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# **Healthier Kansas Menus with Alternate Entrées**



## **SPRING WEEK 3 – DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

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

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

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Office of the Assistant Secretary for Civil Rights  
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Washington, D.C. 20250-9410;
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- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Chicken Tetrizzini Garlic Bread <b>Or</b> Pork Rib on a Bun  Tossed Salad Sliced Cucumber Baby Carrots Fresh Apple Canned Fruit Choice Milk Choice	Hamburger on a Bun <b>Or</b> Popcorn Chicken <b>Whole Wheat Roll (9-12)</b>  Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fruit Cocktail Fresh Fruit Choice Milk Choice	Pancakes Sausage Patty <b>Or</b> Fruit, Yogurt & Granola Parfait  Hash Brown Patty Green Beans Fresh Raspberries Canned Fruit Choice Milk Choice	Baked Chicken Drumstick w/ Savory Rice & Oatmeal Roll <b>Or</b> Turkey & Cheese Sub Sandwich  Fresh Broccoli Cherry Tomatoes Fresh Grapes Canned Fruit Choice Milk Choice	Yummy Sloppy Joe on a Bun <b>Or</b> Peanut Butter & Jelly Sandwich  Roasted Red Potatoes Edamame Fresh Peach Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>636</b>	<b>666</b>	<b>772</b>
					<b>Sodium (mg)</b>	<b>814</b>	<b>847</b>	<b>923</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.7%</b>	<b>7.7%</b>	<b>7.2%</b>



## Recipes for the Week

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

Menu Item	Purchasing & Preparation	Serving
Chicken Tetrazzini	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 7, Chicken Tetrazzini.</li> <li>• Purchase chicken broth with no more than 500 mg of sodium per cup.</li> <li>• Purchase dry, whole grain spaghetti noodles and frozen pulled or diced cooked chicken with no skin or added salt.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¾ cup 9-12: 1 cup
Garlic Bread	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 163, Whole Wheat French Garlic Bread.</li> </ul>	K-12: 1 piece
<b>Alternate Entrée:</b> Pork Rib on a Bun	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked rib patty that provides 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, hamburger bun variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
Tossed Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 74, Tossed Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup
Cucumber Slices	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash and slice cucumbers.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ⅛ cup 9-12: ¼ cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ⅛ cup 9-12: ¼ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Apple Slices, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138.</li> <li>• Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>• Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ apple
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz or 2 Tbsp or 2 PC

Pre-preparation for Week 3 – Tuesday: None.



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

Production Record (K-5)																																					
Date: _____ <u>Monday</u>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
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			After Cook	Start of Service	End of Service	M/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																						
Chicken Tetrazzini		3/4 cup				2.000	1.000																														
Whole Wheat Garlic Bread		1 piece					1.250																														
Pork Rib on a Bun		1 each				2.000	2.000																														
Tossed Salad		1 cup							0.500							0.500																					
Cucumber Slices		1/8 cup											0.125		0.125																						
Fresh Baby Carrots		1/8 cup								0.125					0.125																						
Apple Slices, fresh		1/2 apple						0.500																													
Fruit Choice, canned		N/A																																			
Milk Choice		8 fl oz																																			
Ranch Dressing		1 fl oz																																			
Ketchup		1 fl oz																																			
<b>Daily Breakfast Component Totals</b>																		Notes:																			
<b>Daily Lunch Component Totals</b>						2.000	2.250	0.500	0.500	0.125			0.125	0.750																							
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														

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

Production Record (6-8)																																					
Date: _____ <u>Monday</u>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
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Whole Wheat Garlic Bread		1 piece					1.250																														
Pork Rib on a Bun		1 each				2.000	2.000																														
Tossed Salad		1 cup							0.500							0.500																					
Cucumber Slices		1/8 cup											0.125		0.125																						
Fresh Baby Carrots		1/8 cup								0.125					0.125																						
Apple Slices, fresh		1/2 apple						0.500																													
Fruit Choice, canned		N/A																																			
Milk Choice		8 fl oz																																			
Ranch Dressing		1 fl oz																																			
Ketchup		1 fl oz																																			
<b>Daily Breakfast Component Totals</b>																		Notes:																			
<b>Daily Lunch Component Totals</b>						2.000	2.250	0.500	0.500	0.125			0.125		0.750																						
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														

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

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Chicken Tetrazzini		1 cup				2.750	1.250																														
Whole Wheat Garlic Bread		1 piece					1.250																														
Pork Rib on a Bun		1 each				2.000	2.000																														
Tossed Salad		1 cup							0.500							0.500																					
Cucumber Slices		1/4 cup											0.250		0.250																						
Fresh Baby Carrots		1/4 cup								0.250					0.250																						
Apple Slices, fresh		1/2 apple						0.500																													
Fruit Choice, canned		1/2 cup						0.500																													
Milk Choice		8 fl oz																																			
Ranch Dressing		1 fl oz																																			
Ketchup		1 fl oz																																			
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<b>Daily Lunch Component Totals</b>						2.750	2.500	1.000	0.500	0.250			0.250		1.000																						
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														

## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Hamburger on a Bun	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Chicken, popcorn	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain)
<b>Alternate Entrée:</b> Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-8: N/A 9-12: 1 each (1 oz)
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands.</li> <li>• Slice ¼” thick.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: 1 slice 9-12: 2 slices
Oven Fries	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase ovenable straight cup fries.</li> <li>• Heat in oven according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Red Bell Pepper Strips	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, core and slice bell peppers into strips.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Cocktail, canned	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase a canned product that includes peaches, pears, pineapple, grapes, and cherries packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>• Cover, drain, and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p><i>*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.</i></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

Pre-preparation for Week 3 - Wednesday: N/A

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

Production Record (K-5)																																					
Date: _____ <u>Tuesday</u>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
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			After Cook	Start of Service	End of Service	M/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																						
Hamburger on a Bun		1 each				2.000	2.000																														
Popcorn Chicken		15 pieces				2.000	1.000																														
Whole Wheat Roll		N/A																																			
Dark Green Leaf Lettuce		1/2 cup							0.250							0.250																					
Tomato Slice		1 1/4" slice								0.125						0.125																					
Oven Fries		1/2 cup										0.500				0.500																					
Red Bell Pepper Strips		1/2 cup								0.500						0.500																					
Fruit Cocktail, canned		1/2 cup						0.500																													
Fruit Choice, fresh		N/A																																			
Milk Choice		8 fl oz																																			
Ketchup		1 fl oz																																			
Mustard		1 tsp																																			
Ranch Dressing		1 fl oz																																			
<b>Daily Breakfast Component Totals</b>																		Notes:																			
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.250	0.625		0.500			1.375																						
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)																																					
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<b>Daily Breakfast Component Totals</b>																																					
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	1.000																														
																Notes:																					

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

Production Record (9-12)																	
Date: _____ <b>Tuesday</b>																	
Preparation Site: _____																	
Offer? Yes _____ No _____																	
Grades _____																	

  

BREAKFAST				LUNCH			
	Age/grade Group	Meals Planned	Meals Served		Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	9-12			STUDENT MEALS	9-12		
ADULT MEALS				ADULT MEALS			
TOTAL 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
Hamburger on a Bun		1 each				2.000	2.000											
Popcorn Chicken		15 pieces				2.000	1.000											
Whole Wheat Roll		1 oz					1.000											
Dark Green Leaf Lettuce		1/2 cup							0.250							0.250		
Tomato Slice		2 1/4" slice								0.250						0.250		
Oven Fries		1/2 cup										0.500				0.500		
Red Bell Pepper Strips		1/2 cup								0.500						0.500		
Fruit Cocktail, canned		1/2 cup						0.500										
Fruit Choice, fresh		1/2 cup						0.500										
Milk Choice		8 fl oz																
Ketchup		1 fl oz																
Mustard		1 tsp																
Ranch Dressing		1 fl oz																
<b>Daily Breakfast Component Totals</b>																		Notes:
<b>Daily Lunch Component Totals</b>						2.000	2.000	1.000	0.250	0.750		0.500			1.500			
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000											



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

Menu Item	Purchasing & Preparation	Serving
Pancakes	<ul style="list-style-type: none"> <li>• Purchase packaged whole grain-rich pancakes that provide 2 oz equivalent Grain per serving.</li> <li>• Heat according to manufacturer’s instructions and hold hot for service.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 pack
Sausage Patty	<ul style="list-style-type: none"> <li>• Purchase pre-cooked turkey sausage patties where 1 patty provides 1 oz equivalent M/MA.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-5: 1 patty 6-12: 2 patties
<b>Alternate Entrée:</b> Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> <li>• Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving.</li> <li>• 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.</li> <li>• 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.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola
Hash Brown Patty	<ul style="list-style-type: none"> <li>• Purchase 2.25 oz hash brown patties.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Follow manufacturer’s directions for baking and holding. Batch cook.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 patty 9-12: 2 patties
Green Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wipe can tops clean before opening.</li> <li>• Batch cook by steaming or by stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Wednesday, continued

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

**Pre-preparation for Week 3 – Thursday:** Thaw chicken under refrigeration.

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

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Pancakes, whole grain		1 pack					2.000																														
Sausage Patty		1 patty				1.000																															
Fruit, Yogurt, & Granola Parfait		1 each				2.000	2.000																														
Hash Brown Patty		1 each											0.250			0.250																					
Green Beans		1/2 cup												0.500		0.500																					
Raspberries, fresh		1/2 cup						0.500																													
Fruit Choice, canned		N/A																																			
Milk Choice		8 fl oz																																			
<b>Daily Breakfast Component Totals</b>																		Notes:																			
<b>Daily Lunch Component Totals</b>						1.000	2.000						0.250	0.500		0.750																					
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000	0.500																													

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

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## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday

Menu Item	Purchasing & Preparation	Serving
Baked Chicken Drumstick	<ul style="list-style-type: none"> <li>• 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.</li> <li>• <b>OR</b> 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.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 drumstick 9-12: 2 drumsticks
Savory Rice	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 17, Savory Rice.</li> <li>• Purchase Long Grain &amp; Wild Mix rice with seasoning packets that have less than 600 mg sodium per 1 cup serving prepared.</li> <li>• Purchase chicken base with no more than 750 mg of sodium per cup prepared.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Oatmeal Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 14, Oatmeal Roll.</li> </ul>	K-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
Broccoli Florets	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Cherry Tomatoes	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash and stem tomatoes.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 6 whole tomatoes (½ cup)
Grapes, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p><i>*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.</i></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Jelly	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: ½ oz each or 1 Tbsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings</li> </ul>	K-12: ½ oz or 1 Tbsp

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

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

Production Record (K-5)																																					
Date: _____ <b>Thursday</b>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
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Savory Rice		1/2 cup					1.000																														
Oatmeal Roll		1 each					1.000																														
Turkey & Cheese Sub		1 sandwich				2.000	2.000																														
Broccoli Florets		1/2 cup							0.500							0.500																					
Cherry Tomatoes		1/2 cup								0.500						0.500																					
Fresh Grapes		1/2 cup						0.500																													
Fruit Choice, canned		N/A																																			
Milk Choice		8 fl oz																																			
Ranch Dressing		1 fl oz																																			
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

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## Purchasing, Preparation & Serving Instructions Week 3 – Friday

Menu Item	Purchasing & Preparation	Serving
Yummy Sloppy Joe on a Bun	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 123, Yummy Sloppy Joe.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for hot service at 135°F or above</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich Meal (K-5)	<ul style="list-style-type: none"> <li>• Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 17 gm of fat; and no more than 320 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-5: 1 sandwich, 1 oz crackers, 1 oz cheese
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich (6-12)	<ul style="list-style-type: none"> <li>• Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 2 oz equivalent M/MA and 2 oz equivalent Grains, no more than 33 gm of fat; and no more than 620 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	6-12: 1 sandwich (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal)
Roasted Red Potatoes	<ul style="list-style-type: none"> <li>• Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup.</li> <li>• Follow manufacturer's directions for baking and holding.</li> <li>• Batch cook. May add pepper or other non-sodium seasonings.</li> <li>• Weigh out each portion size indicated and use as a sample.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Edamame	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

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

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

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

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

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

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Roasted Red Potatoes		1/2 cup												0.500				0.500																																								
Edamame		1/2 cup											0.500					0.500																																								
Fresh Peach		1 each						0.500																																																		
Fruit Choice, canned		N/A																																																								
Milk Choice		8 fl oz																																																								
Daily Breakfast Component Totals																			Notes:																																							
Daily Lunch Component Totals						2.000	2.000	0.500			0.500	0.500					1.000																																									
Alternate Entrée Lunch Component Totals						2.000	2.000																																																			

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																	
Date: _____ <u>Friday</u>																	
Preparation Site: _____																	
Offer? Yes _____ No _____																	
Grades _____																	
						<b>BREAKFAST</b>						<b>LUNCH</b>					
						Age/grade Group		Meals Planned		Meals Served							
STUDENT MEALS						9-12						Age/Grade Groups					
ADULT MEALS												Meals Planned					
TOTAL MEALS												Meals Served					
STUDENT MEALS						9-12						Meals Planned					
ADULT MEALS												Meals Served					
TOTAL MEALS												Meals Served					

  

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					
Yummy Sloppy Joe on a Bun		1 sandwich				2.000	2.000													
Peanut Butter & Jelly		1 each (5.3 oz)				2.000	2.000													
WG Crackers		N/A																		
String Cheese		N/A																		
Roasted Red Potatoes		1/2 cup												0.500				0.500		
Edamame		1/2 cup											0.500					0.500		
Fresh Peach		1 each						0.500												
Fruit Choice, canned		1/2 cup						0.500												
Milk Choice		8 fl oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.000													
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000	1.000			0.500	0.500					1.000			
																Notes:				

## 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