Healthier Kansas Menus

with Alternate Entrées

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SPRING WEEK 3 – 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 |
| Chicken Tetrazzini  Garlic Bread  **Or**  Pork Rib on a Bun  Tossed Salad  Sliced Cucumber  Baby Carrots  Fresh Apple  Canned Fruit Choice  Milk Choice | Hamburger on a Bun  **Or**  Popcorn Chicken  **Whole Wheat Roll (9-12)**  Dark Green Leaf Lettuce  Tomato Slice  Oven Fries  Red Bell Pepper Strips  Fruit Cocktail  Fresh Fruit Choice  Milk Choice | Pancakes  Sausage Patty  **Or**  Fruit, Yogurt & Granola Parfait  Hash Brown Patty  Green Beans  Fresh Raspberries  Canned Fruit Choice  Milk Choice | Baked Chicken Drumstick  w/ Savory Rice  & Oatmeal Roll  **Or**  Turkey & Cheese Sub Sandwich  Fresh Broccoli Cherry Tomatoes  Fresh Grapes  Canned Fruit Choice  Milk Choice | Yummy Sloppy Joe on a Bun  **Or**  Peanut Butter & Jelly Sandwich  Roasted Red Potatoes  Edamame  Fresh Peach  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **636**  **814**  **7.7%** | **666**  **847**  **7.7%** | **772**  **923**  **7.2%** |

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## Recipes for the Week

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Recipe Name | Recipe Number | HKM Recipe  Page Number |
| Monday | Chicken Tetrazzini  Tossed Salad  French Garlic Bread | 7  74  163 | 13  62  89 |
| Tuesday | Whole Wheat Roll | 877 | 91 |
| Wednesday | N/A |  |  |
| Thursday | Baked Chicken Drumstick  Savory Rice  Oatmeal Roll  Turkey and Cheese Sub  Whole Wheat Bun | 27  17  14  144  877 | 1  79  75  42  91 |
| Friday | Yummy Sloppy Joe  Whole Wheat Bun | 123  877 | 45  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 3 – Monday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Chicken Tetrazzini | * Prepare HKM Recipe 7, Chicken Tetrazzini. * Purchase chicken broth with no more than 500 mg of sodium per cup. * Purchase dry, whole grain spaghetti noodles and frozen pulled or diced cooked chicken with no skin or added salt. * **CCP: Hold for hot service at 135°F or above.** | K-8: ¾ cup  9-12: 1 cup |
| Garlic Bread | * Prepare HKM Recipe163, Whole Wheat French Garlic Bread. | K-12: 1 piece |
| **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 |
| 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 |
| 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: ⅛ cup  9-12: ¼ 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: ⅛ cup  9-12: ¼ cup |

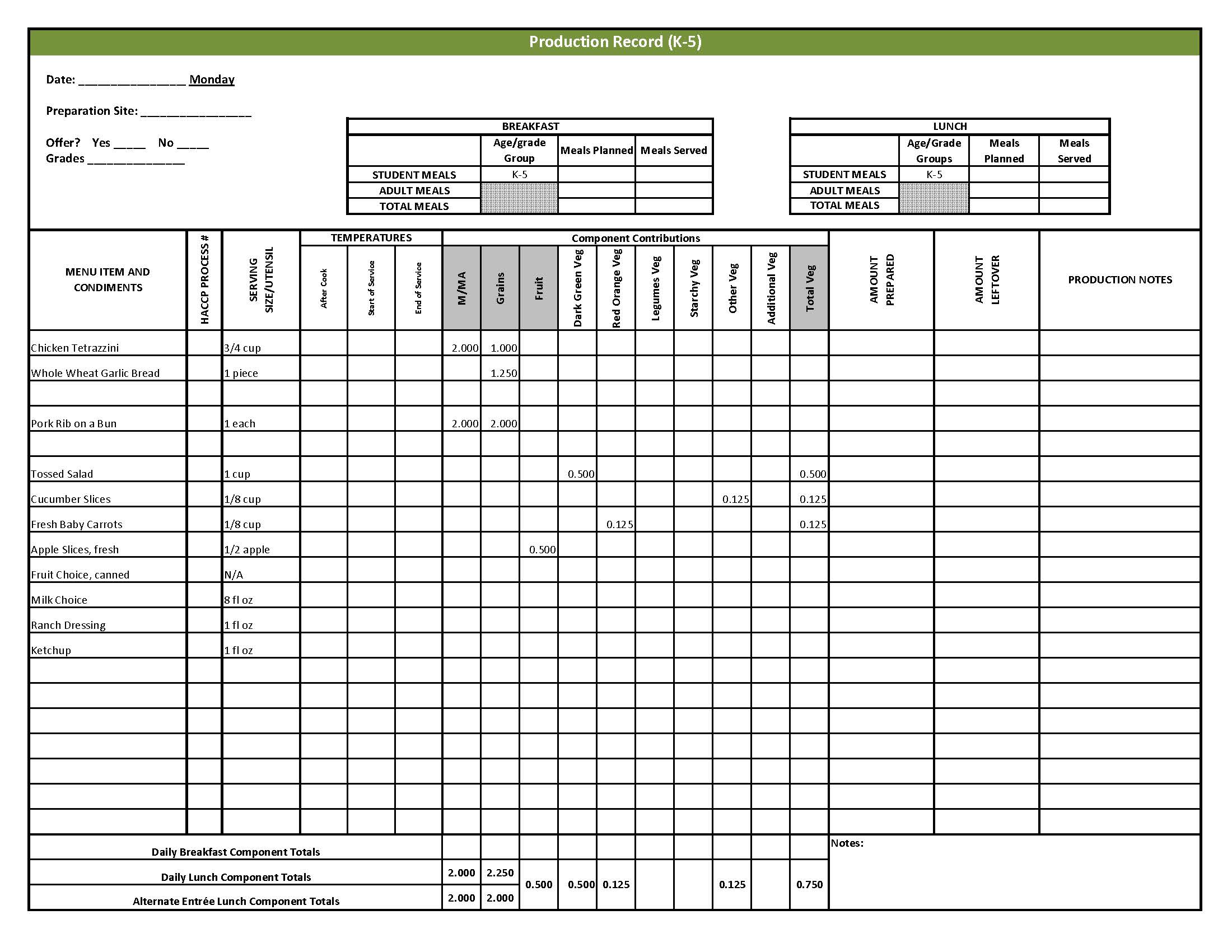
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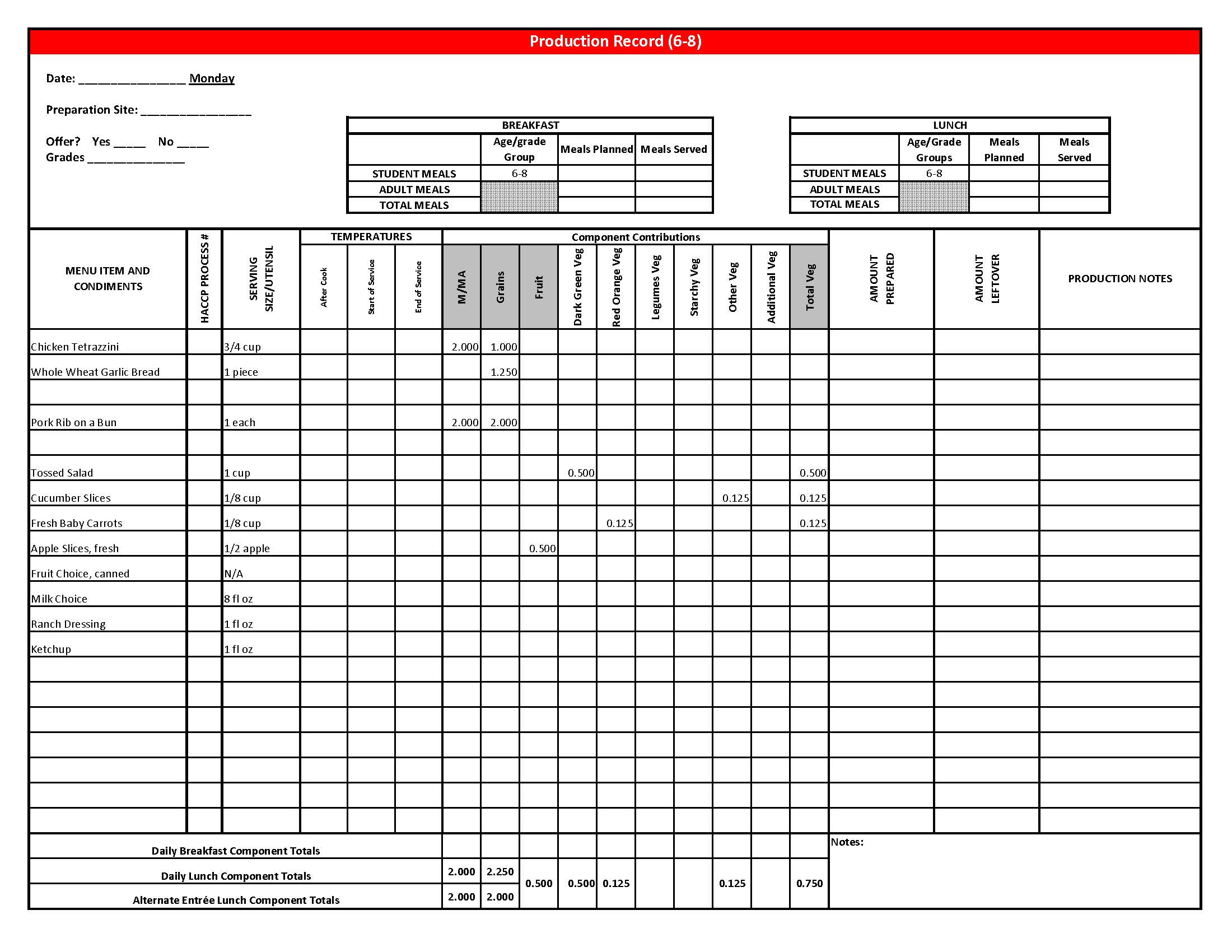
Purchasing, Preparation & Serving Instructions

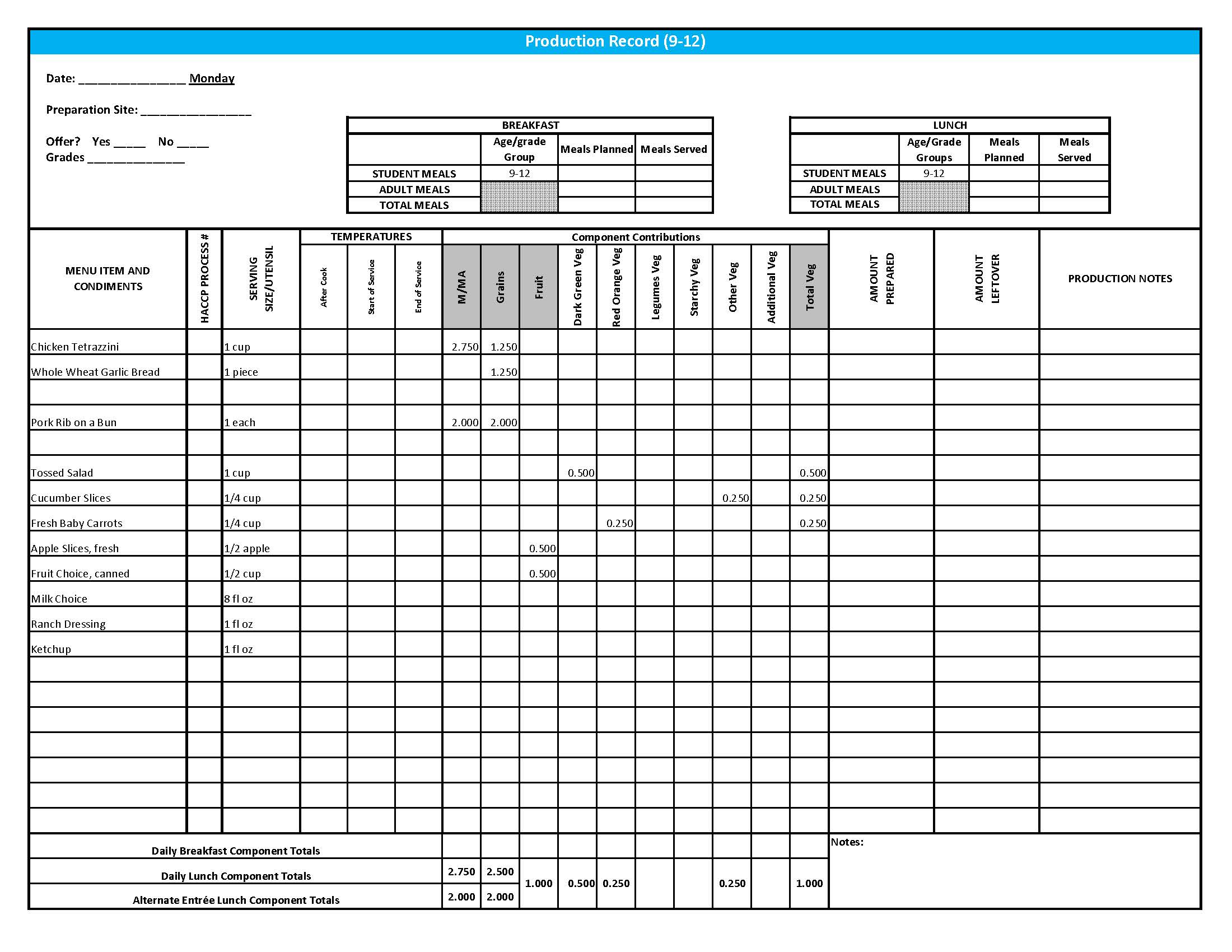
Week 3 – Monday, continued

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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 until serving. * **CCP: Refrigerate and hold at 41°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 |
| 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 3 – Tuesday:** None.







## Purchasing, Preparation & Serving Instructions

Week 3 – Tuesday

|  |  |  |
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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Hamburger on a Bun | * Purchase a pre-cooked, oven-ready hamburger patty that provides 2 oz equivalent M/MA; no more than 16 gm fat; no more than 500 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. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 each |
| **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) |
| 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-8: 1 slice  9-12: 2 slices |
| Oven Fries | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase ovenable straight cup fries. * Heat in oven according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |

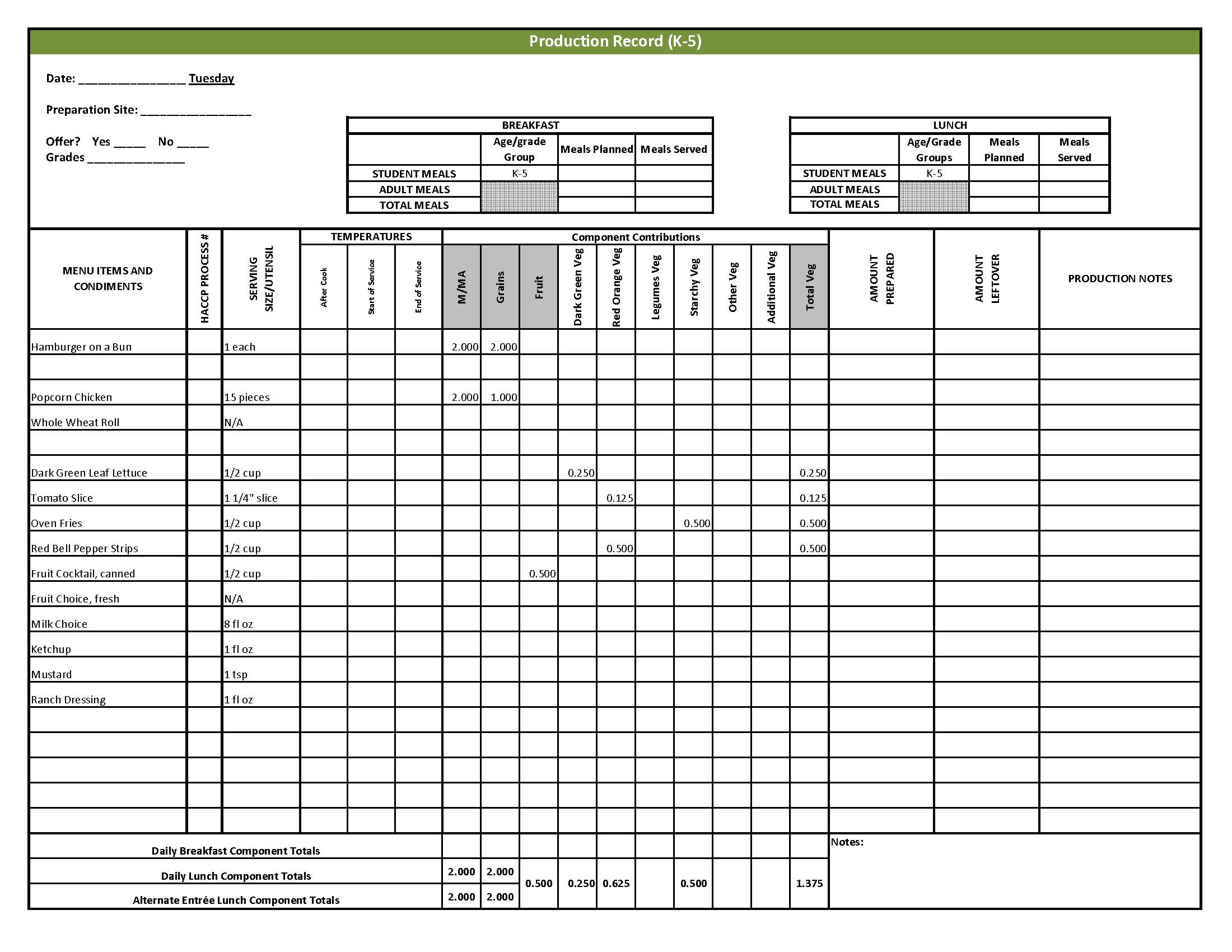
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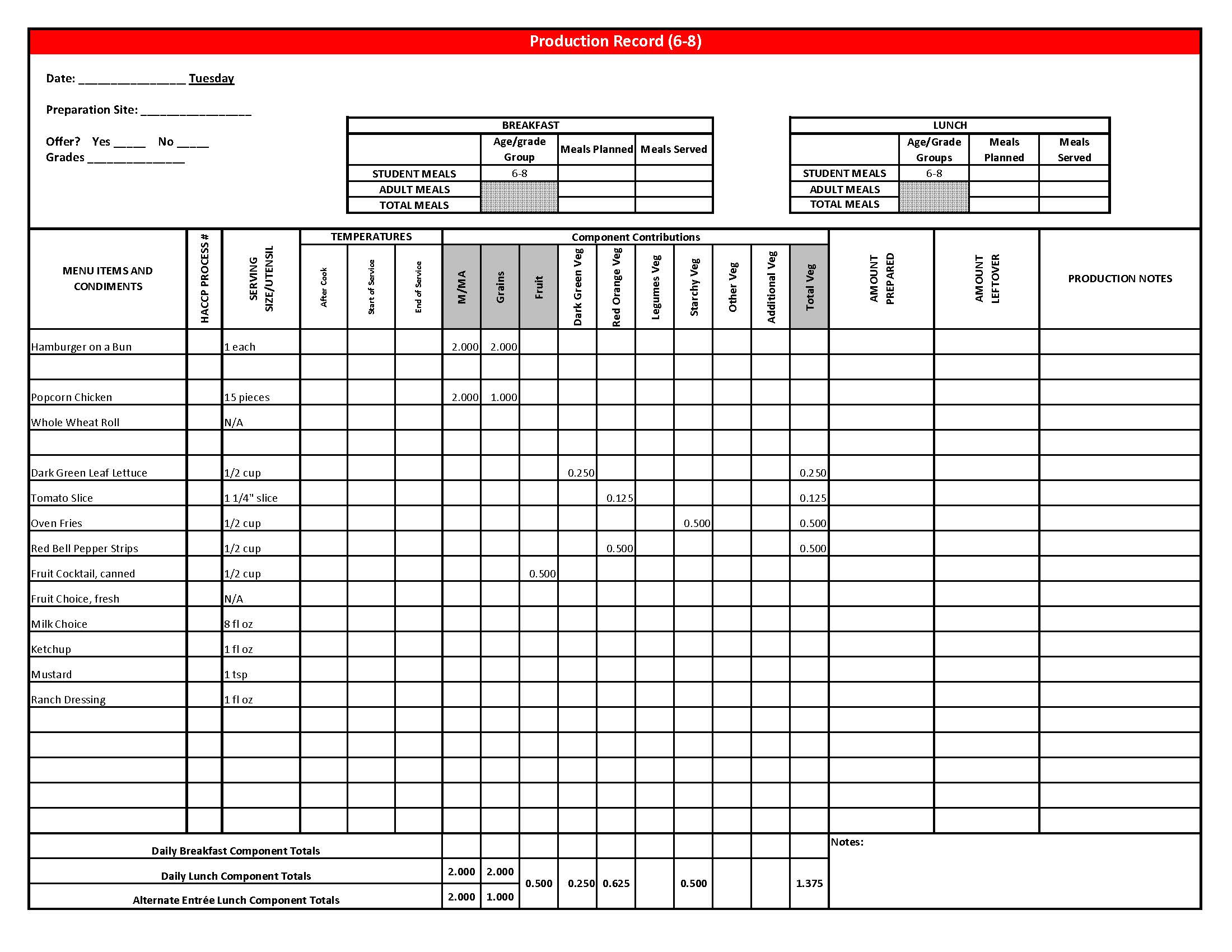
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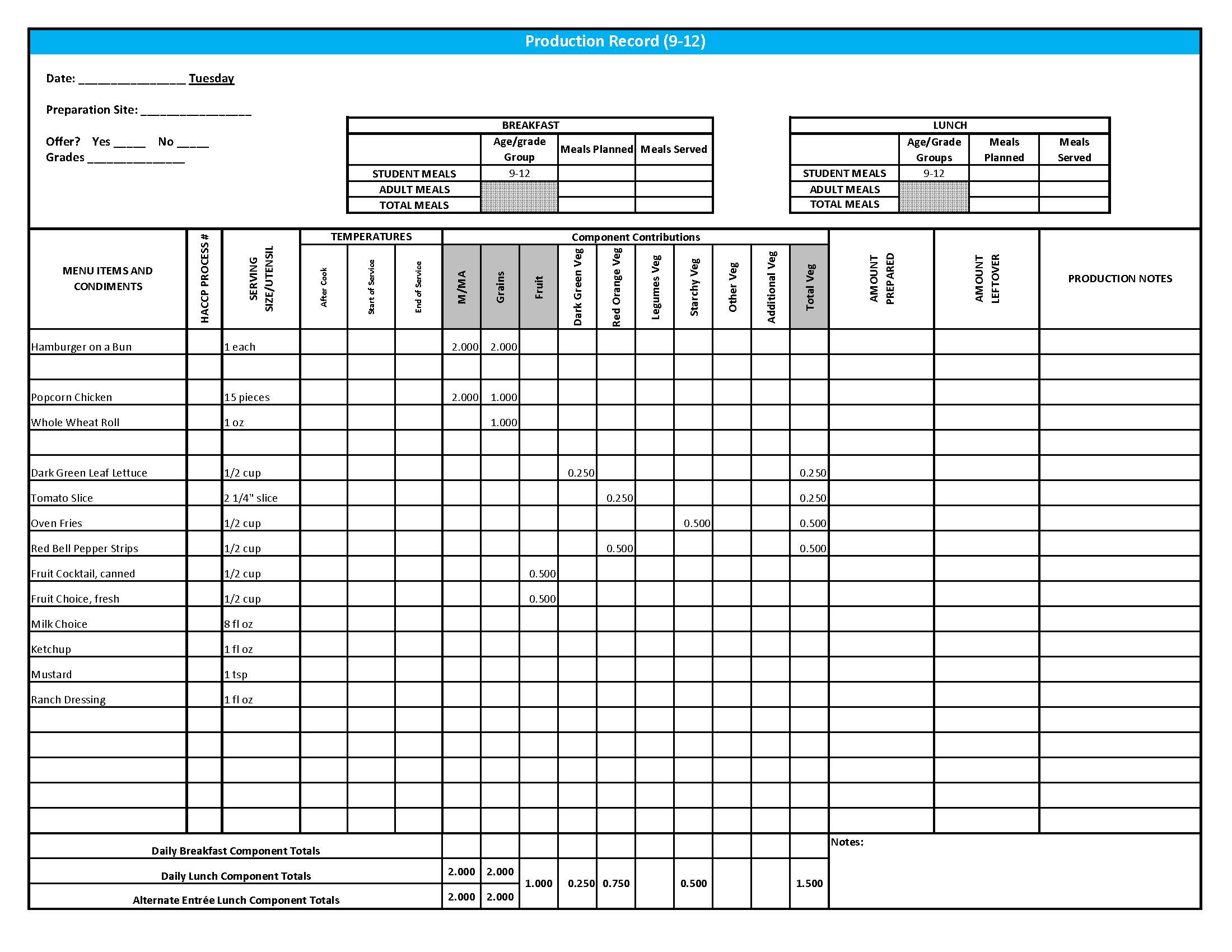
Week 3 – Tuesday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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 |
| 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 |
| 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 |
| 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 3 - Wednesday:** N/A



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## Purchasing, Preparation & Serving Instructions

Week 3 – Wednesday

|  |  |  |  |
| --- | --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** | |
| Pancakes | | * Purchase packaged whole grain-rich pancakes that provide 2 oz equivalent Grain per serving. * Heat according to manufacturer’s instructions and hold hot for service. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 pack |
| Sausage Patty | | * Purchase pre-cooked turkey sausage patties where 1 patty provides 1 oz equivalent M/MA. * Heat according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-5: 1 patty  6-12: 2 patties |
| **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 |
| Hash Brown Patty | | * Purchase 2.25 oz hash brown patties. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Follow manufacturer’s directions for baking and holding. Batch cook. * **CCP: Hold for hot service at 135°F or above.** | K-8: 1 patty  9-12: 2 patties |
| 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 |

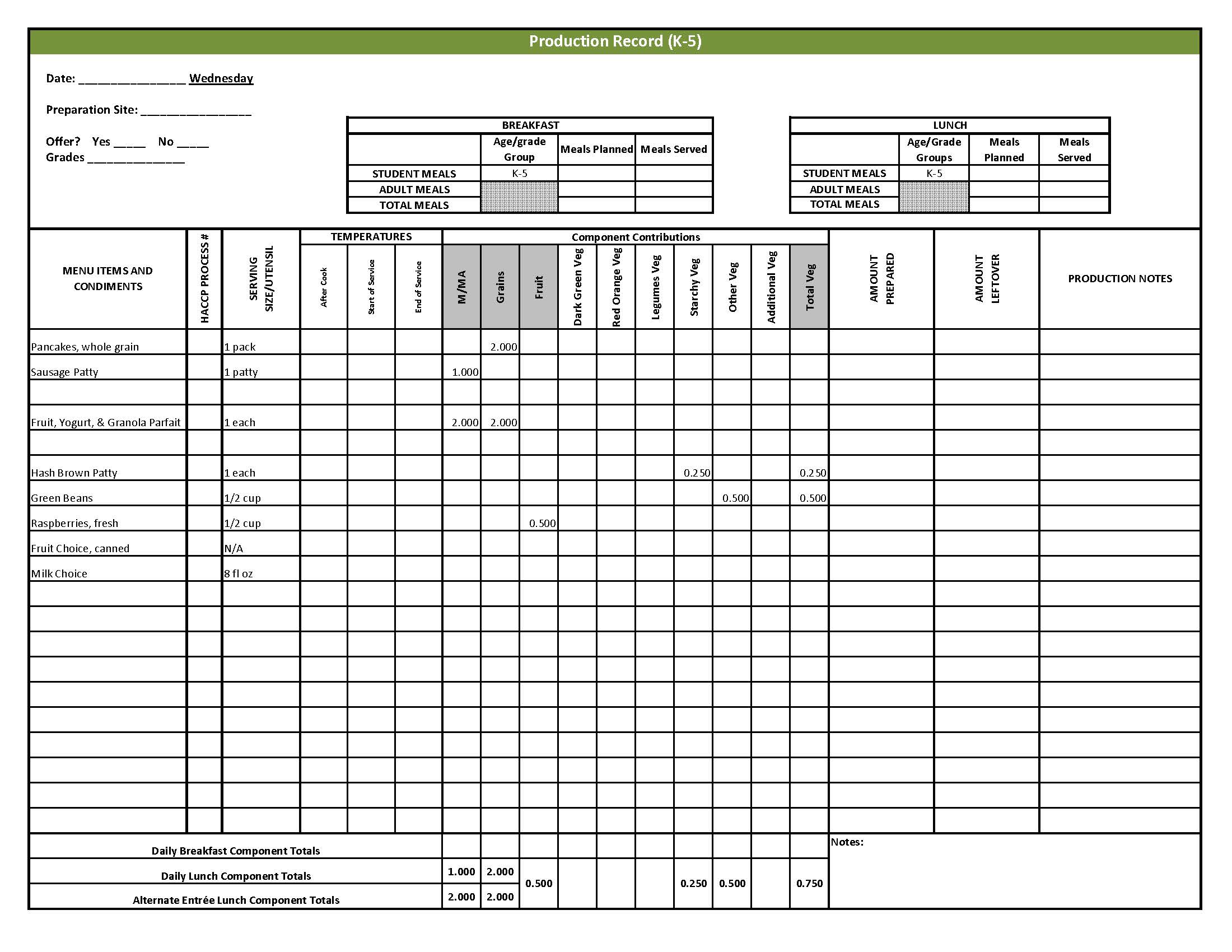
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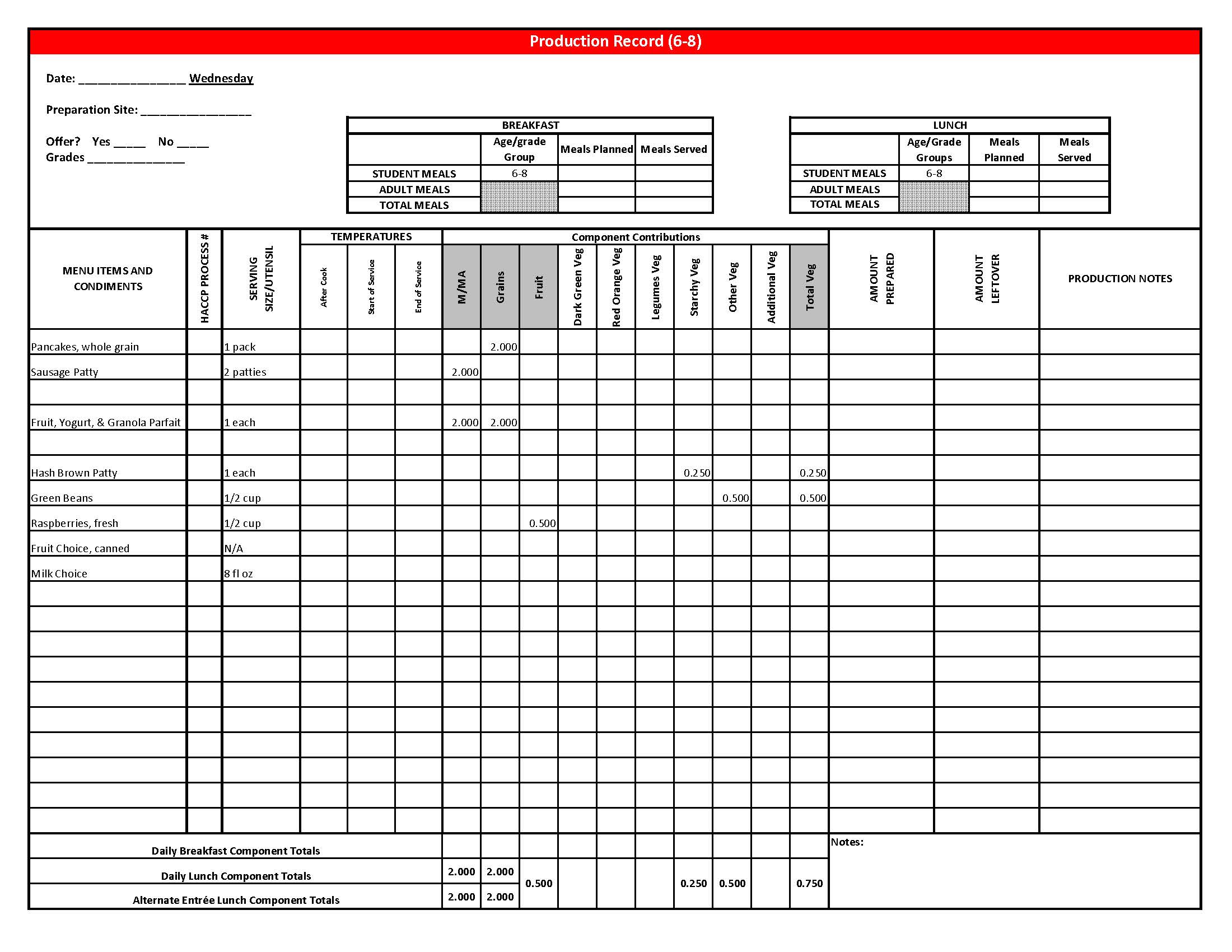
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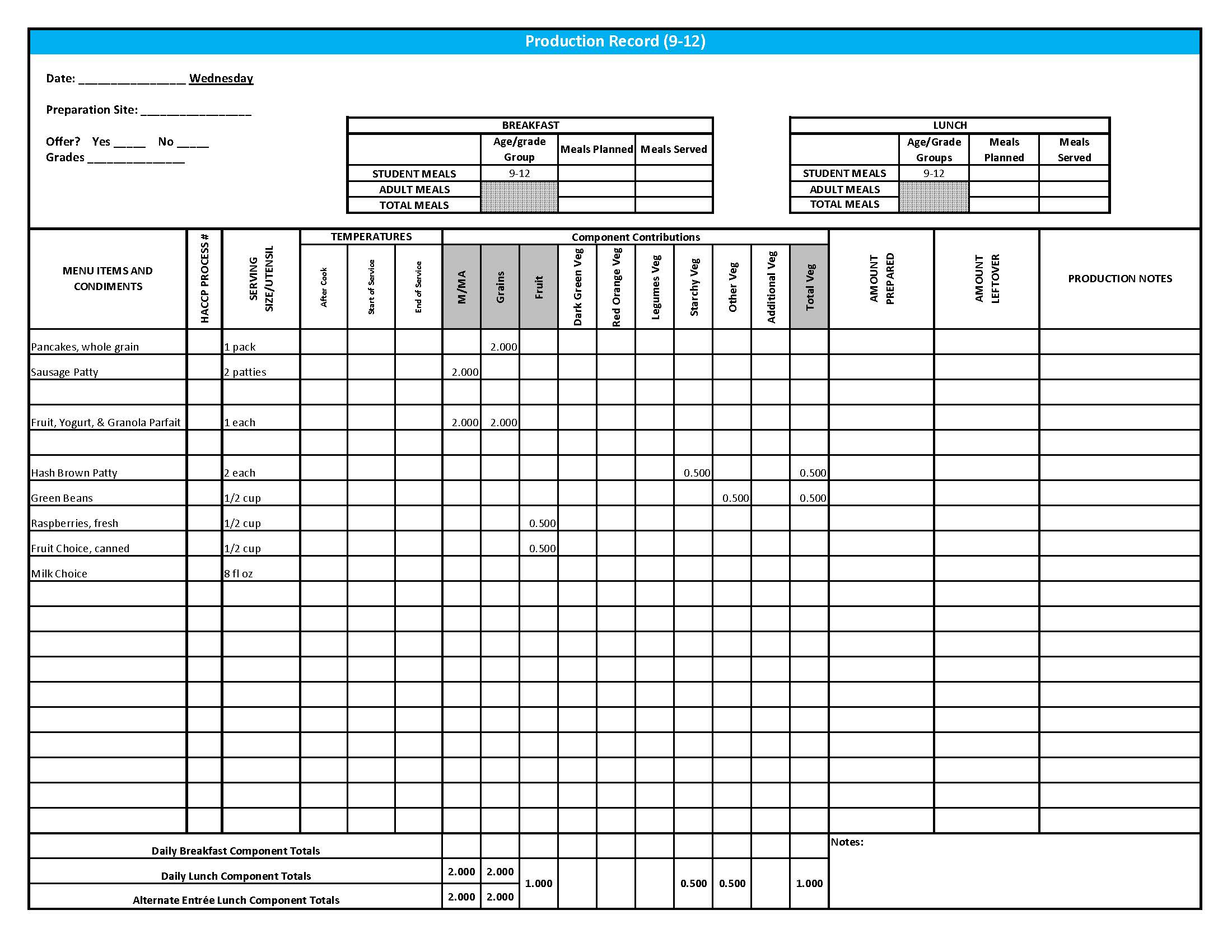
Week 3 – Wednesday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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 3 – Thursday:** Thaw chicken under refrigeration.







Purchasing, Preparation & Serving Instructions

Week 3 – Thursday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Baked Chicken Drumstick | * Purchase raw, frozen chicken legs with skin that provide 1.5 oz equivalent M/MA per serving and prepare HKM Recipe 27, Baked Chicken Drumsticks. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * **OR** purchase a CN labeled (or one with a Product Formulation Statement), pre-cooked product that provides 1.5 oz equivalent M/MA per serving and prepare according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-8: 1 drumstick  9-12: 2 drumsticks |
| Savory Rice | * Prepare HKM Recipe 17, Savory Rice. * Purchase Long Grain & Wild Mix rice with seasoning packets that have less than 600 mg sodium per 1 cup serving prepared. * Purchase chicken base with no more than 750 mg of sodium per cup prepared. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Oatmeal Roll | * Prepare HKM Recipe 14, Oatmeal Roll. | K-12: 1 each (1 oz) |
| **Alternate Entrée:**  Turkey & Cheese Sub | * Prepare HKM Recipe 144, Turkey & Cheese Sub. * Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information. * Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 1 sandwich |
| Broccoli Florets | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase fresh broccoli florets, ready to serve. * Wash broccoli. * Cover and refrigerate until serving. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ½ cup |

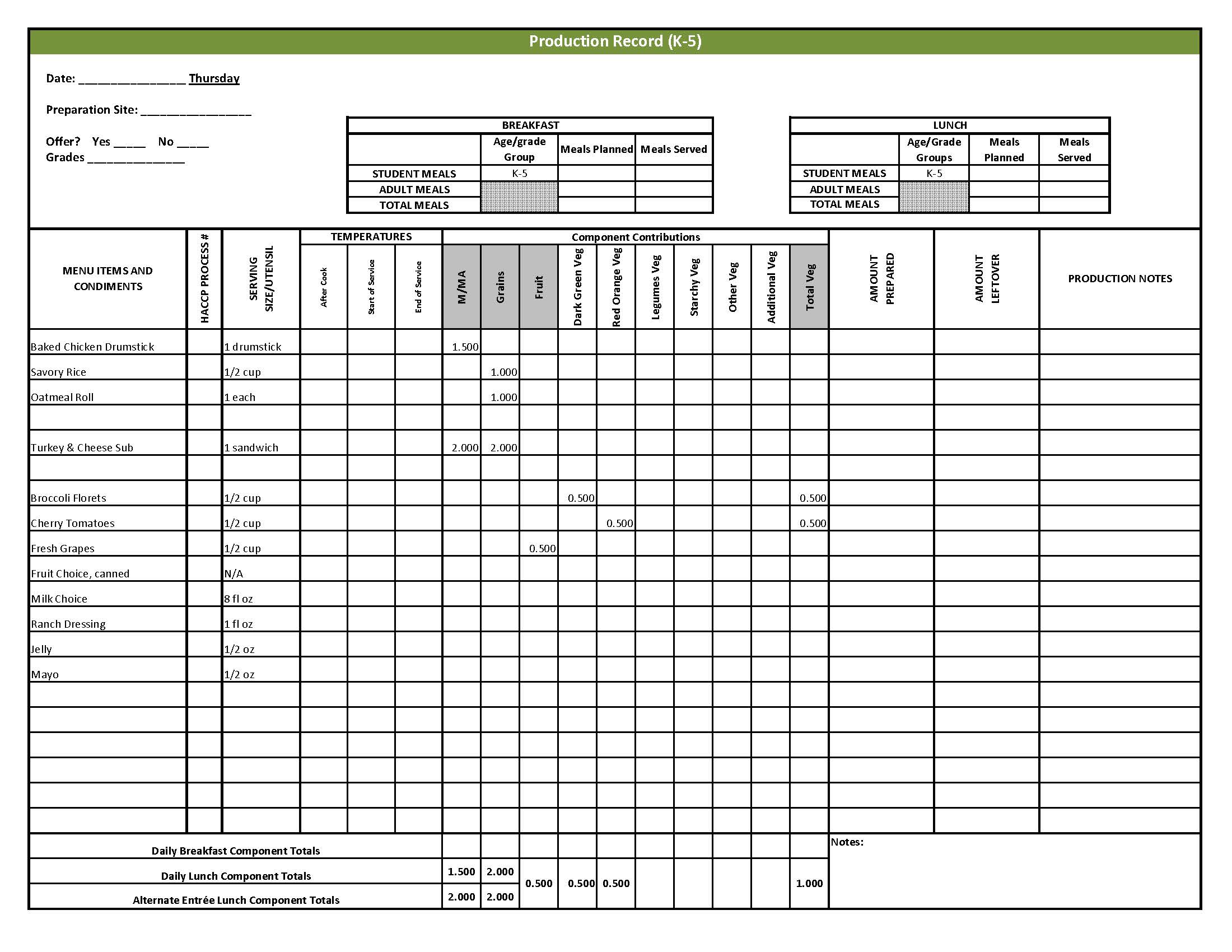
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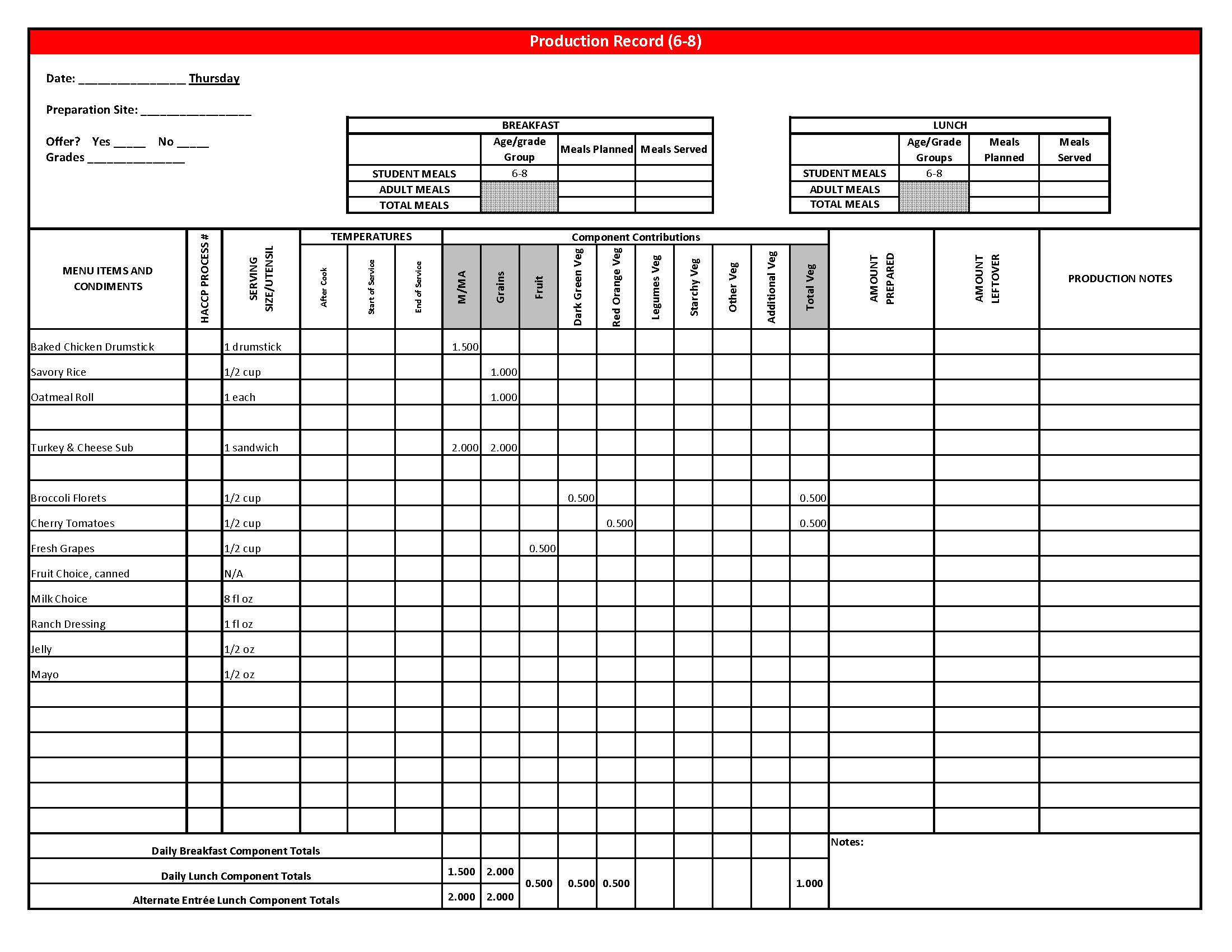
Purchasing, Preparation & Serving Instructions

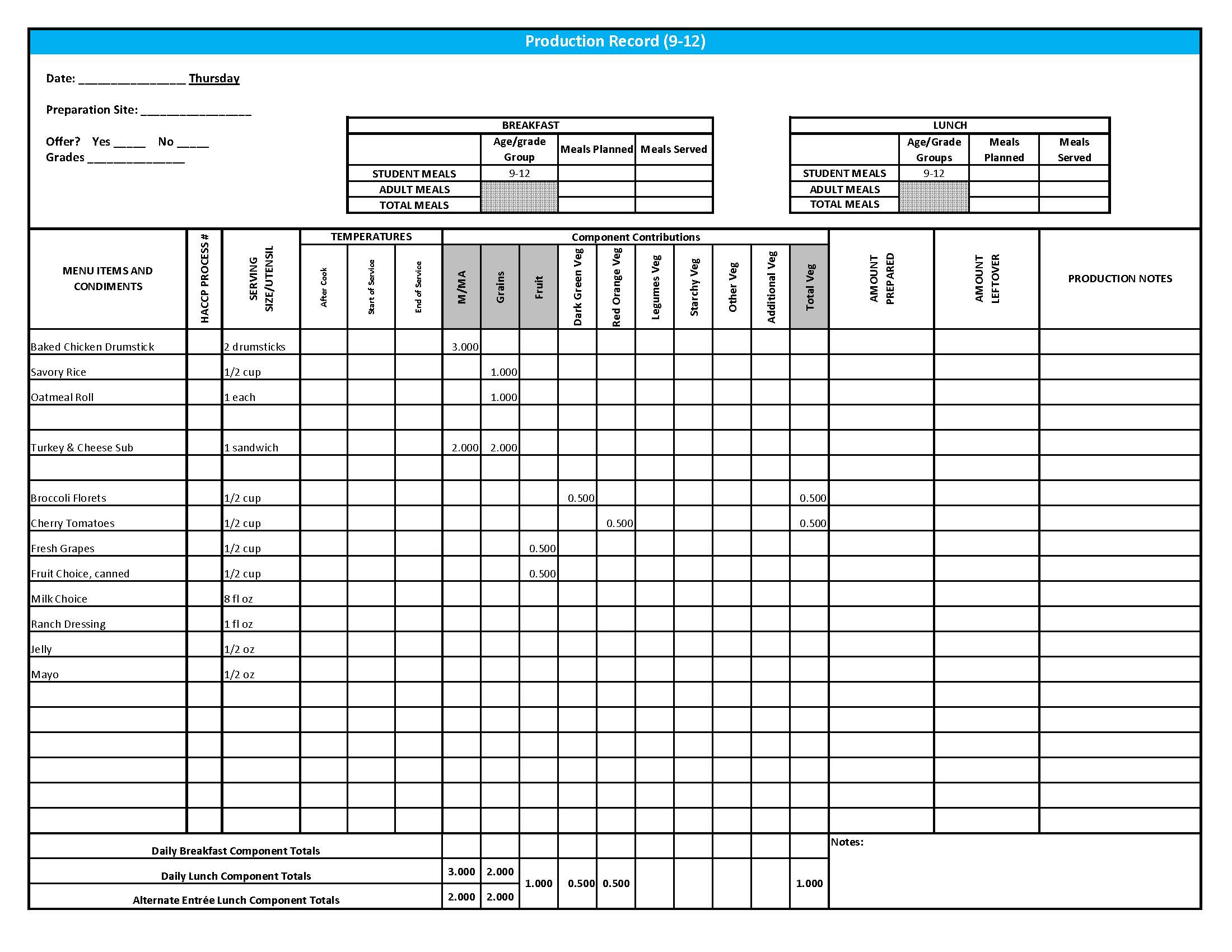
**Week 3 – Thursday, continued**

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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 whole tomatoes (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 |
| 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 |
| Jelly | * Purchase .5 oz packets or purchase in bulk container. | K-12: ½ oz each **or**1 Tbsp |
| Mayo-type Salad Dressing, reduced fat | * Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings | K-12: ½ oz or 1 Tbsp |

**Pre-preparation for Week 3 - Friday:** Thaw beef under refrigeration.







## Purchasing, Preparation & Serving Instructions

Week 3 – Friday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Yummy Sloppy Joe on a Bun | * Prepare HKM Recipe 123, Yummy Sloppy Joe. * Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Hold for hot service at 135°F or above** | K-12: 1 sandwich |
| **Alternate Entrée:**  Peanut Butter & Jelly Sandwich Meal  (K-5) | * Purchase or prepare Peanut Butter & Jelly sandwich providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 17 gm of fat; and no more than 320 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each. * **CCP: Refrigerate and hold at 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) |
| Roasted Red Potatoes | * Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup. * Follow manufacturer’s directions for baking and holding. * Batch cook. May add pepper or other non-sodium seasonings. * Weigh out each portion size indicated and use as a sample. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Edamame | * Refer to *Fruit & Vegetable Order Guide* 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 |

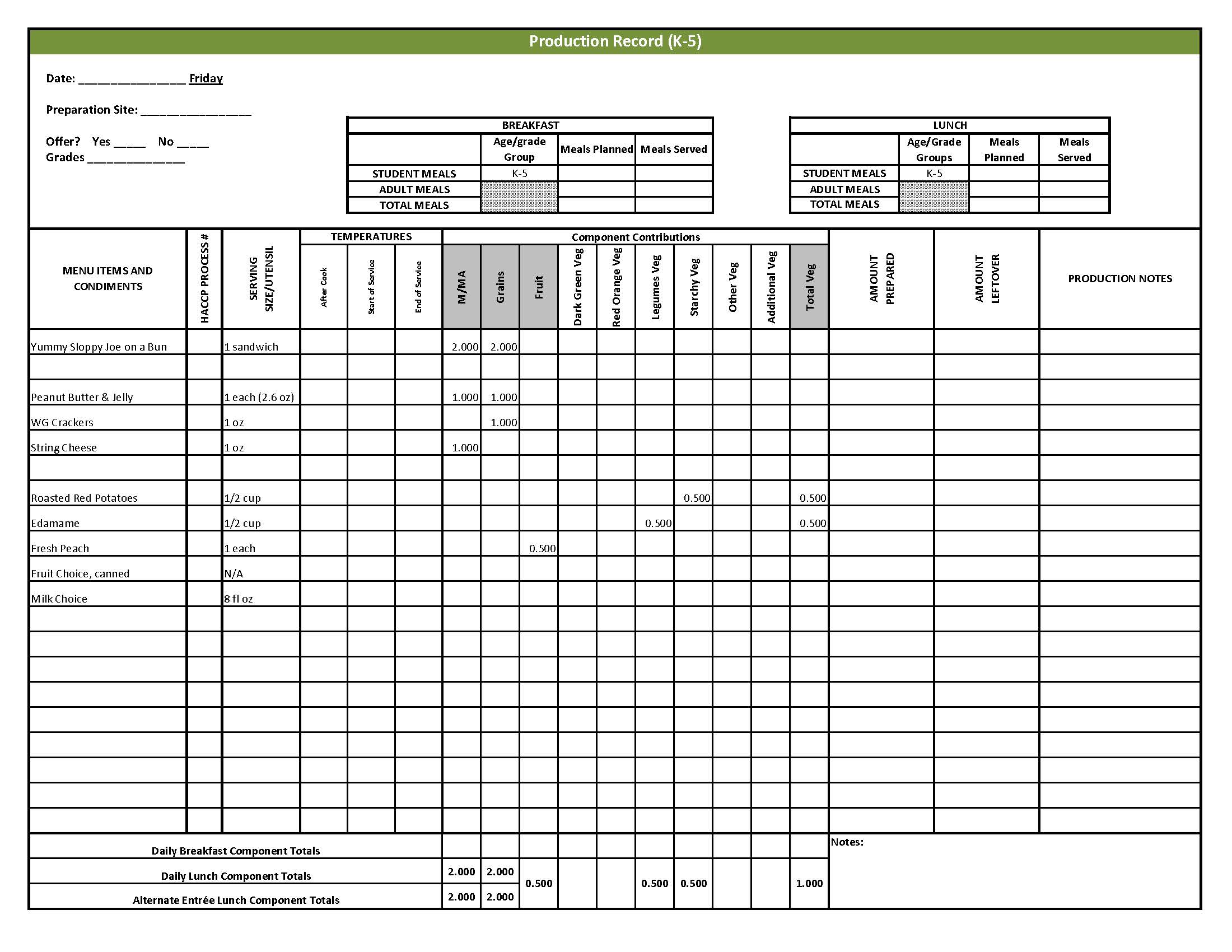
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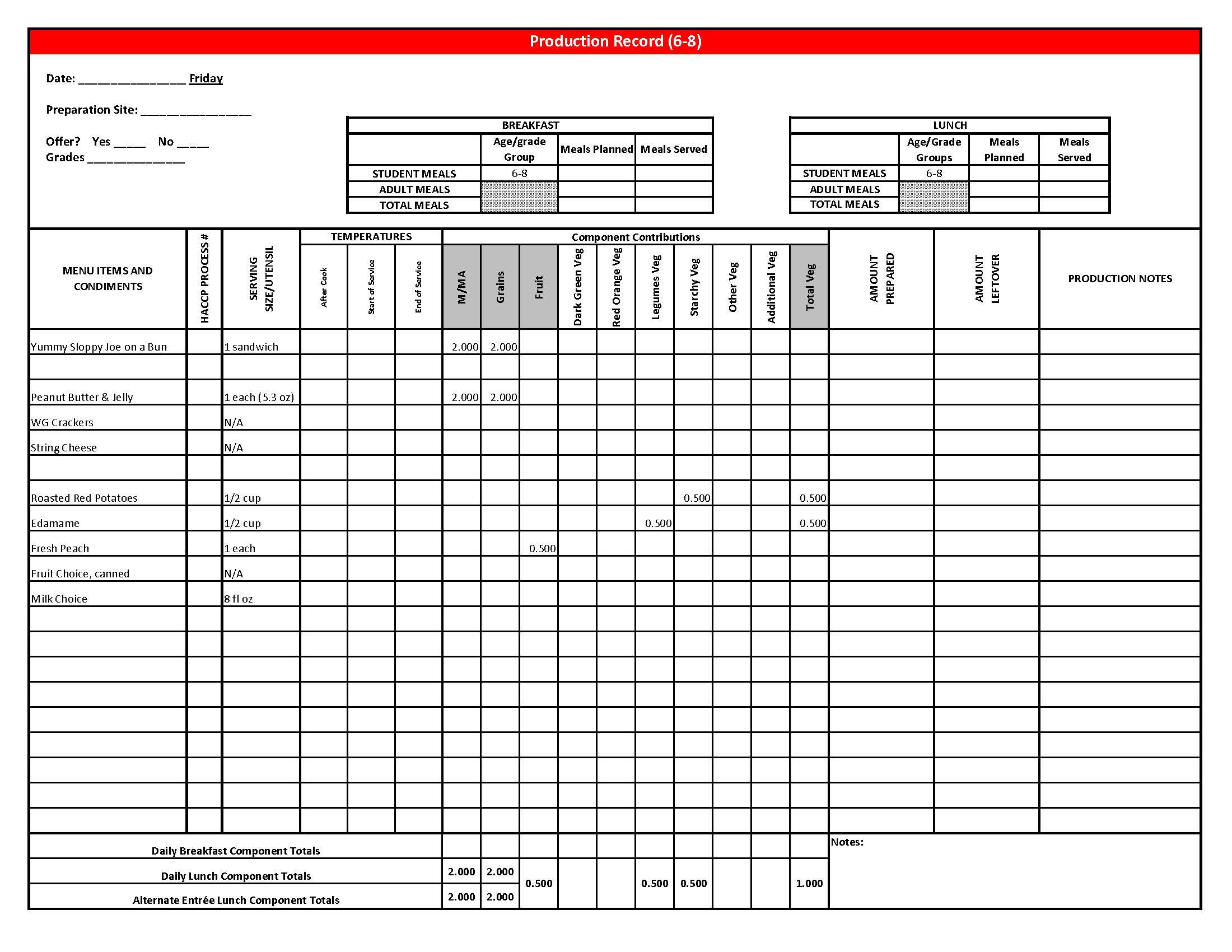
## Purchasing, Preparation & Serving Instructions

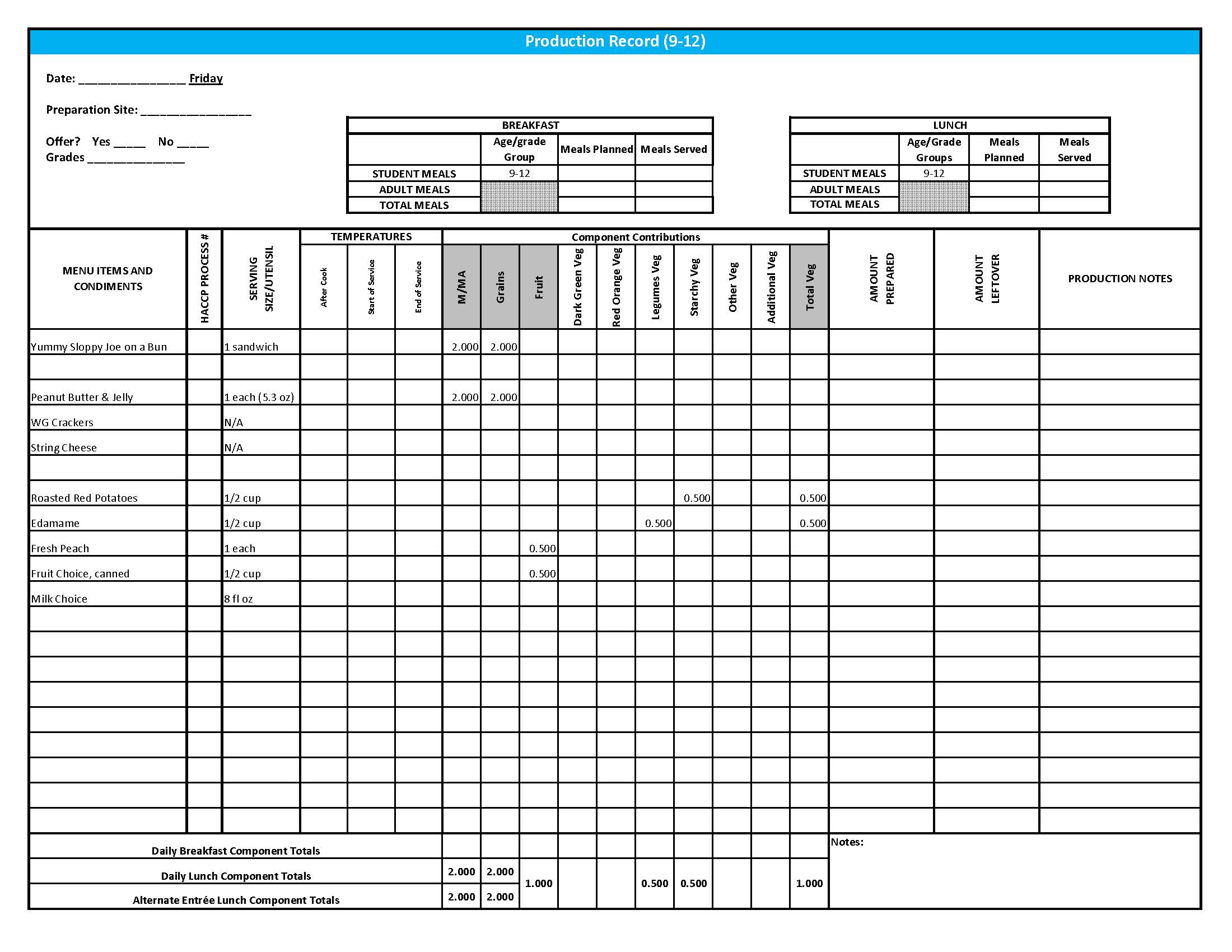
Week 3 – Friday, continued

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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 |

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







## Fruit & Vegetable Order Guide

**Week 3**

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

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Fruit or Vegetable** | **K-5**  **Portion Size** | **K-5**  **Amount to Order per 100 Servings** | **6-8**  **Portion Size** | **6-8**  **Amount to Order**  **per 100 Servings** | **9-12 Portion Size** | **9-12 Amount to Order per 100 Servings** |
| Monday | Chicken Tetrazzini | ¾ cup |  | ¾ cup |  | 1 cup |  |
| Chilies, diced, canned |  | 1 lb 1 oz |  | 1 lb 1 oz |  | 1 lb 7 oz |
| Pimentos, canned | 11 oz | 11 oz | 15 oz |
| Tossed Salad | 1 cup |  | 1 cup |  | 1 cup |  |
| Spinach, fresh, trimmed, AP |  | 6 lb 8 oz |  | 6 lb 8 oz |  | 6 lb 8 oz |
| Romaine Lettuce, AP | 6 lb 8 oz | 6 lb 8 oz | 6 lb 8 oz |
| Cucumber, fresh, AP | ⅛ cup | 4 lb 1 oz | ⅛ cup | 4 lb 1 oz | ¼ cup | 8 lb 2 oz |
| Carrots, baby, fresh, EP | ⅛ cup | 3 lb 15 oz | ⅛ cup | 3 lb 15 oz | ¼ cup | 7 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 | Lettuce, Dark Green Leafy, AP | ½ cup | 9 lb 7 oz | ½ cup | 9 lb 7 oz | ½ cup | 9 lb 7 oz |
| Tomato, large, fresh, AP | ¼” slice | 5 lb 12 oz | ¼” slice | 5 lb 12 oz | 2 - ¼” slices | 11 lb 8 oz |
| Potatoes, French Fries, frozen, straight cup | ½ cup | 14 lb 7 oz | ½ cup | 14 lb 7 oz | ½ cup | 14 lb 7 oz |
| Red Bell Pepper, AP | ½ cup | 13 lb 13 oz | ½ cup | 13 lb 13 oz | ½ cup | 13 lb 13 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 3, continued**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Fruit or Vegetable** | **K-5**  **Portion Size** | **K-5**  **Amount to Order per 100 Servings** | **6-8**  **Portion Size** | **6-8**  **Amount to Order**  **per 100 Servings** | **9-12 Portion Size** | **9-12 Amount to Order per 100 Servings** |
| Wednesday | Hash Brown Patties, frozen, 2.25 oz each | 1 each | 14 lb 1 oz or 100 each | 1 each | 14 lb 1 oz or 100 each | 2 each | 28 lb 2 oz or 200 each |
| Green Beans, canned | ½ cup | 4.6 #10 cans | ½ cup | 4.6 #10 cans | ½ cup | 4.6 #10 cans |
| Raspberries, fresh | ½ cup | 16 lb 10 oz | ½ cup | 16 lb 10 oz | ½ cup | 16 lb 10 oz |
| Thursday | 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 |
| Grapes, fresh, AP | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz | ½ cup | 19 lb 4 oz |
| Friday | Yummy Sloppy Joes | ½ cup filling |  | ½ cup filling |  | ½ cup filling |  |
| Cabbage, shredded, ready to use |  | 2 lb 7 oz |  | 2 lb 7 oz |  | 2 lb 7 oz |
| Celery, AP | 1 lb 11 oz | 1 lb 11 oz | 1 lb 11 oz |
| Green Bell Pepper, AP | 1 lb 4 oz | 1 lb 4 oz | 1 lb 4 oz |
| Potatoes, frozen, red roasted, chopped | ½ cup | 19 lb | ½ cup | 19 lb | ½ cup | 19 lb |
| 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 |
| Edamame, shelled, EP | ½ cup | 18 lb 13 oz | ½ cup | 18 lb 13 oz | ½ cup | 18 lb 13 oz |