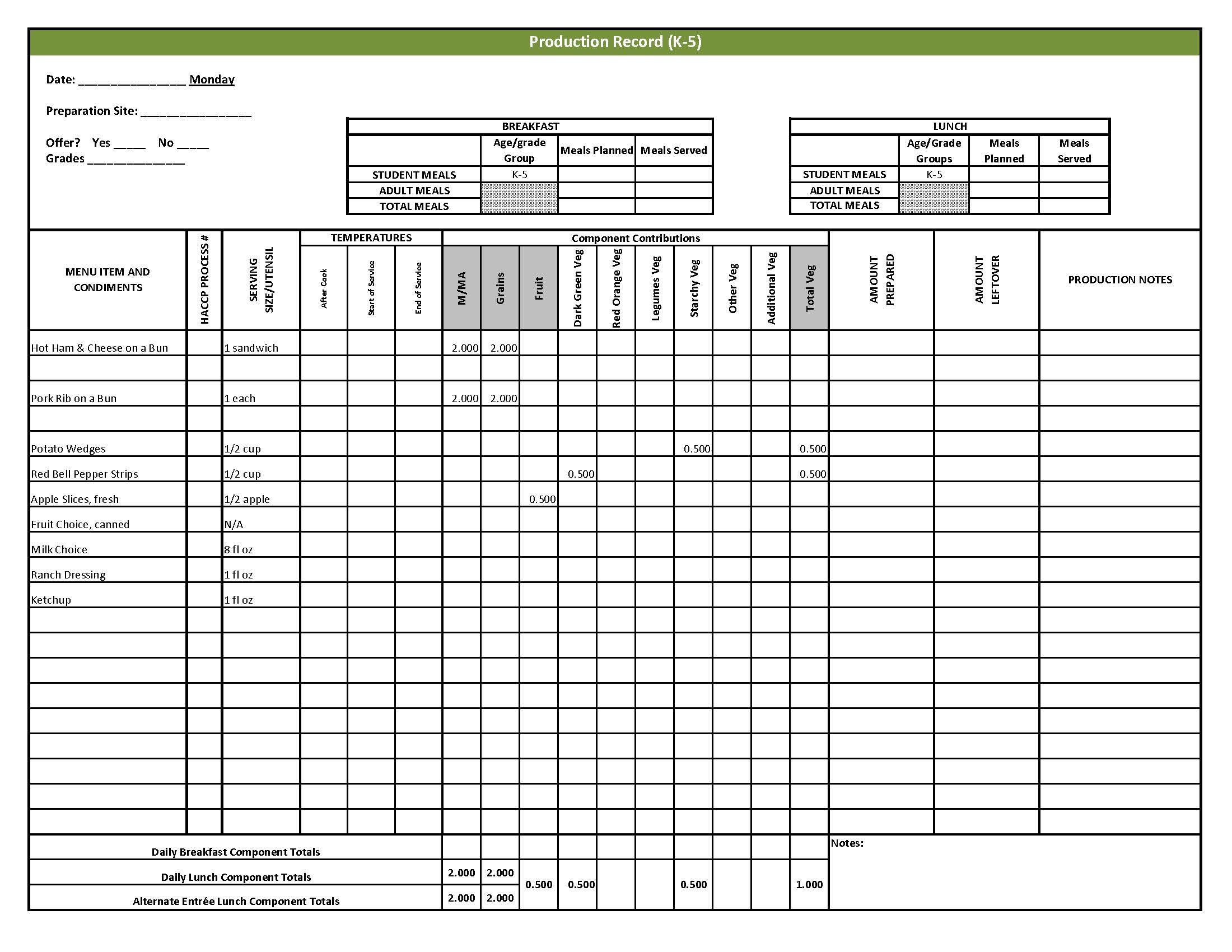
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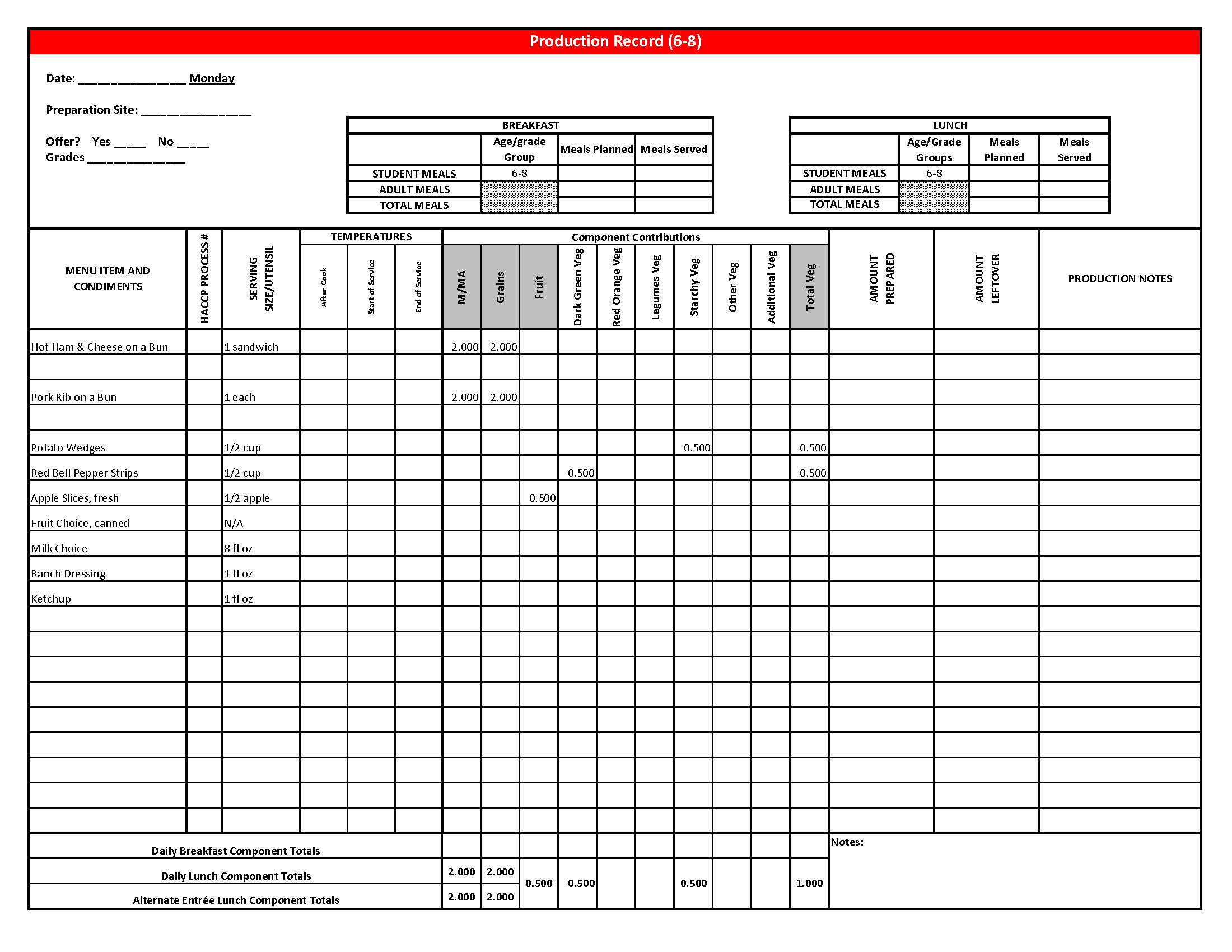
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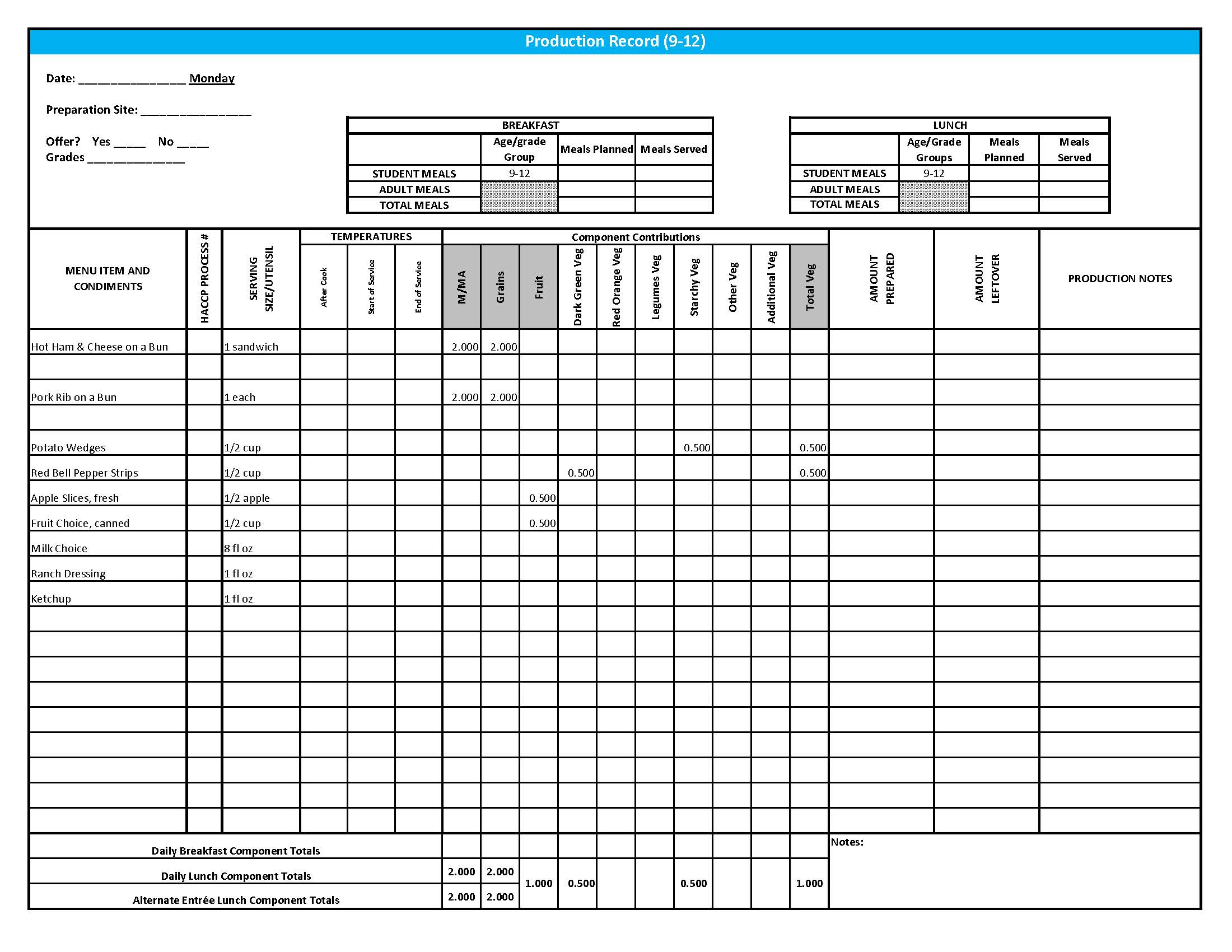
Week 1 – Monday, continued

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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 |
| 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 |
| 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 1 – Tuesday:** None







## Purchasing, Preparation & Serving Instructions

Week 1 – Tuesday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Pepperoni Pizza | * Purchase pre-prepared pepperoni pizza that provides 2 oz equivalent M/MA, 2 oz equivalent Grains, and 0.125 cup vegetables, RO; 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 |
| **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) |
| **Alternate Entrée:**  Whole Wheat Roll | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-8: N/A  9-12: 1 each (1 oz) |
| Broccoli Florets, fresh | * 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 41°F or below for cold service.** | K-8: ¼ cup  9-12: ½ cup |
| Cherry Tomatoes | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash and stem tomatoes. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 6 tomatoes  (½ cup) |

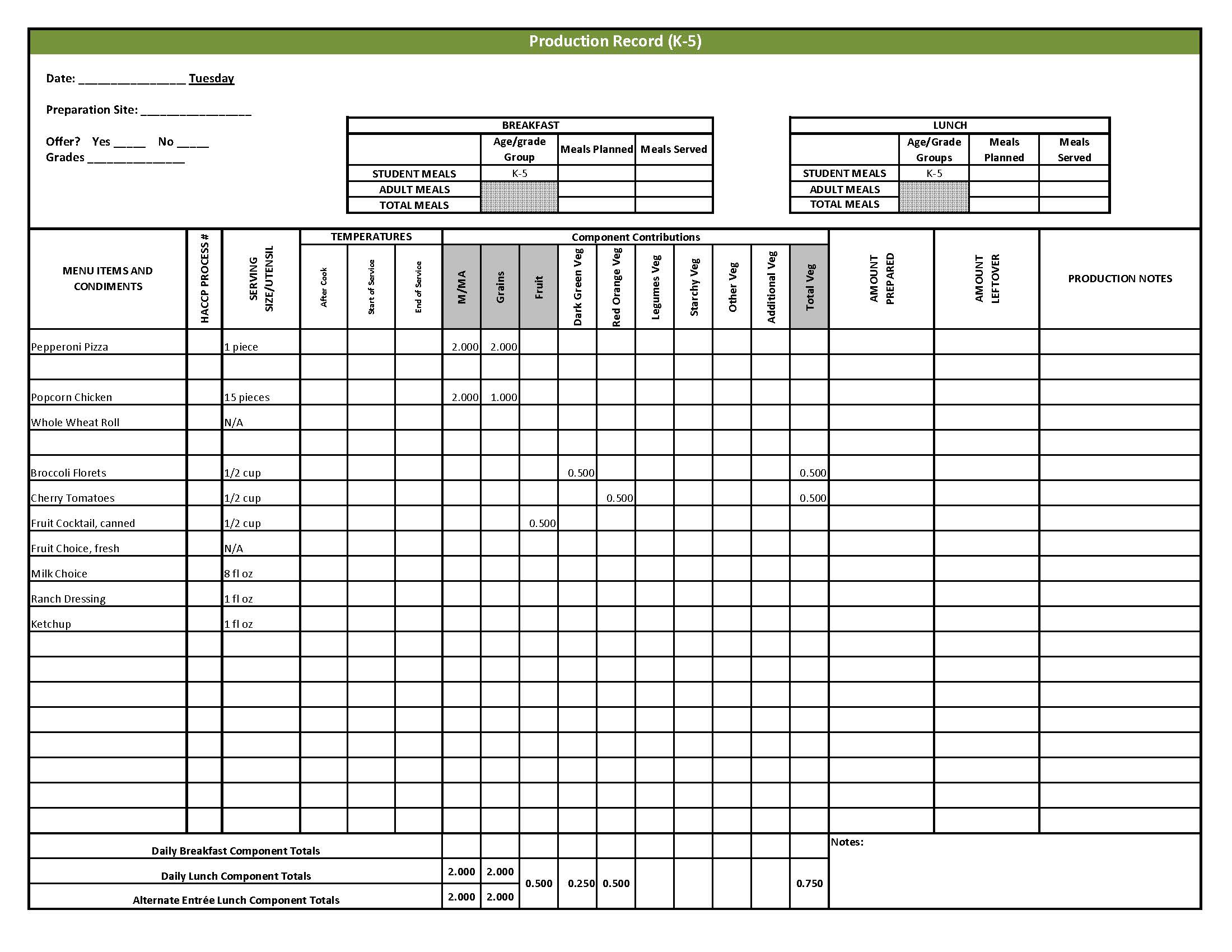
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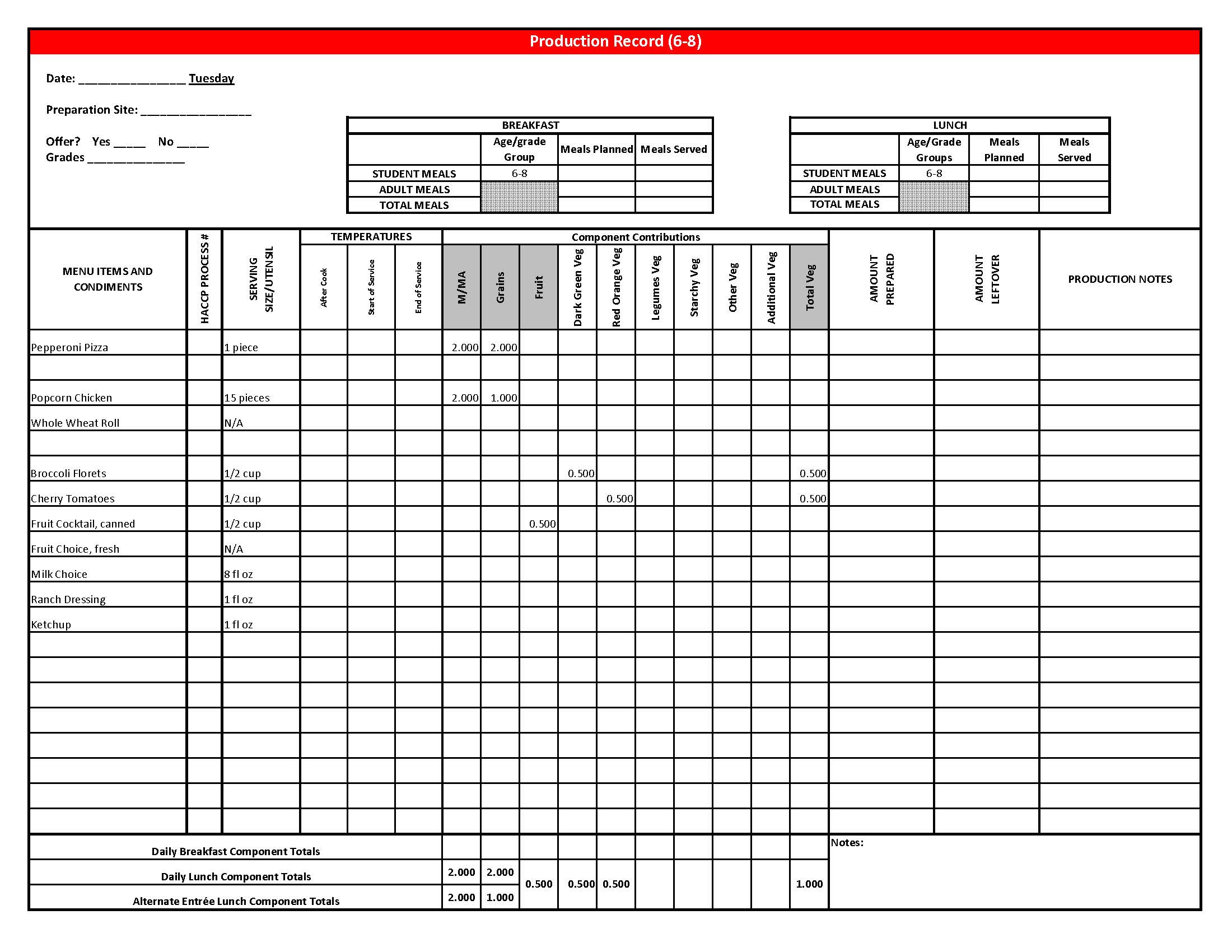
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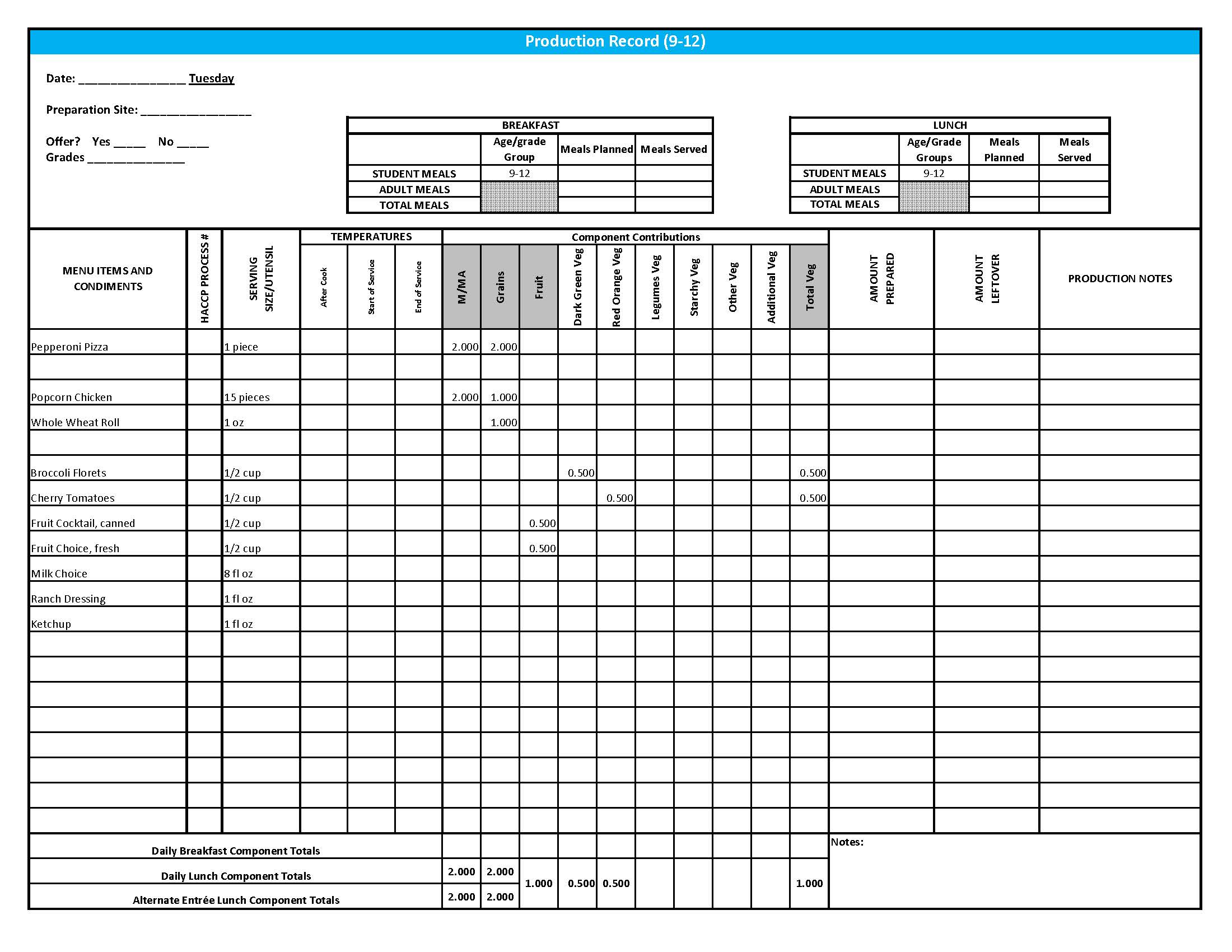
**Week 1 – Tuesday, continued**

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Fruit Cocktail, canned | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Purchase a canned product that includes peaches, pears, pineapple, grapes, and cherries packed in 100% juice or light syrup. * Chill cans overnight. Wipe tops of cans clean before opening. * Cover, drain, and refrigerate until serving. Serve with slotted utensil. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ½ cup |
| 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 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 |
| Ketchup | * Purchase in bulk or individual packets (9 gm or 12 gm). If bulk, purchase 1 #10 can or 0.8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz **or** 2 Tbsp  **or** 2 PC |

**Pre-preparation for Week 1 - Wednesday:** Thaw ground beef under refrigeration.







## Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Menu Item** | | **Purchasing & Preparation** | | **Serving** | |
| Taco Burger on a Bun | | * Prepare HKM Recipe 77, Taco Burger. * 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 for hot service at 135°F or above.** | | K-12: 1 sandwich | |
| **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 | |
| 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-5: N/A  6-12: 1 oz | |
| 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 | |
| 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 | |

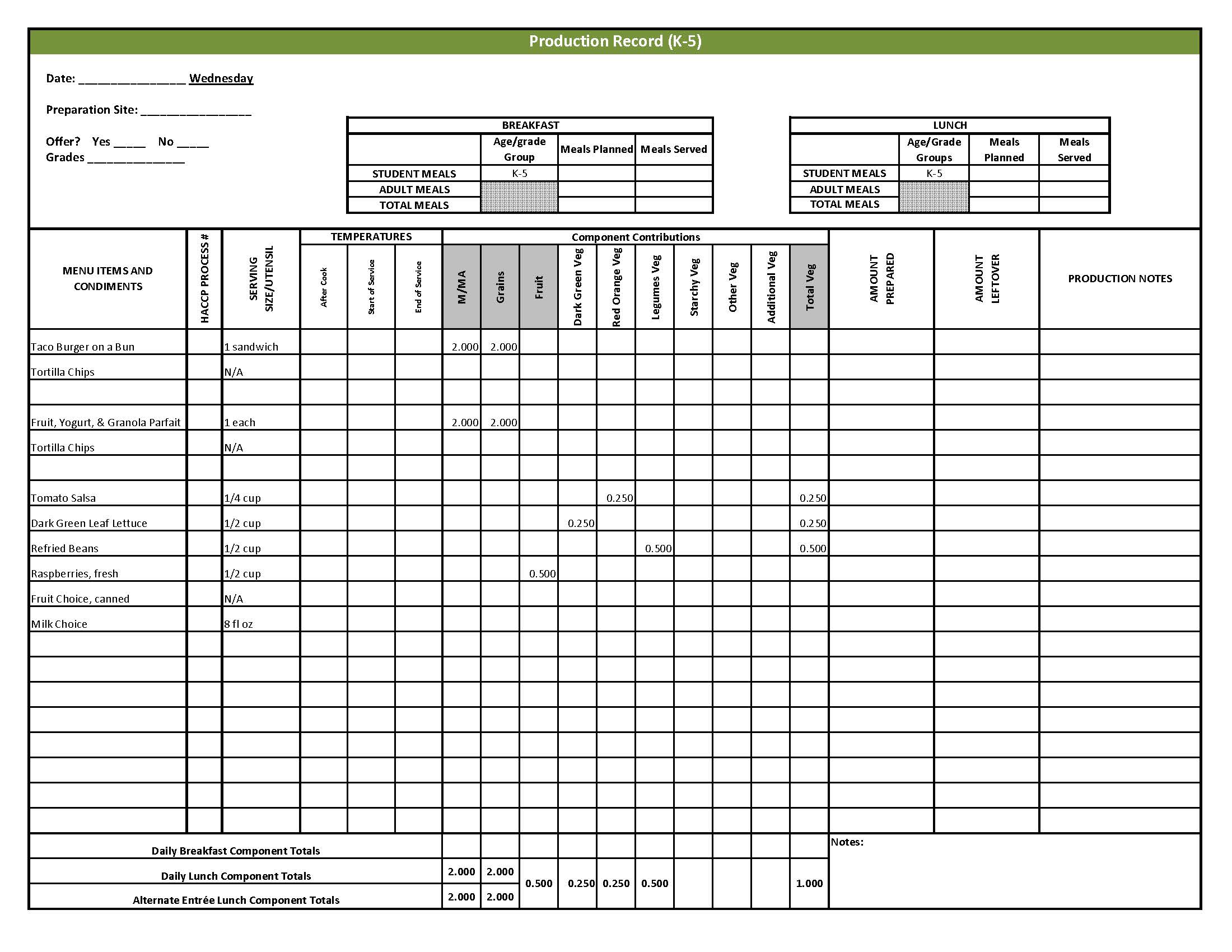
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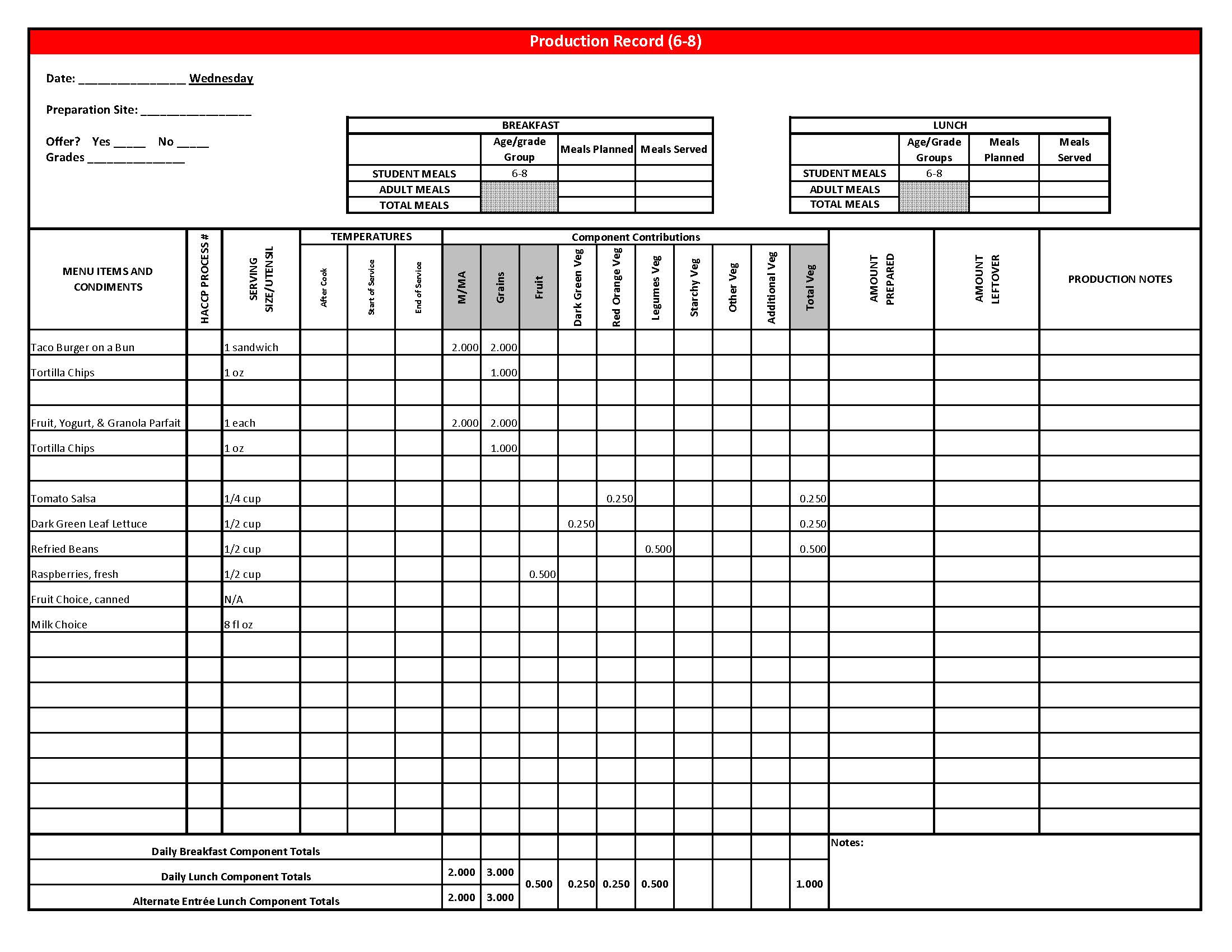
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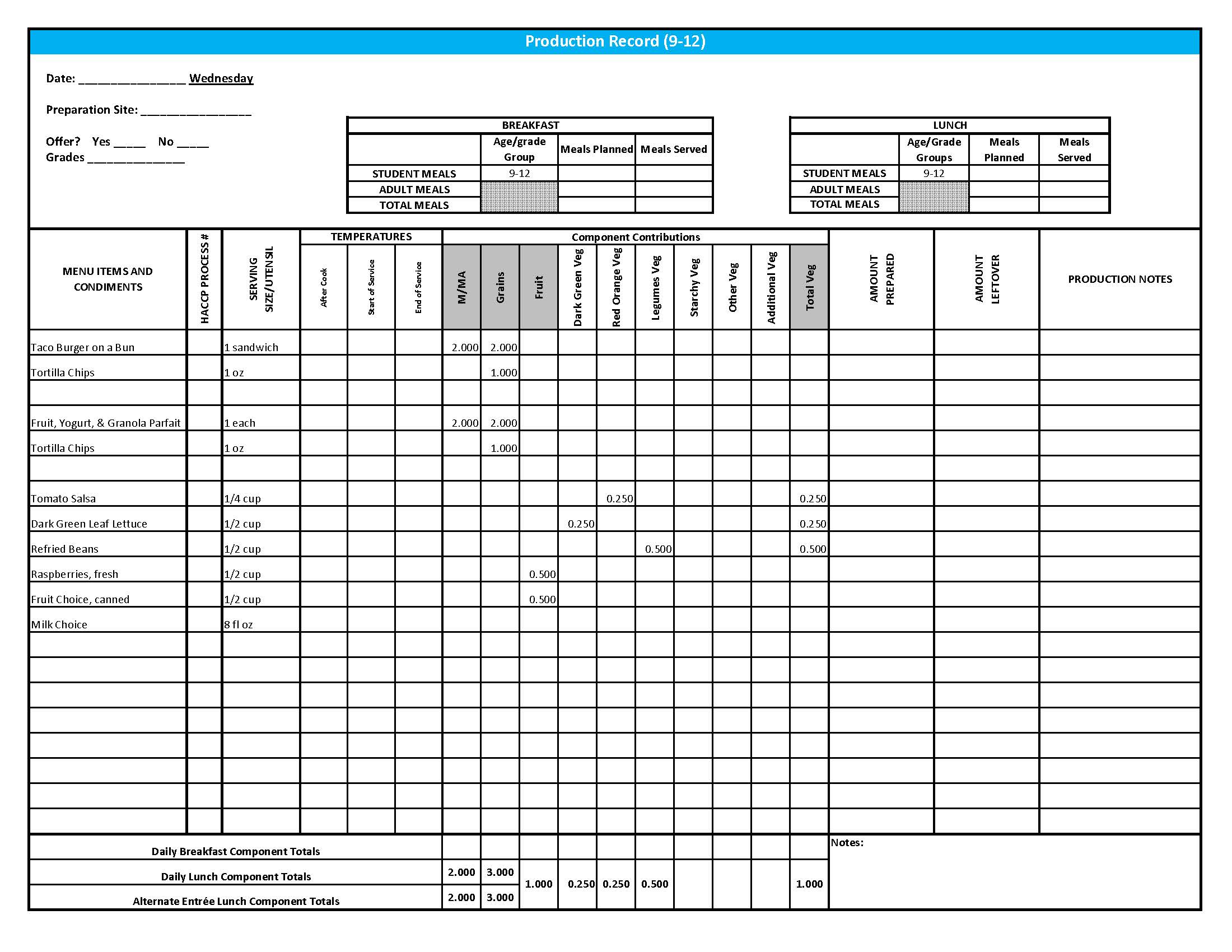
Week 1 – Wednesday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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 41°F or below for cold service.** | K-12: ¼ cup |
| Raspberries, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash raspberries. * **CCP: Refrigerate and hold at 41°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 |

**Pre-preparation for Week 1 – Thursday:** Thaw ground beef under refrigeration. Chill grapes.







Purchasing, Preparation & Serving Instructions

Week 1 – Thursday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Lasagna | * Prepare HKM Recipe 40, Lasagna. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 piece (4 x 6 cut) |
| Garlic Bread Stick | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns: Garlic Bread Stick Variation. | K-12: 1 each |
| Marinara Sauce | * Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Hold for hot service at 135°F or above.** | K-12: ¼ cup |
| **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: Refrigerate and hold at 41°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 41°F or below for cold service.** | K-12: 1 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-8: ¼ cup  9-12: 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 41°F or below for cold service.** | K-12: ½ cup |

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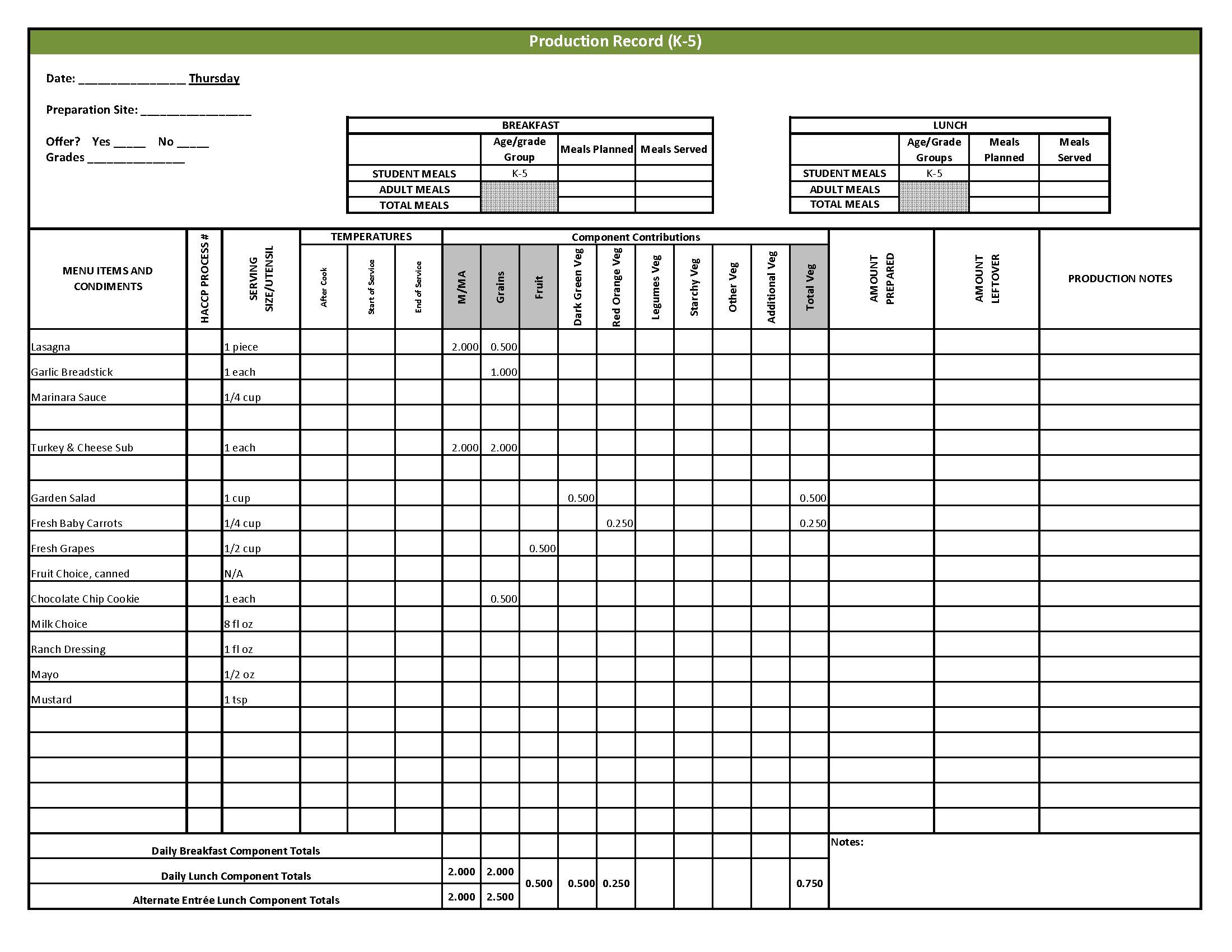
Purchasing, Preparation & Serving Instructions

Week 1 – Thursday, continued

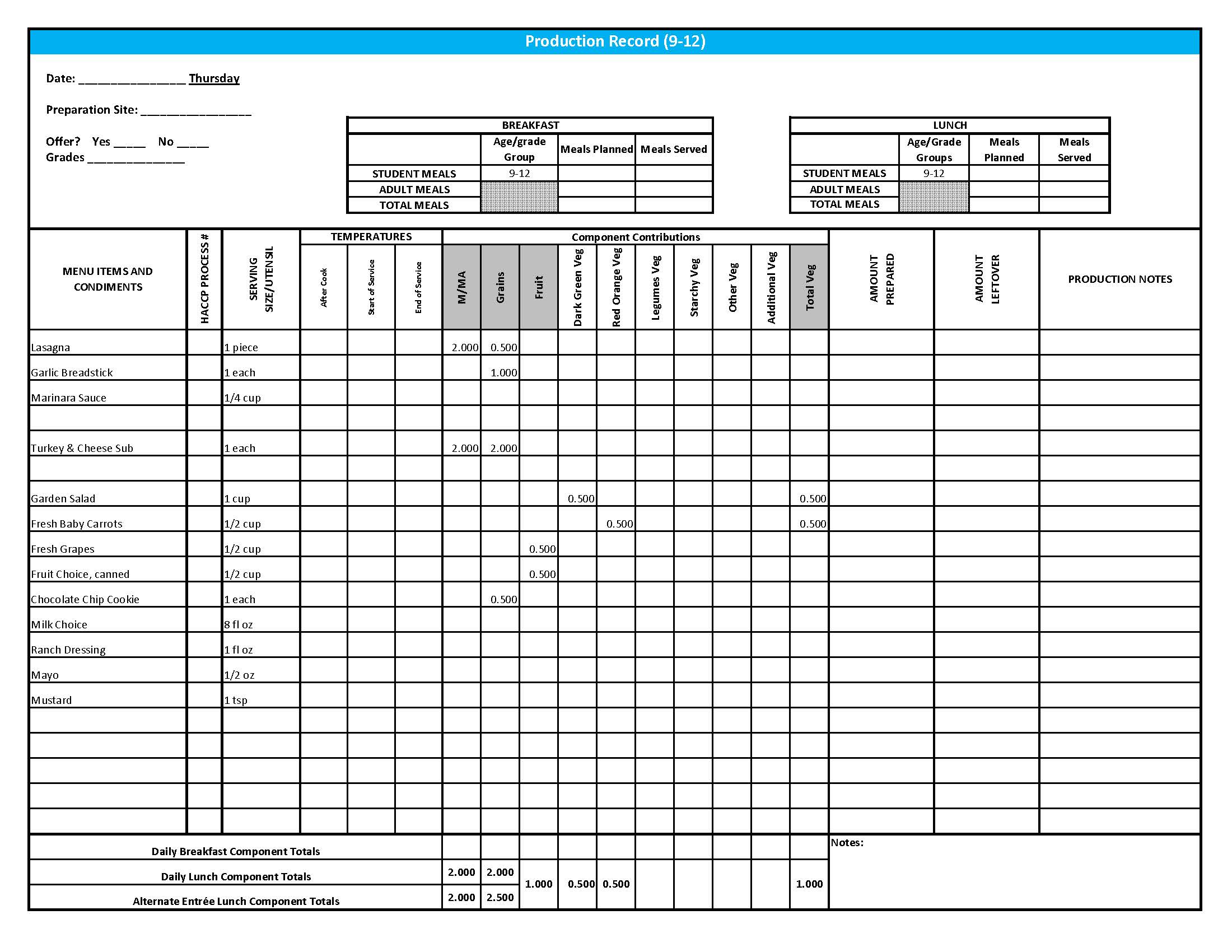
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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Chocolate Chip Cookie | * Prepare HKM Recipe1079, Chocolate Chip Cookie, Whole Grain. * This menu item will count as a grain based dessert. | K-12: 1 each |
| Milk | * Provide a variety 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 |
| Mayo-type Salad Dressing, reduced fat | * Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 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 1 - Friday:** N/A







## Purchasing, Preparation & Serving Instructions

Week 1 – Friday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Chicken Patty | * Purchase pre-cooked chicken patties that provide 2 oz equivalent M/MA, 1 oz equivalent Grains; no more than 16 gm of fat; and no more than 500 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Prepare according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 each |
| Whole Wheat Roll | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-12: 1 each  (1 oz) |
| **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 41°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 41°F or below for cold service.** | 6-12: 1 sandwich  (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal) |
| 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 |
| 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 |

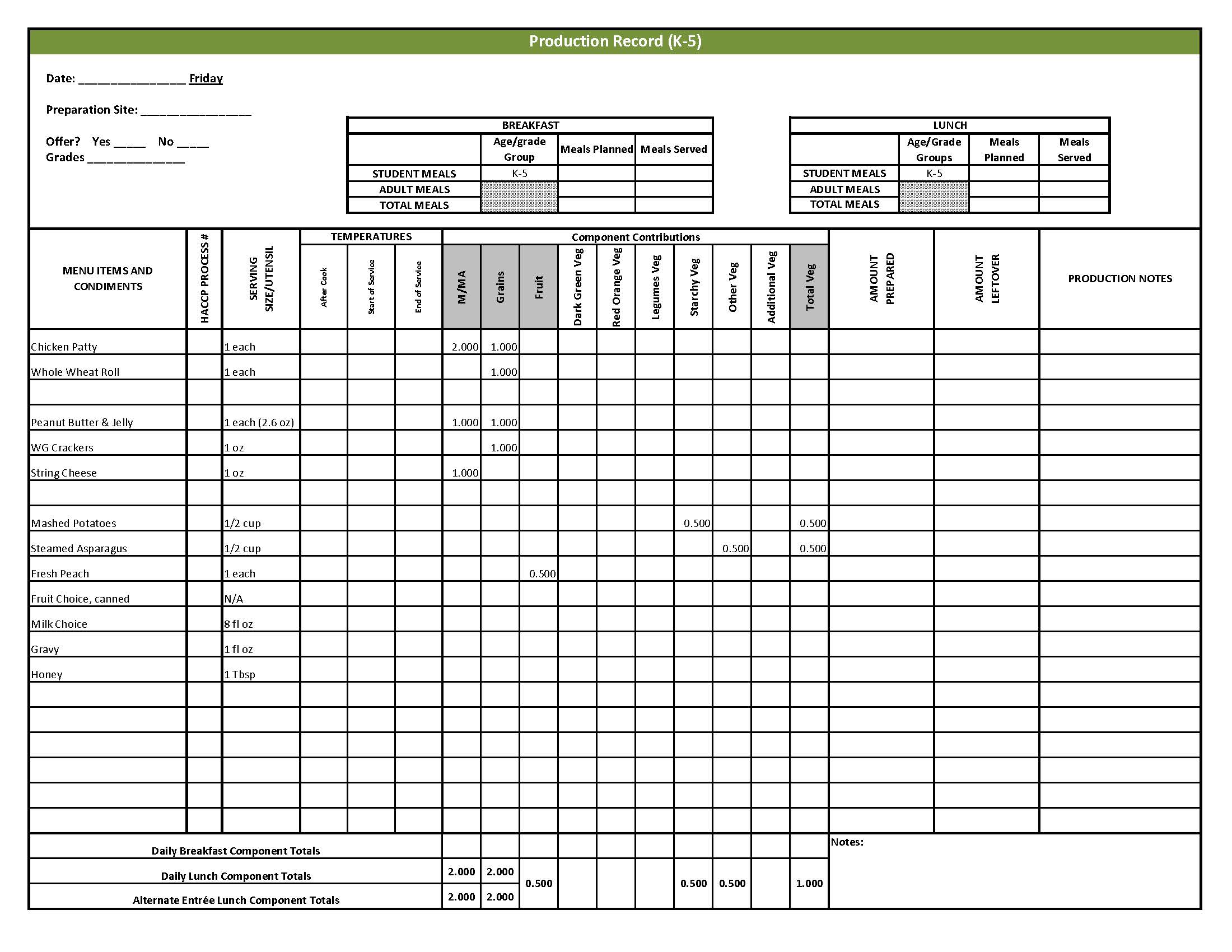
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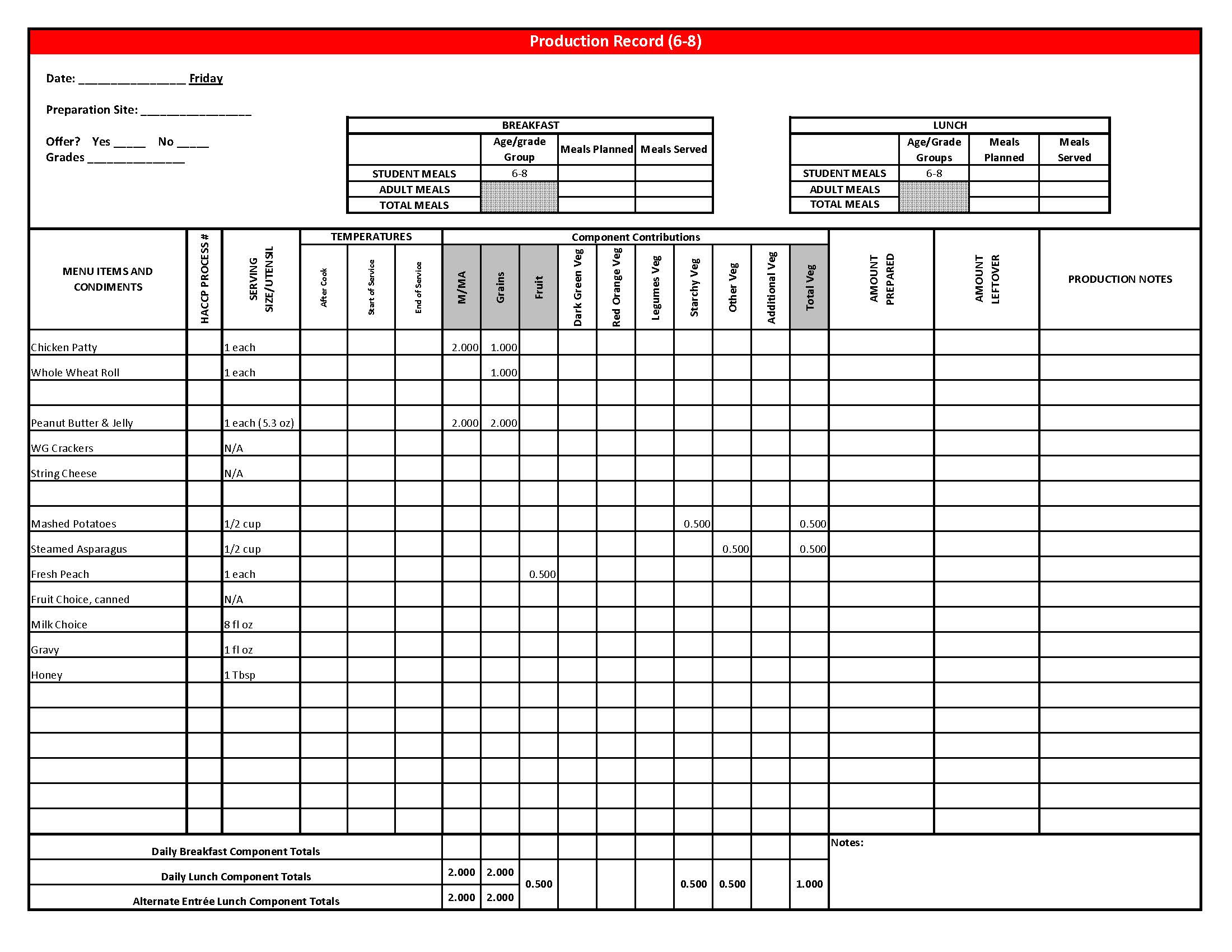
## Purchasing, Preparation & Serving Instructions

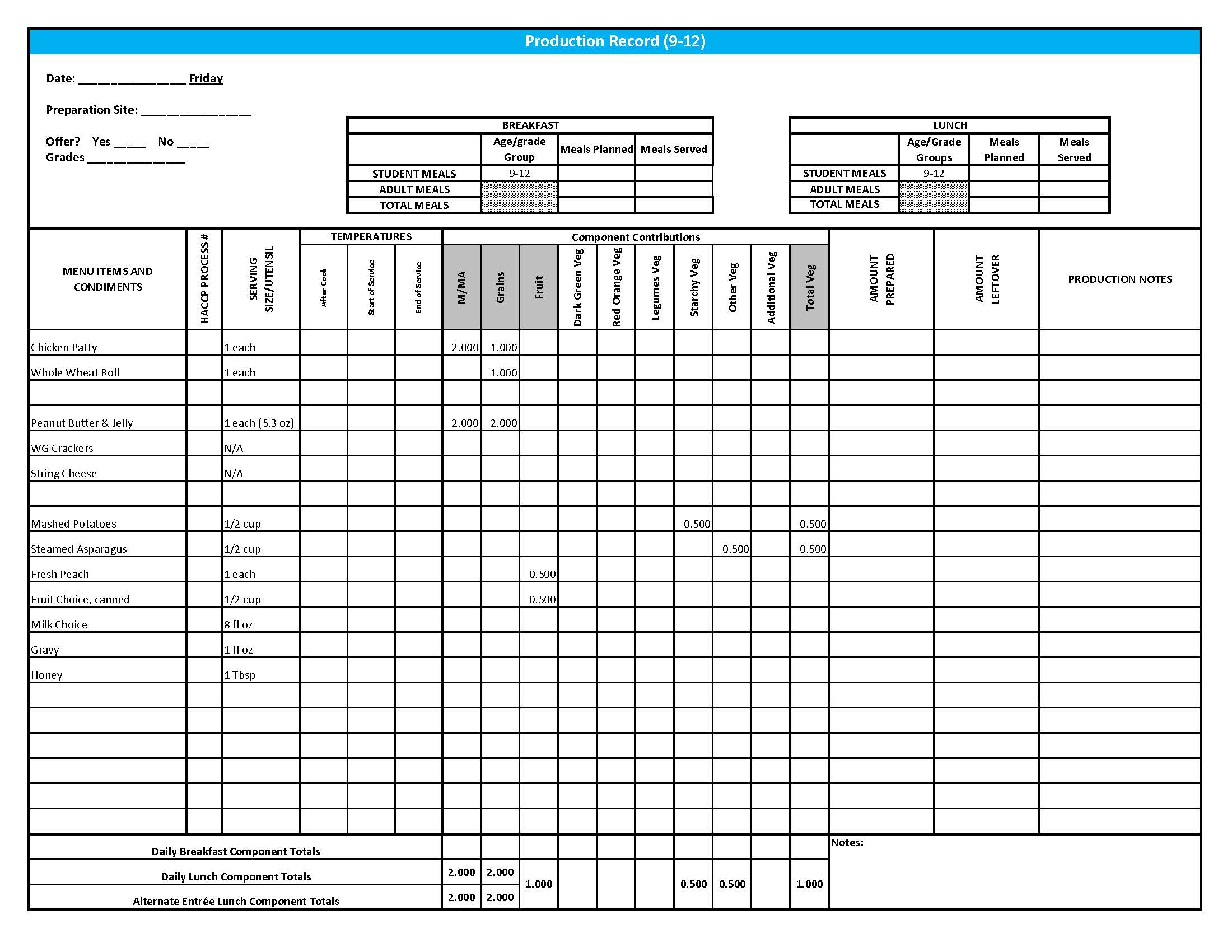
Week 1 – Friday, continued

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Asparagus, steamed | * Purchase fresh asparagus or frozen spears. * If fresh, with gloved hands, wash and remove ends. * Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Peach, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * With gloved hands, wash peaches. * Cover and refrigerate or store at room temperature until serving. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 1 peach |
| 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 |
| Honey | * Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. | K-12: 1 PC each  **or** 1 Tbsp |

**Pre-preparation for Week 2 - Monday:** Chill canned pears.







Fruit & Vegetable Order Guide

## **Week 1**

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 | Potato Wedges, frozen, ovenable, unseasoned | ½ cup | 19 lb | ½ cup | 19 lb | ½ cup | 19 lb |
| Red Bell Pepper, AP | ½ cup | 13 lb 13 oz | ½ cup | 13 lb 13 oz | ½ cup | 13 lb 13 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 | Broccoli, florets, fresh, EP | ½ cup | 7 lb | ½ cup | 7 lb | ½ cup | 7 lb |
| Tomatoes, cherry, AP | 6 tomatoes | 16 lb 10 oz | 6 tomatoes | 16 lb 10 oz | 6 tomatoes | 16 lb 10 oz |
| Fruit Cocktail, canned in 100% juice or light syrup | ½ cup | 5.5 #10 cans | ½ cup | 5.5 #10 cans | ½ cup | 5.5 #10 cans |

Fruit & Vegetable Order Guide

**Week 1,** 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 | Taco Meat | ¼ cup |  | ¼ cup |  | ¼ cup |  |
| Tomato Paste, canned |  | 3 cups |  | 3 cups |  | 3 cups |
| Lettuce, Dark Green Leafy, AP | ½ cup | 9 lb 7 oz | ½ cup | 9 lb 7 oz | ½ cup | 9 lb 7 oz |
| 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 |
| Picante Sauce **OR** | ¼ cup | 1.6 gallons | ¼ cup | 1.6 gallons | ¼ cup | 1.6 gallons |
| 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 |
| Raspberries, fresh | ½ cup | 16 lb 10 oz | ½ cup | 16 lb 10 oz | ½ cup | 16 lb 10 oz |
| Thursday | Lasagna | 1 piece |  | 1 piece |  | 1 piece |  |
| Spaghetti Sauce, canned |  | 1.5 #10 cans |  | 1.5 #10 cans |  | 1.5 #10 cans |
| Tomatoes, diced, canned | 1 #10 can | 1 #10 can | 1 #10 can |
| Marinara Sauce, canned | ¼ cup | 2.1 #10 cans | ¼ cup | 2.1 #10 cans | ¼ cup | 2.1 #10 cans |
| Grapes, fresh, AP | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz |
| Carrots, baby, fresh, EP | ¼ cup | 7 lb 13 oz | ¼ cup | 7 lb 13 oz | ½ cup | 15 lb 10 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 |

Fruit & Vegetable Order Guide

**Week 1, 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 | Potatoes, dehydrated, flakes | ½ cup prepared | 4 lb | ½ cup prepared | 4 lb | ½ cup prepared | 4 lb |
| Asparagus, fresh | ½ cup | 41 lb 13 oz | ½ cup | 41 lb 13 oz | ½ cup | 41 lb 13 oz |
| Peaches, fresh, 80 count, AP | 1 each | 22 lb 5 oz or 100 each | 1 each | 22 lb 5 oz or 100 each | 1 each | 22 lb 5 oz or 100 each |