
Healthier Kansas Menus with Alternate Entrées

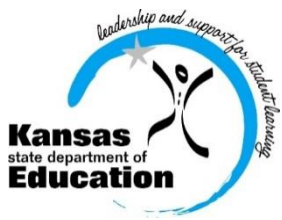


SPRING WEEK 2 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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For further information about this publication, please contact: Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, www.kn-eat.org

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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	
Sweet and Sour Chicken Nuggets Seasoned Brown Rice Or Yogurt & Blueberry Oat Muffin Plate Asian Fresh Vegetables Cherry Tomatoes Fresh Pear Canned Fruit Choice Milk Choice	Super Nachos Or Chicken Crispito Romaine Lettuce Southwestern Lentils Tomato Salsa Fresh Plum Canned Fruit Choice Milk Choice	Cheese Breadsticks w/ Marinara Sauce Or Grilled Chicken Sandwich Seasoned Corn Tossed Salad Fresh Watermelon Canned Fruit Choice Milk Choice	Pulled Pork Sandwich Or Hamburger on a Bun Creamy Cole Slaw Baked Beans Applesauce Fresh Fruit Choice Milk Choice	Rock and Roll Beef Wrap Or Cheese Pizza Steamed Carrots Broccoli Florets Fresh Orange Cherry Crisp (6-12) Canned Fruit Choice Milk Choice	Calories	627	664	790
					Sodium (mg)	706	722	772
					% of Total Calories from Sat. Fat	8.8%	8.6%	8.8%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Sweet and Sour Chicken Nuggets	143	36
	Seasoned Brown Rice	142	80
	Asian Fresh Vegetables	141	49
	Blueberry Oat Muffin	28	64
Tuesday	Super Nachos	140	35
	Taco Meat	76	39
	Cheese Sauce	139	9
	Tomato Salsa	129	61
	Southwestern Lentils	138	58
Wednesday	Cheese Breadstick	125	8
	Tossed Salad	74	62
Thursday	Pulled Pork Sandwich	136	29
	Whole Wheat Bun	877	91
	Baked Beans	188	46
	Creamy Cole Slaw	20	52
Friday	Rock and Roll Beef Wraps	133	30
	Cherry Crisp, Whole Wheat	82	65

Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

* For example, purchase pre-portioned servings of condiments.

Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

Purchasing, Preparation & Serving Instructions

Week 2 – Monday

Menu Item	Purchasing & Preparation	Serving
Sweet and Sour Chicken Nuggets	<ul style="list-style-type: none"> Prepare HKM Recipe 143, Sweet and Sour Chicken Nuggets. Purchase whole grain rich, chicken nuggets that provide 2 oz equivalent M/MA and 1 oz equivalent Grains per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. CCP: Hold for hot service at 135°F or above. 	K-12: 5 nuggets (or number needed to meet 2 oz M/MA and 1 oz eq Grains)
Seasoned Brown Rice	<ul style="list-style-type: none"> Prepare HKM Recipe 142, Seasoned Brown Rice. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Alternate Entrée: Yogurt & Blueberry Oat Muffin Meal	<ul style="list-style-type: none"> Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain. Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8oz yogurt, 2 muffins each
Asian Fresh Vegetables	<ul style="list-style-type: none"> Prepare HKM Recipe 141, Asian Fresh Vegetables. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Cherry Tomatoes	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and stem tomatoes. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 3 whole tomatoes (¼ cup) 9-12: 6 whole tomatoes (½ cup)
Pear, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash pears. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 each
Fruit Choice, canned	<ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *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

Continued on next page

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

Menu Item	Purchasing & Preparation	Serving
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> • Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. • CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 2 – Tuesday: 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 _____																																																									
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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																																										
Sweet and Sour Chicken Nuggets		1 serving				2.000	1.000																																																		
Seasoned Brown Rice		1/2 cup					1.000																																																		
Yogurt & Muffins		8oz/2 each				2.000	2.000																																																		
Asian Fresh Vegetables		1/2 cup							0.125	0.125				0.250	0.500																																										
Cherry Tomatoes		1/4 cup								0.250					0.250																																										
Fresh Pear		1 each						0.500																																																	
Fruit Choice, canned		N/A																																																							
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						2.000	2.000							0.250	0.750																																										
Alternate Entrée Lunch Component Totals						2.000	2.000	0.500	0.125	0.375																																															

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Offer? Yes _____ No _____																																																									
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Seasoned Brown Rice		1/2 cup					1.000																																																		
Yogurt & Muffins		8oz/2 each				2.000	2.000																																																		
Asian Fresh Vegetables		1/2 cup							0.125	0.125				0.250	0.500																																										
Cherry Tomatoes		1/2 cup								0.500					0.500																																										
Fresh Pear		1 each						0.500																																																	
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Daily Lunch Component Totals						2.000	2.000	1.000	0.125	0.625				0.250	1.000																																										
Alternate Entrée Lunch Component Totals						2.000	2.000																																																		

Purchasing, Preparation & Serving Instructions Week 2 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Super Nachos	<ul style="list-style-type: none"> Prepare HKM Recipe 140, Super Nachos (see following for information on sub-recipes used in Super Nachos recipe) CCP: Hold for hot service at 135°F or above. 	K-12: 1 plate
Taco Meat	<ul style="list-style-type: none"> Prepare HKM Recipe 76, Taco Meat. CCP: Hold for hot service at 135°F or above. 	K-12: ¼ cup
Cheese Sauce	<ul style="list-style-type: none"> Prepare HKM Recipe 139, Cheese Sauce. CCP: Hold for hot service at 135°F or above. 	K-8: 1/8 cup (#30 scoop) 9-12: ¼ cup (#16 scoop)
Tortilla Chips	<ul style="list-style-type: none"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	K-8: 1 oz 9-12: 2 oz
Alternate Entrée: Crispito, chicken chili	<ul style="list-style-type: none"> Purchase Crispito providing 1 oz equivalent M/Ma and 1 oz equivalent Grain, no more than 14 gm of fat; and no more than 370 mg sodium per piece. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. 	K-8: 1 each 9-12: 2 each
Romaine Lettuce	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> 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 Salsa	<ul style="list-style-type: none"> Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. Refer to <i>Fruit & Vegetable Order Guide</i> 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

Continued on next page

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

Menu Item	Purchasing & Preparation	Serving
Southwestern Lentils	<ul style="list-style-type: none"> • Prepare HKM Recipe 138, Southwestern Lentils. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. 	K-8: ¼ cup 9-12: ½ cup
Plum, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash plums. • Cover and refrigerate or store at room temperature until serving. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 each
Fruit Choice, canned	<ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz

Pre-preparation for Week 2 - Wednesday: Cut and chill watermelon.

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Tortilla Chips		1 oz					1.000																																																		
Taco Meat		1/4 cup				1.500																																																			
Cheese Sauce		1/8 cup				0.250																																																			
Crispito, chicken chili		1 each				1.000	1.000																																																		
Tomato Salsa		1/4 cup								0.250					0.250																																										
Romain Lettuce		1/2 cup							0.250						0.250																																										
Southwestern Lentils		1/4 cup									0.125			0.125	0.250																																										
Fresh Plum		1 each						0.500																																																	
Fruit Choice, canned		N/A																																																							
Milk Choice		8 fl oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						1.750	1.000	0.500	0.250	0.250	0.125			0.125	0.750																																										
Alternate Entrée Lunch Component Totals						1.000	1.000																																																		

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		
			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					
Tortilla Chips		1 oz					1.000													
Taco Meat		1/4 cup				1.500														
Cheese Sauce		1/8 cup				0.250														
Crispito, chicken chili		1 each				1.000	1.000													
Tomato Salsa		1/4 cup							0.250							0.250				
Romain Lettuce		1/2 cup							0.250							0.250				
Southwestern Lentils		1/4 cup								0.125				0.125	0.250					
Fresh Plum		1 each						0.500												
Fruit Choice, canned		N/A																		
Milk Choice		8 fl oz																		
Daily Breakfast Component Totals																				
Daily Lunch Component Totals						1.750	1.000													
Alternate Entrée Lunch Component Totals						1.000	1.000	0.500	0.250	0.250	0.125				0.125	0.750				

Notes: _____

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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Preparation Site: _____																																																									
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Tortilla Chips		2 oz					2.000																																																		
Taco Meat		1/4 cup				1.500																																																			
Cheese Sauce		1/4 cup				0.500																																																			
Crispito, chicken chili		2 each				2.000	2.000																																																		
Tomato Salsa		1/4 cup							0.250						0.250																																										
Romain Lettuce		1/2 cup							0.250						0.250																																										
Southwestern Lentils		1/2 cup								0.250				0.250	0.500																																										
Fresh Plum		1 each						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
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Purchasing, Preparation & Serving Instructions

Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Cheese Breadsticks	<ul style="list-style-type: none"> • Prepare HKM Recipe 126, Cheese Breadsticks. • CCP: Hold for hot service at 135°F or above. 	K-12: 2 breadsticks
Marinara Sauce	<ul style="list-style-type: none"> • Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. 	K-12: ¼ cup
Alternate Entrée: Grilled Chicken Sandwich	<ul style="list-style-type: none"> • Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Prepare according to manufacturer's instructions. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
Corn, steamed	<ul style="list-style-type: none"> • Purchase frozen or canned corn. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • If using canned corn, wipe tops of cans clean before opening. • Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid. • CCP: Hold for hot service at 135° F or above. 	K-12: ½ cup
Tossed Salad	<ul style="list-style-type: none"> • Prepare HKM Recipe 74, Tossed Salad. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 cup

Continued on next page

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

Menu Item	Purchasing & Preparation	Serving
Watermelon, Fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and cut into ½” cubes. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. 	K-12: 1 tsp

Pre-preparation for Week 2 – Thursday: Thaw pulled pork under refrigeration. Chill applesauce.

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Cheese Breadstick		2 breadsticks				2.000	2.000																																																		
Marinara Sauce		1/4 cup																																																							
Grilled Chicken Sandwich		1 each				2.000	2.000																																																		
Seasoned Corn		1/2 cup											0.500			0.500																																									
Tossed Salad		1 cup							0.500							0.500																																									
Fresh Watermelon		1/2 cup						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
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Mayo		1/2 oz																																																							
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Purchasing, Preparation & Serving Instructions

Week 2 – Thursday

Menu Item	Purchasing & Preparation	Serving
Pulled Pork Sandwich	<ul style="list-style-type: none"> • Prepare HKM Recipe 136, Pulled Pork Sandwich. • Purchase pre-prepared pulled pork that provides 2 oz equivalent M/MA, contains no more than 500 mg of sodium and no more than 13 g of fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • 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: Hamburger on a Bun	<ul style="list-style-type: none"> • 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
Creamy Cole Slaw	<ul style="list-style-type: none"> • Prepare HKM Recipe 20, Creamy Cole Slaw. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase pre-shredded green cabbage. • CCP: Hold for cold service at 41°F or below. 	K-12: ½ cup
Baked Beans	<ul style="list-style-type: none"> • Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Applesauce, unsweetened	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Chill cans overnight. Wipe can tops clean before opening. • Cover and refrigerate until serving. • With gloved hands, wash strawberries. • CCP: Refrigerate and hold at 41°F or below for cold service 	K-12: ½ cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 2 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, fresh	<ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. 	K-12: 1 fl oz or 2 Tbsp or 2 PC
Mustard	<ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. 	K-12: 1 tsp

Pre-preparation for Week 2 - Friday: N/A

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Hamburger on a Bun		1 each				2.000	2.000																																																		
Creamy Cole Slaw		1/2 cup												0.500	0.500																																										
Baked Beans		1/2 cup									0.500				0.500																																										
Applesauce, canned		1/2 cup						0.500																																																	
Fruit Choice, fresh		N/A																																																							
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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Purchasing, Preparation & Serving Instructions Week 2 – Friday

Menu Item	Purchasing & Preparation	Serving
Rock and Roll Beef Wraps	<ul style="list-style-type: none"> • Prepare HKM Recipe 133, Rock and Roll Beef Wraps. • Purchase 8” whole grain rich tortillas weighing 1.5 oz each. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 wrap
Alternate Entrée: Cheese Pizza	<ul style="list-style-type: none"> • Purchase pre-prepared cheese pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Heat in oven according to manufacturer’s instructions. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 piece
Carrots, Steamed	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Batch cook by steaming or by 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
Broccoli Florets	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. • Wash broccoli. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: ¼ cup 9-12: ½ cup
Orange Wedges, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #138. • Handle with gloved hands. Rinse peel. • Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half. • Cover and refrigerate. • CCP: Hold for cold service at 41°F or below. 	K-12: 1 orange

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

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Cherry Crisp, Whole Wheat	<ul style="list-style-type: none"> • Prepare HKM Recipe 65 Cherry Crisp, Whole Wheat. • This menu item will count as a grain based dessert. 	K-5: N/A 6-12: 1 piece
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz

Pre-preparation for Week 3 - Monday: Thaw chicken under refrigeration.

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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ADULT MEALS																																																									
TOTAL MEALS																																																									
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES																																							
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Rock and Roll Beef Wraps		1 wrap				2.000	2.000																																																		
Cheese Pizza		1 slice				2.000	2.000																																																		
Steamed Carrots		1/2 cup								0.500						0.500																																									
Broccoli Florets		1/2 cup							0.500							0.500																																									
Orange Wedges, fresh		1 orange						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
Whole Grain Cherry Crisp		1 piece					0.500	0.250																																																	
Milk Choice		8 fl oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						2.000	2.500																																																		
Alternate Entrée Lunch Component Totals						2.000	2.500	1.250	0.500	0.500						1.000																																									

Fruit & Vegetable Order Guide Week 2

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

Abbreviations Key: EP = Edible Portion AP = As Purchased lb = Pound oz = ounce # = Number

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Sweet and Sour Chicken Nuggets (Sauce)	5 nuggets		5 nuggets		5 nuggets	
	Juice, pineapple, 100% juice		2 lb		2 lb		2 lb
	Asian Fresh Vegetables	½ cup		½ cup		½ cup	
	Cabbage, AP		3 lb 10 oz		3 lb 10 oz		3 lb 10 oz
	Peas, green, frozen		2 lb 10 oz		2 lb 10 oz		2 lb 10 oz
	Broccoli, florets, AP		1 lb 12 oz		1 lb 12 oz		1 lb 12 oz
	Carrots, sliced or crinkle, frozen		5 lb 4 oz		5 lb 4 oz		5 lb 4 oz
	Peppers, bell, green, AP		2 lb 10 oz		2 lb 10 oz		2 lb 10 oz
	Cherry Tomatoes, fresh, AP	3 tomatoes	8 lb 5 oz	3 tomatoes	8 lb 5 oz	6 tomatoes	16 lb 10 oz
	Pear, fresh, 120 count, AP	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each
	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

Fruit & Vegetable Order Guide

Week 2, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Tuesday	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	Picante Sauce OR	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups
	Tomato Salsa	¼ cup		¼ cup		¼ cup	
	Tomatoes, crushed, salsa-ready, canned		2 #10 cans		2 #10 cans		2 #10 cans
	Peppers, jalapeno, canned		4 oz		4 oz		4 oz
	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz
	Southwestern Lentils	¼ cup		¼ cup		½ cup	
	Lentils, brown, AP		2 lb 2 oz		2 lb 2 oz		4 lb 4 oz
	Onions, AP		2 lb 4 oz		2 lb 4 oz		4 lb 8 oz
	Tomatoes, crushed, canned		2 lb 8 oz		2 lb 8 oz		5 lb
	Plum, fresh, 45-50 count, AP	1 each	20 lb 2 oz or 100 each	1 each	20 lb 2 oz or 100 each	1 each	20 lb 2 oz or 100 each
Wednesday	Marinara Sauce, canned	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans
	Watermelon, fresh, AP	½ cup	32 lb 13 oz	½ cup	32 lb 13 oz	½ cup	32 lb 13 oz
	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
	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

Fruit & Vegetable Order Guide

Week 2, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Thursday	Creamy Cole Slaw	½ cup		½ cup		½ cup	
	Cabbage, fresh, green, shredded ready to use		12 lb		12 lb		12 lb
	Carrots, fresh, AP		1 lb 8 oz		1 lb 8 oz		1 lb 8 oz
	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
	Applesauce, canned, unsweetened	½ cup	4.4 #10 cans	½ cup	4.4 #10 cans	½ cup	4.4 #10 cans
Friday	Rock and Roll Beef Wraps	1 wrap		1 wrap		1 wrap	
	Broccoli Slaw, AP		9 lb 13 oz		9 lb 13 oz		9 lb 13 oz
	Broccoli, florets, fresh, EP	¼ cup	3 lb 8 oz	¼ cup	3 lb 8 oz	½ cup	7 lb
	Carrots, frozen, sliced	½ cup	20 lb 7 oz	½ cup	20 lb 7 oz	½ cup	20 lb 7 oz
	Oranges, fresh, whole, #138	1 orange	29 lb 8 oz or 100 each	1 orange	29 lb 8 oz or 100 each	1 orange	29 lb 8 oz or 100 each
	Cherry Crisp, Whole Wheat	N/A		1 piece		1 piece	
	Cherries, canned, packed in water		N/A		3 #10 cans		3 #10 cans
	Orange Juice, Frozen, unsweetened		N/A		½ cup		½ cup