Healthier Kansas Menus

with Alternate Entrées

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SPRING WEEK 4 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

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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 |
| Beef & Bean Burrito  **Tortilla Chips (9-12)**  **Or**  Yogurt & Blueberry Oat Muffin Plate  **Tortilla Chips (9-12)**  Tomato Salsa  Romaine Lettuce  Mexican Corn  Fresh Pear  Canned Fruit Choice  Milk Choice | Stromboli Squares  **Garlic Breadstick (9-12)**  **Or**  Chicken Crispito  Garden Salad  Fresh Baby Carrots  Fresh Plum  Canned Fruit Choice  Milk Choice | BBQ Beef on a Bun  **Or**  Grilled Chicken Sandwich  Fresh Snow Peas  Baked Beans  Fresh Watermelon  **Royal Brownie**  **(6-12)**  Canned Fruit Choice  Milk Choice | Turkey & Cheese Sub Sandwich  **Or**  Hamburger on a Bun  Dark Green Leaf Lettuce  Tomato Slice  Sweet Potato Fries  Applesauce  Fresh Fruit Choice  Milk Choice | Country Style  Beef Pattie  **Whole Wheat Roll (6-12)**  **Or**  Cheese Pizza  Mashed Potatoes  & Gravy  Steamed Broccoli  Fresh Orange  Canned Fruit Choice  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **613**  **782**  **7.6%** | **655**  **821**  **7.5%** | **780**  **870**  **6.9%** |

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## Recipes for the Week

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| --- | --- | --- | --- |
| Day | Recipe Name | Recipe Number | HKM Recipe  Page Number |
| Monday | Blueberry Oat Muffin  Tomato Salsa | 28  129 | 64  61 |
| Tuesday | Stromboli Squares  Garden Salad  Whole Wheat Garlic Breadstick | 181  164  877 | 33  55  91 |
| Wednesday | BBQ Beef on a Bun  Whole Wheat Bun  Baked Beans  Royal Brownies | 135  877  188  62 | 3  91  50  78 |
| Thursday | Turkey & Cheese Sub  Whole Wheat Bun | 144  877 | 42  91 |
| Friday | Whole Wheat Roll | 877 | 91 |

## Abbreviations

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

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

## Portion Guide

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

## Purchasing, Preparation & Serving Instructions

Week 4 – Monday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Beef & Bean Burrito | * Purchase a pre-cooked Beef & Bean Burrito that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 500 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Prepare according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 each |
| **Alternate Entrée:**  Yogurt & Blueberry Oat Muffin Meal | * 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 41o F or below for cold service.** | K-12: 8oz yogurt,  2 muffins each |
| Tortilla Chips | * Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). * May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: N/A  9-12: 1 oz |
| Romaine 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 |
| Mexican Corn | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase frozen or canned Mexican corn or plain corn. * If using plain corn, clean, seed and dice one fresh green pepper and one fresh red pepper for each 20 lb. frozen corn or 5 #10 cans used. Add to corn just before end point of cooking. * Wipe tops of cans clean before opening. Batch cook close to serving time by steaming or by cooking in stock pot with minimal liquid. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Tomato Salsa | * Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * May be served, self-serve or pre-portioned for service. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ¼ cup |

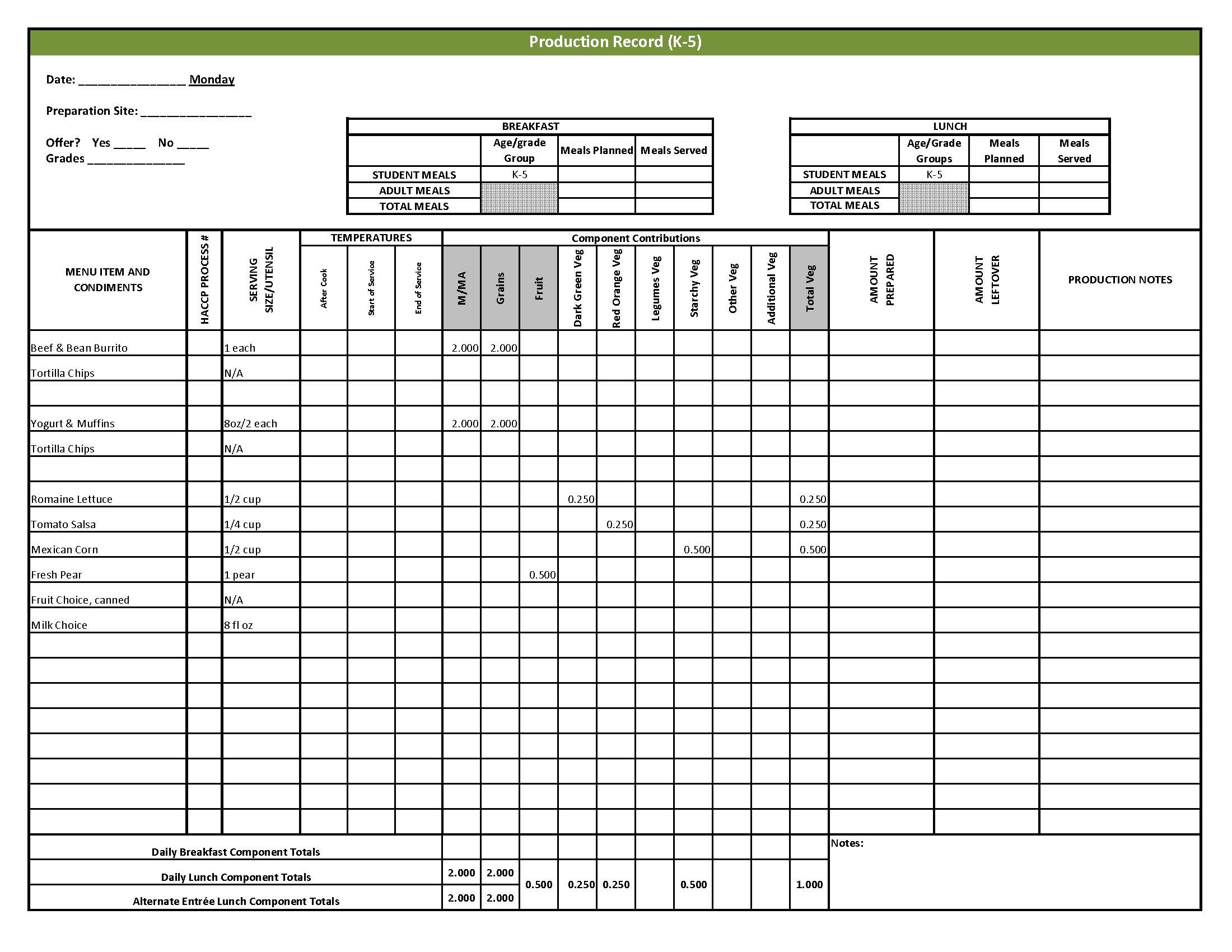
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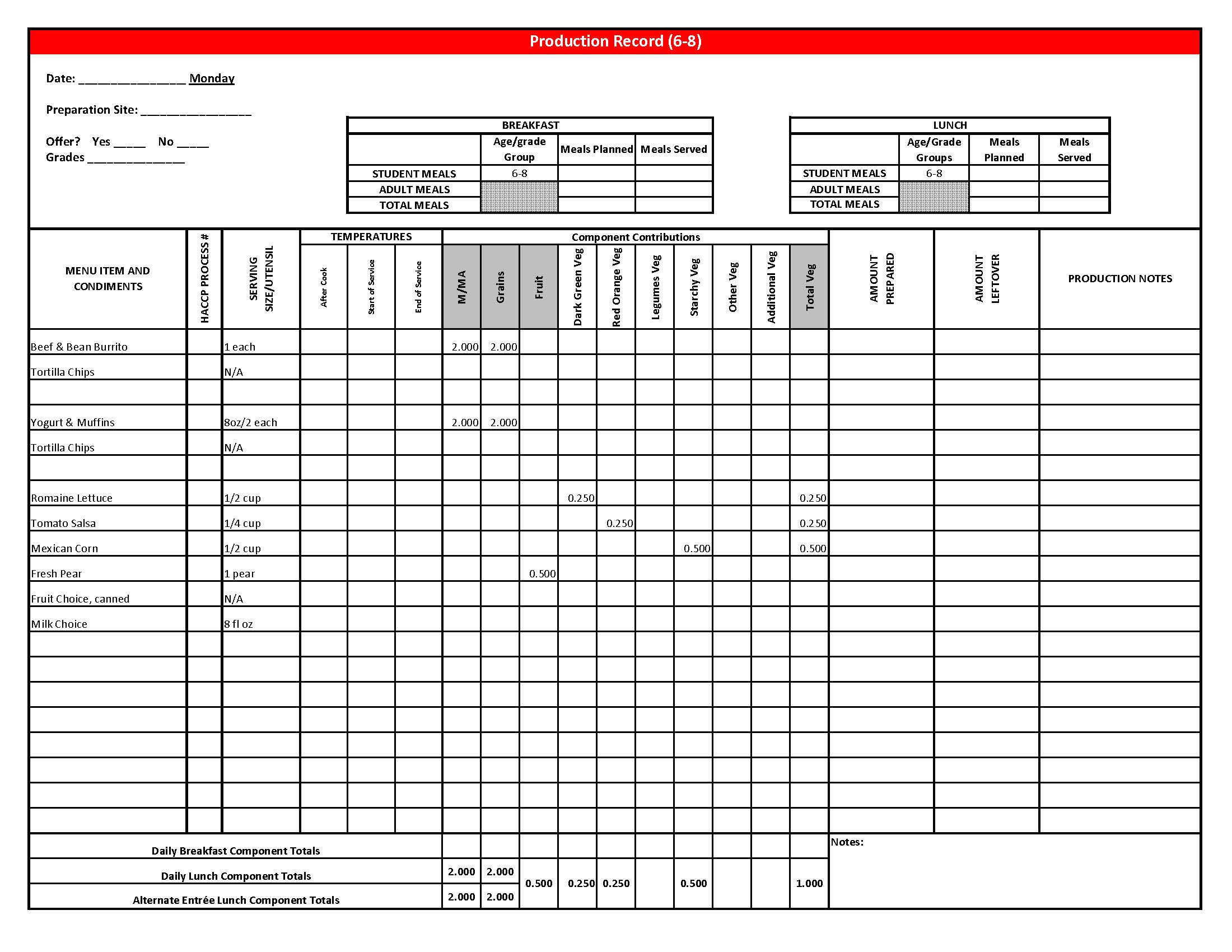
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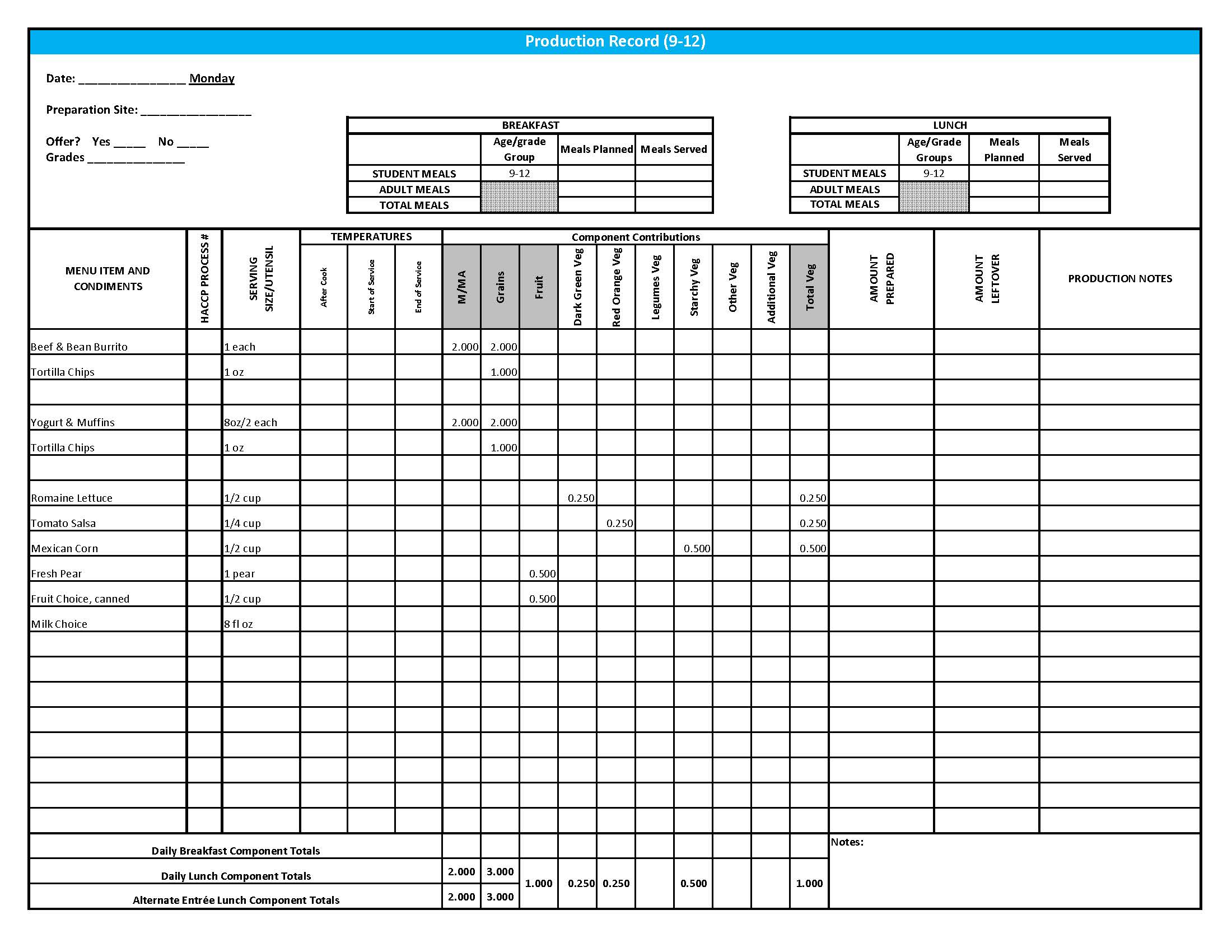
Week 4 – Monday, continued

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| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Pear, fresh | * Refer to *Fruit & Vegetable Order Guide* 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 | 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 – Tuesday:** N/A







## Purchasing, Preparation & Serving Instructions

Week 4 – Tuesday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Stromboli Squares | * Prepare HKM Recipe 181, Stromboli Squares. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 piece |
| Garlic Breadstick | * Prepare HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns, 51%, garlic breadstick variation. | K-8: N/A  9-12: 1 each |
| **Alternate Entrée:**  Crispito, chicken chili | * 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 |
| Garden Salad | * Prepare HKM Recipe 164, Garden Salad. Refer to *Fruit & Vegetable Order Guide* for amounts of individual ingredients needed. * Handle salad with gloved hands, tongs or serving utensils. * May estimate serving sizes using measured portions as samples. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 1 cup |
| Carrots, baby, fresh | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle with gloved hands or serving utensils. Cover and refrigerate until serving. * Weigh or count number needed per portion. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: ½ cup |
| Plum, fresh | * Refer to *Fruit & Vegetable Order Guide* 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 |

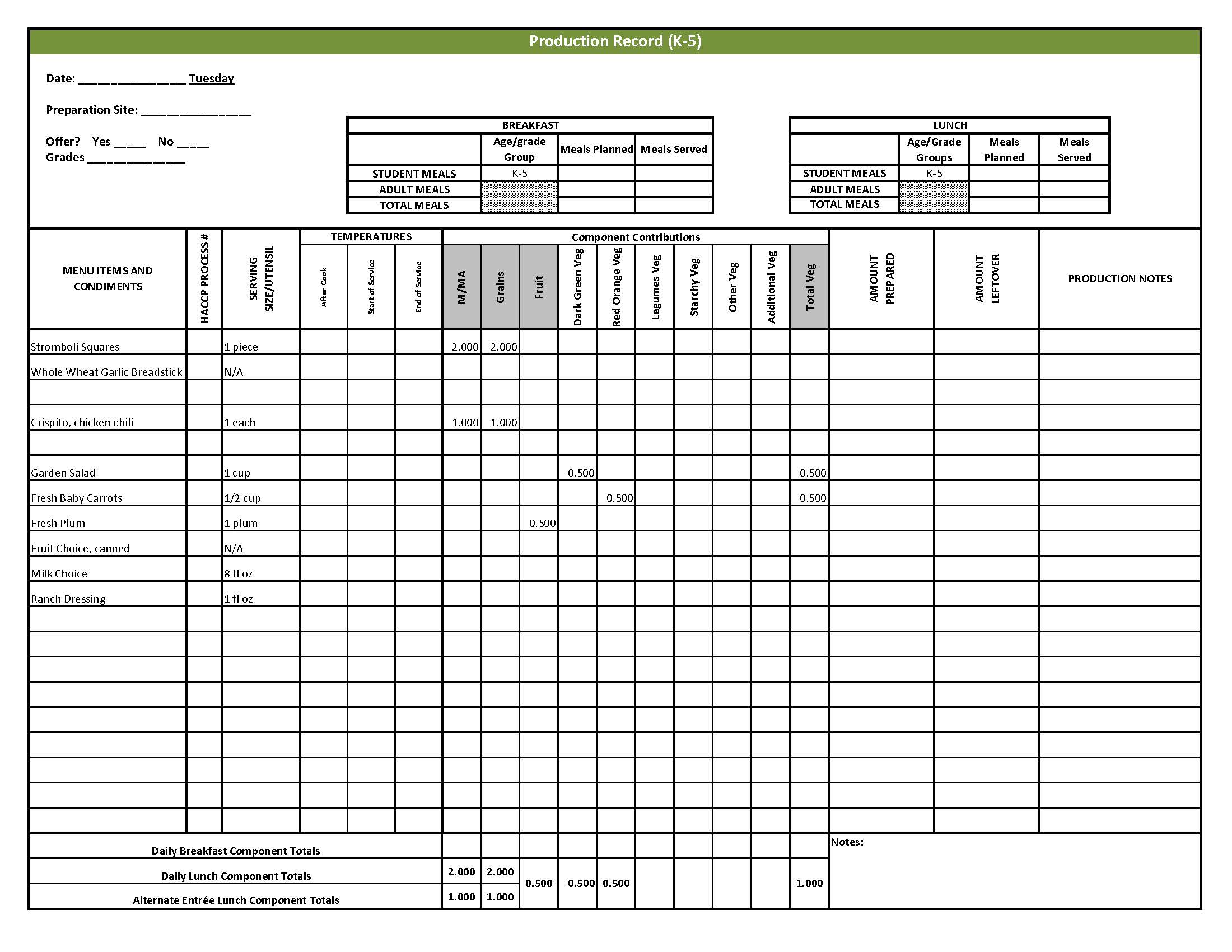
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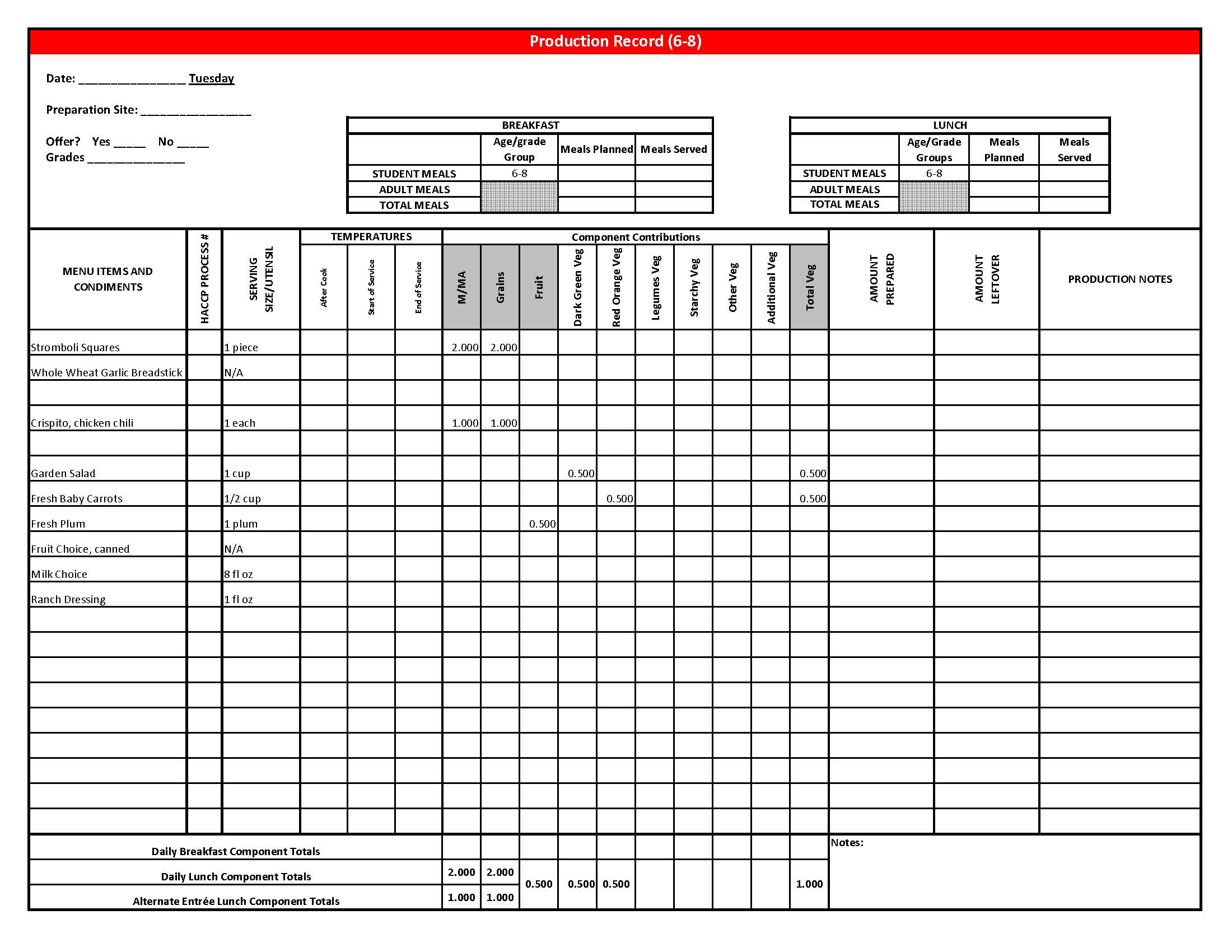
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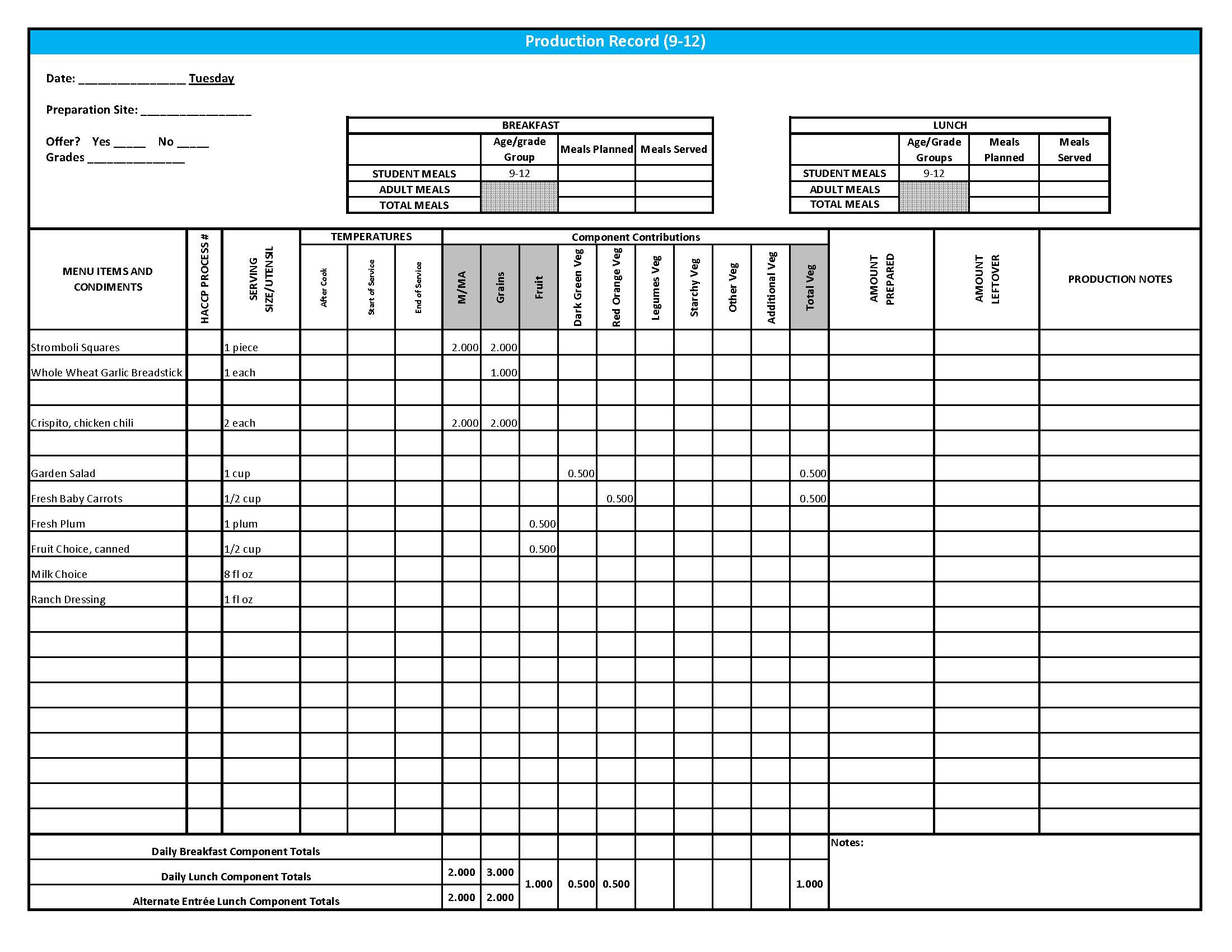
Week 4 – Tuesday, continued

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Fruit Choice, canned | Select an additional fruit choice to offer on the menu.  The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.  \*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required.  The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | * Purchase or prepare Ranch dressing containing no more than 6 gm of fat  per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. * **CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.** | K-12: 1 fl oz **or** 2 Tbsp |

**Pre-preparation for Week 4 - Wednesday:** Thaw beef under refrigeration. Cut and chill watermelon.







## Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu Item** | | **Purchasing & Preparation** | **Serving** | |
| BBQ Beef on a Bun | | * Prepare HKM Recipe 135, BBQ Beef on a Bun. * Purchase a raw sliced and shaped beef product that is provides no more than 250 mg of sodium per serving. * Purchase BBQ sauce with no more than 500 mg sodium per fl oz. * 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 sandwich |
| **Alternate Entrée:**  Grilled Chicken Sandwich | | * Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Prepare according to manufacturer’s instructions. * Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation. * **CCP: Hold for hot service at 135°F or above.** | | K-12: 1 each |
| Snow Peas, fresh | | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Handle with gloved hands or serving utensils. Cover and refrigerate until serving. * Weigh or count number needed per portion. * **CCP: Refrigerate and hold at 41°F or below for cold service.** | | K-12: ½ cup |
| Baked Beans | | * Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. * Refer to *Fruit & Vegetable Order Guide* for amount needed. * **CCP: Hold for hot service at 135°F or above.** | | K-12: ½ cup |
| Watermelon, Fresh | | * Refer to *Fruit &Vegetable Order Guide* 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 |

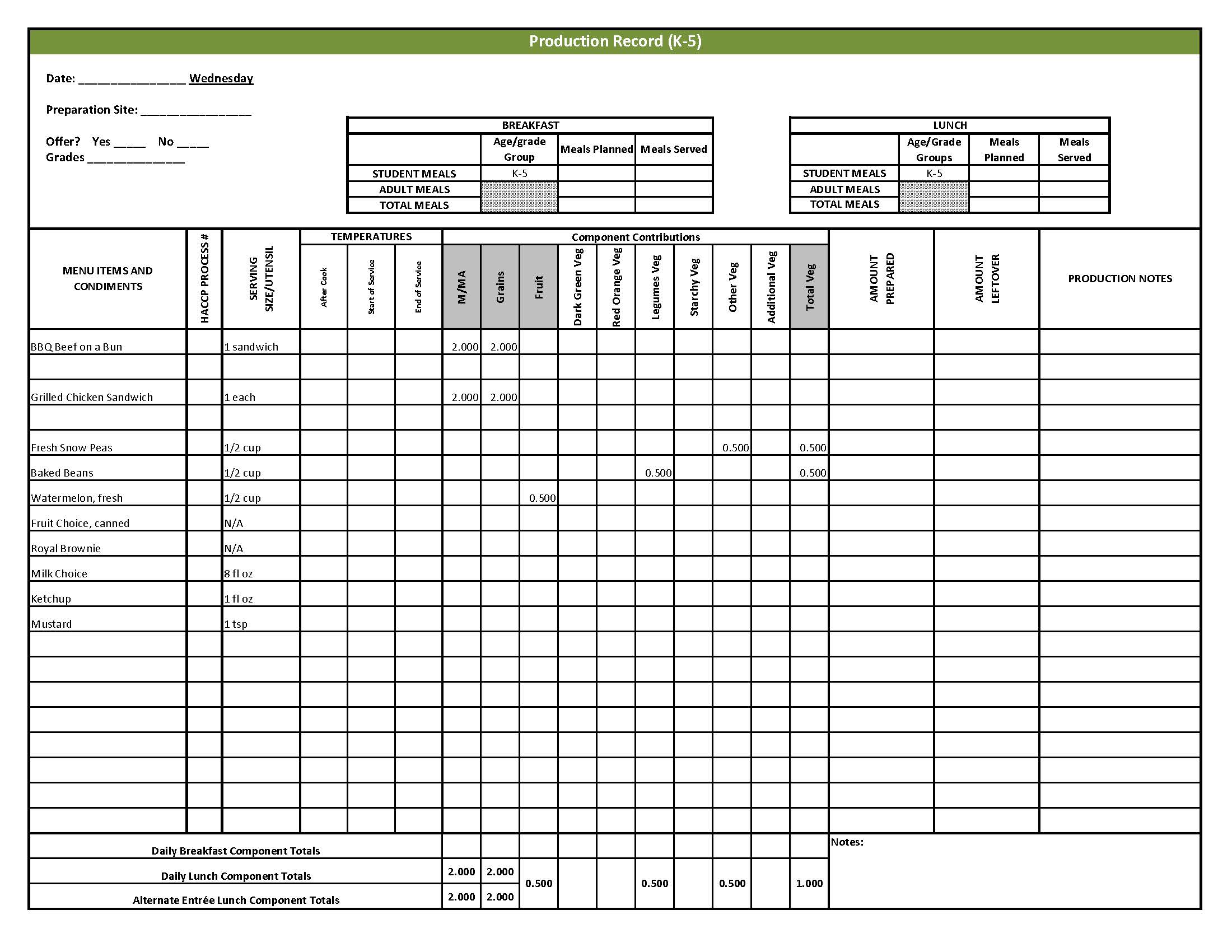
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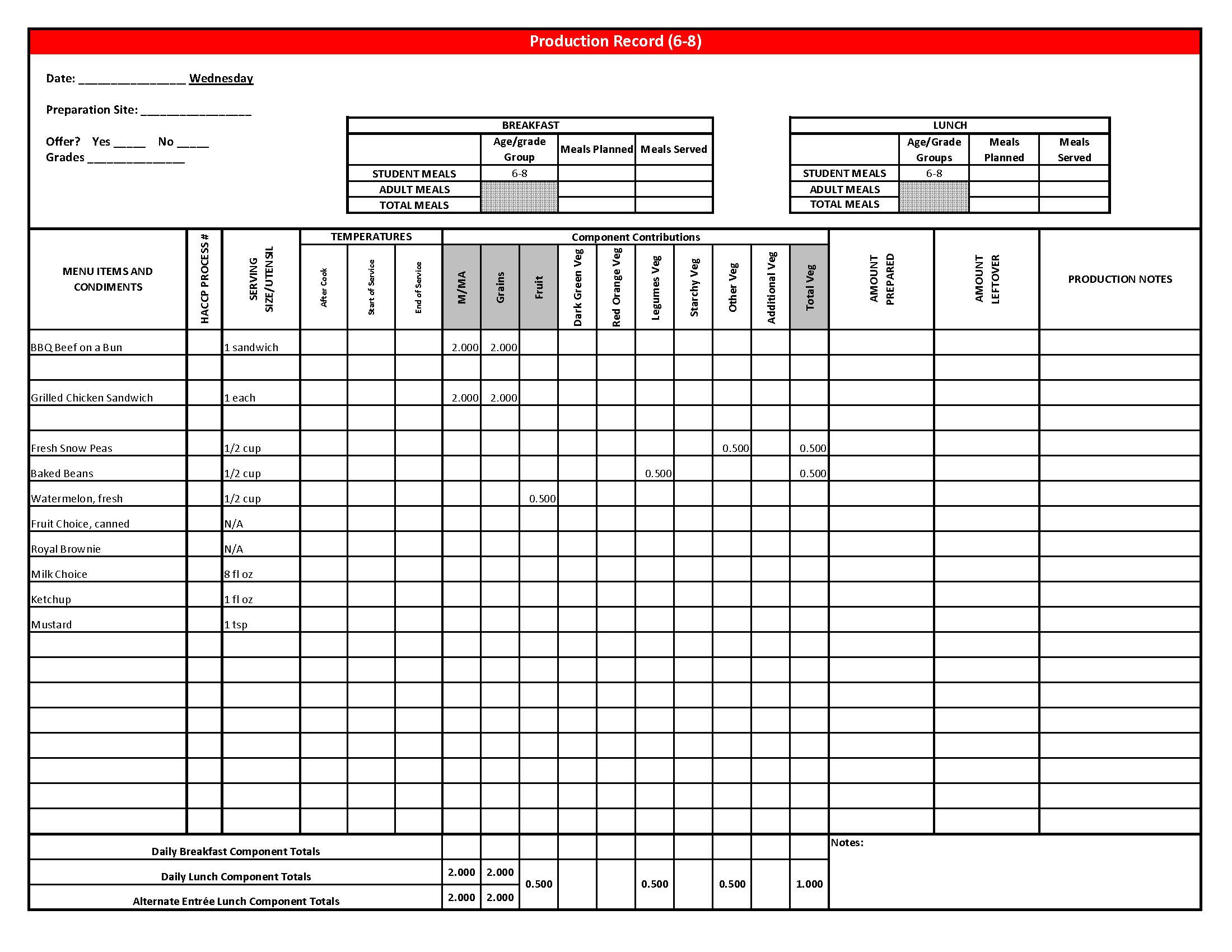
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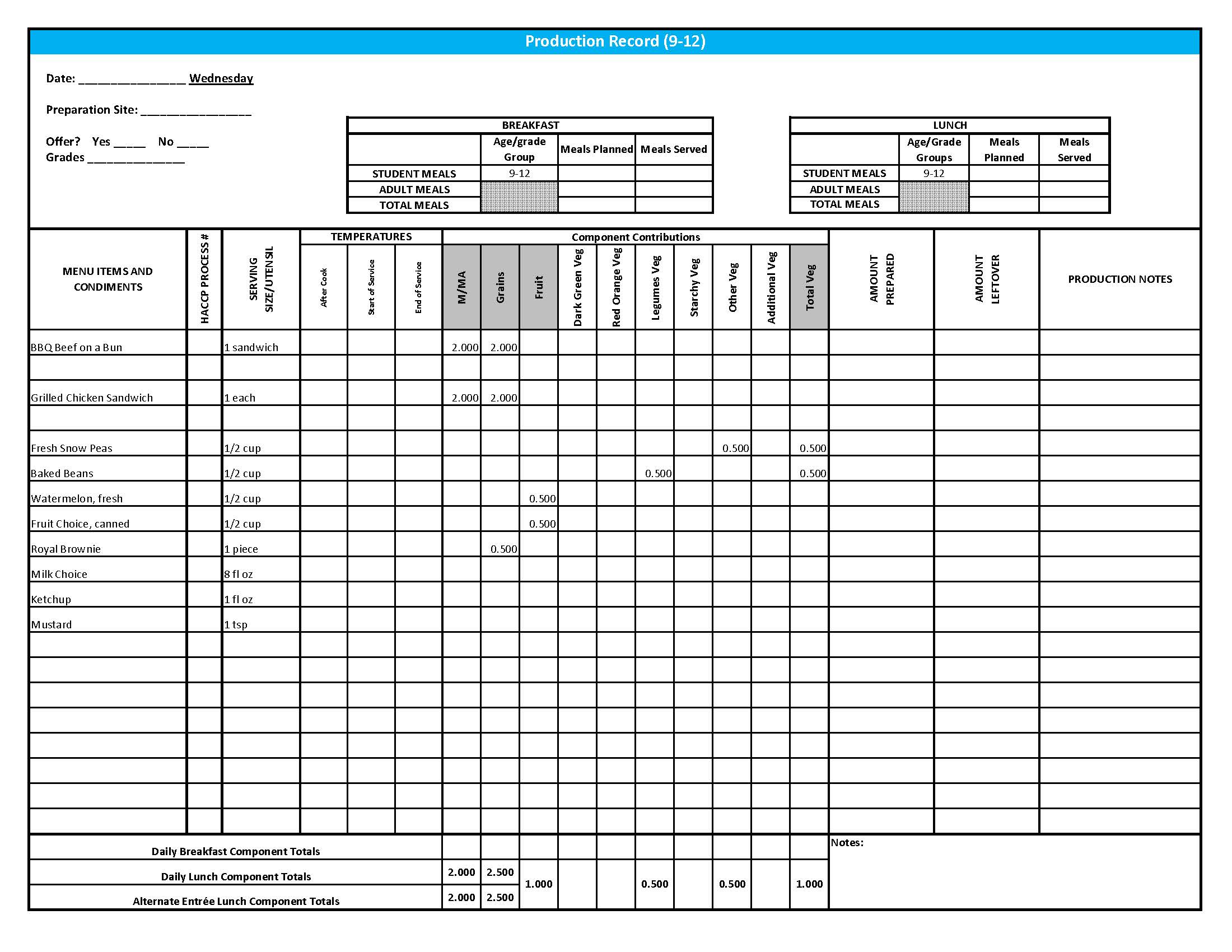
**Week 4 – Wednesday, continued**

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| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Fruit Choice, canned | Select an additional fruit choice to offer on the menu.  The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.  \*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required.  The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. | K-8: N/A\*  9-12: ½ cup |
| Royal Brownie | * Prepare HKM Recipe 62, Royal Brownie. * This menu item will count as a grain based dessert. | K-5: N/A  6-12: 1 piece |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 8 fl oz |
| Ketchup | * Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz  **or** 2 Tbsp **or** 2 PC |
| Mustard | * Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

**Pre-preparation for Week 4 – Thursday:** Chill applesauce.







Purchasing, Preparation & Serving Instructions

Week 4 – Thursday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| 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: Hold at 41°F or below for cold service.** | K-12: 1 sandwich |
| **Alternate Entrée:**  Hamburger on a Bun | * Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. * Heat according to manufacturer’s instructions. * Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 each |
| 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 |
| Sweet Potato Fries | * Purchase crinkle-cut, ovenable sweet potato fries. * Refer to *Fruit & Vegetable Order Guide* for amount needed. Heat in oven according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |

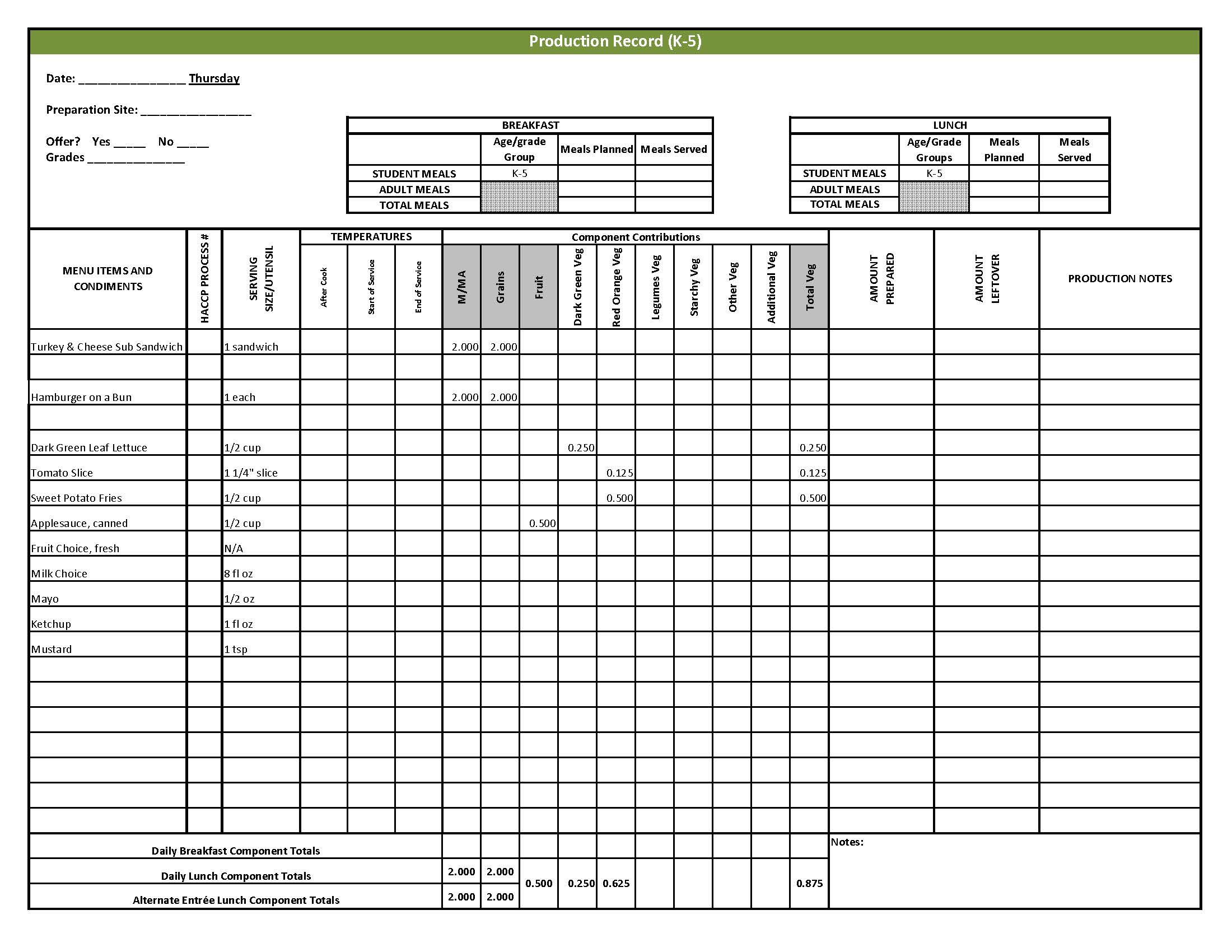
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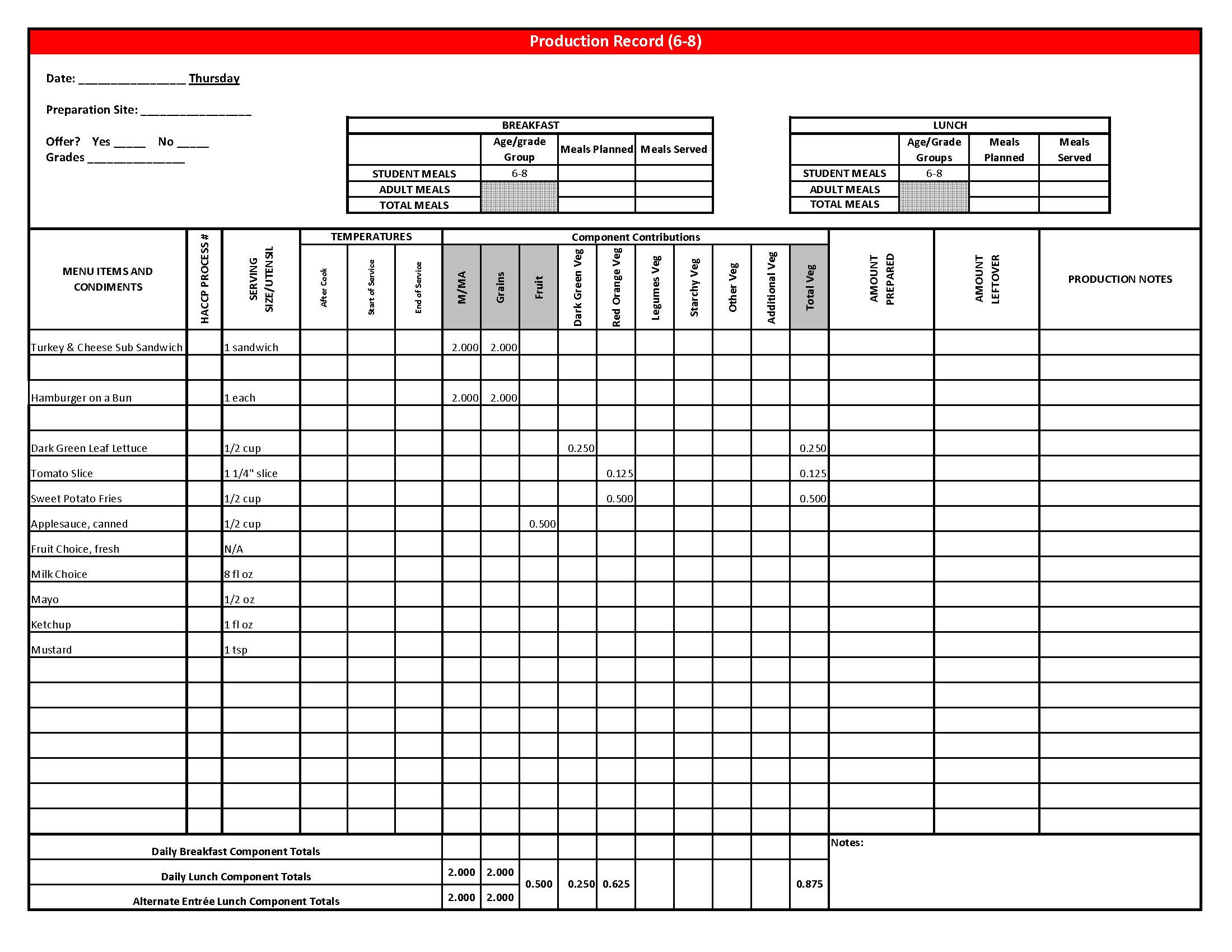
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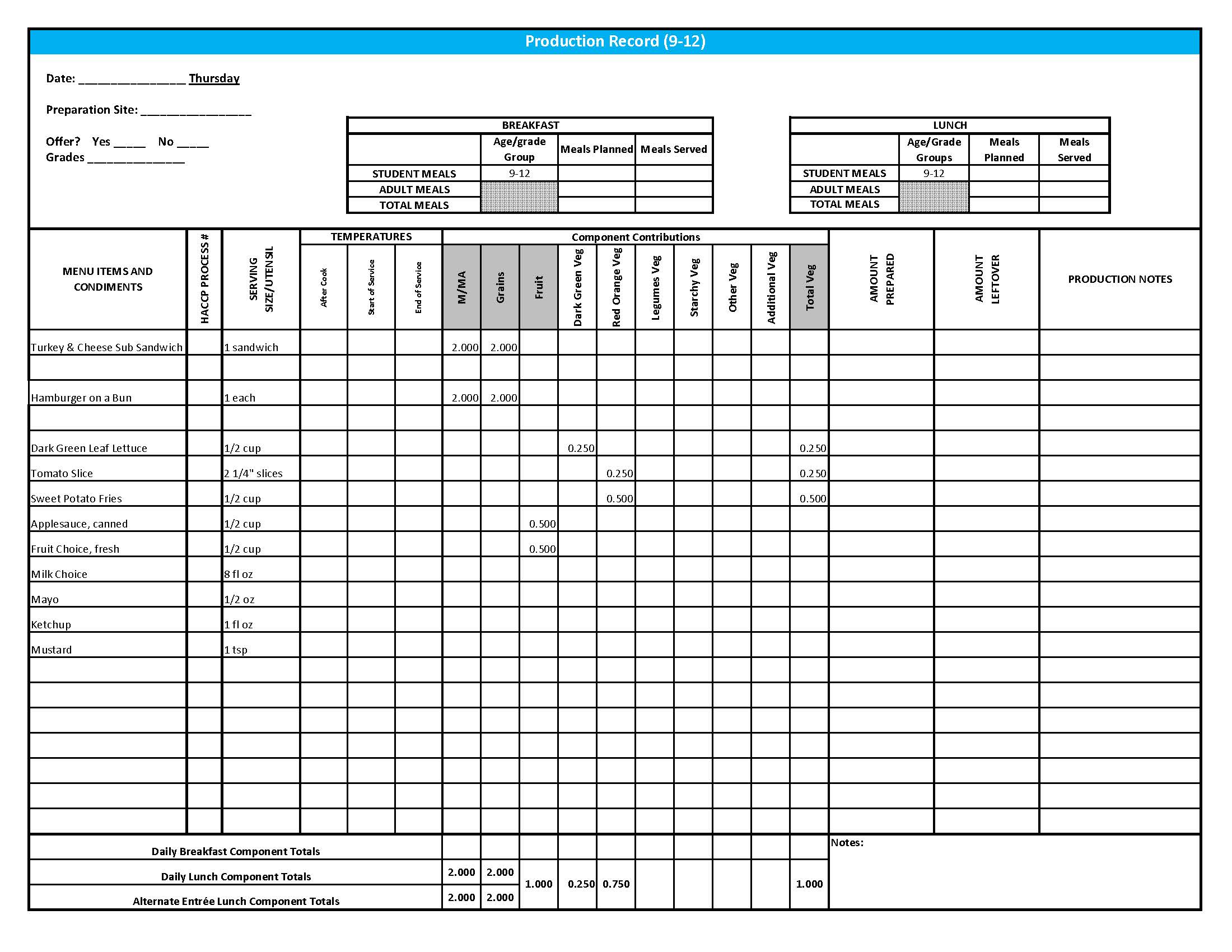
## **Week 4 – Thursday, continued**

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| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Applesauce, unsweetened | * Refer to *Fruit & Vegetable Order Guide* 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 |
| 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 |
| Mayo-type Salad Dressing, reduced fat | * Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings. | K-12: ½ oz or 1 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 |
| Mustard | * Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

**Pre-preparation for Week 4 - Friday:** Cut and chill oranges.







## Purchasing, Preparation & Serving Instructions

Week 4 – Friday

|  |  |  |
| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Country Style Beef Patty | * Purchase a pre-cooked, breaded beef patty that provides at least 2 oz equivalent M/MA and 1 oz equivalent Grains; no more than 15 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. * Prepare according to manufacturer’s instructions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 each |
| Whole Wheat Roll | * Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-5: N/A  6-12: 1 each (1 oz) |
| **Alternate Entrée:**  Cheese Pizza | * 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 |
| Mashed Potatoes | * Refer to *Fruit & Vegetable Order Guide* for amount needed. Purchase dehydrated mashed potatoes. * Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |
| Broccoli, steamed | * Refer to *Fruit & Vegetable Order Guide* for amount needed. * Batch cook close to serving time by steaming or by stock pot with minimal liquid. * **CCP: Hold for hot service at 135°F or above.** | K-12: ½ cup |

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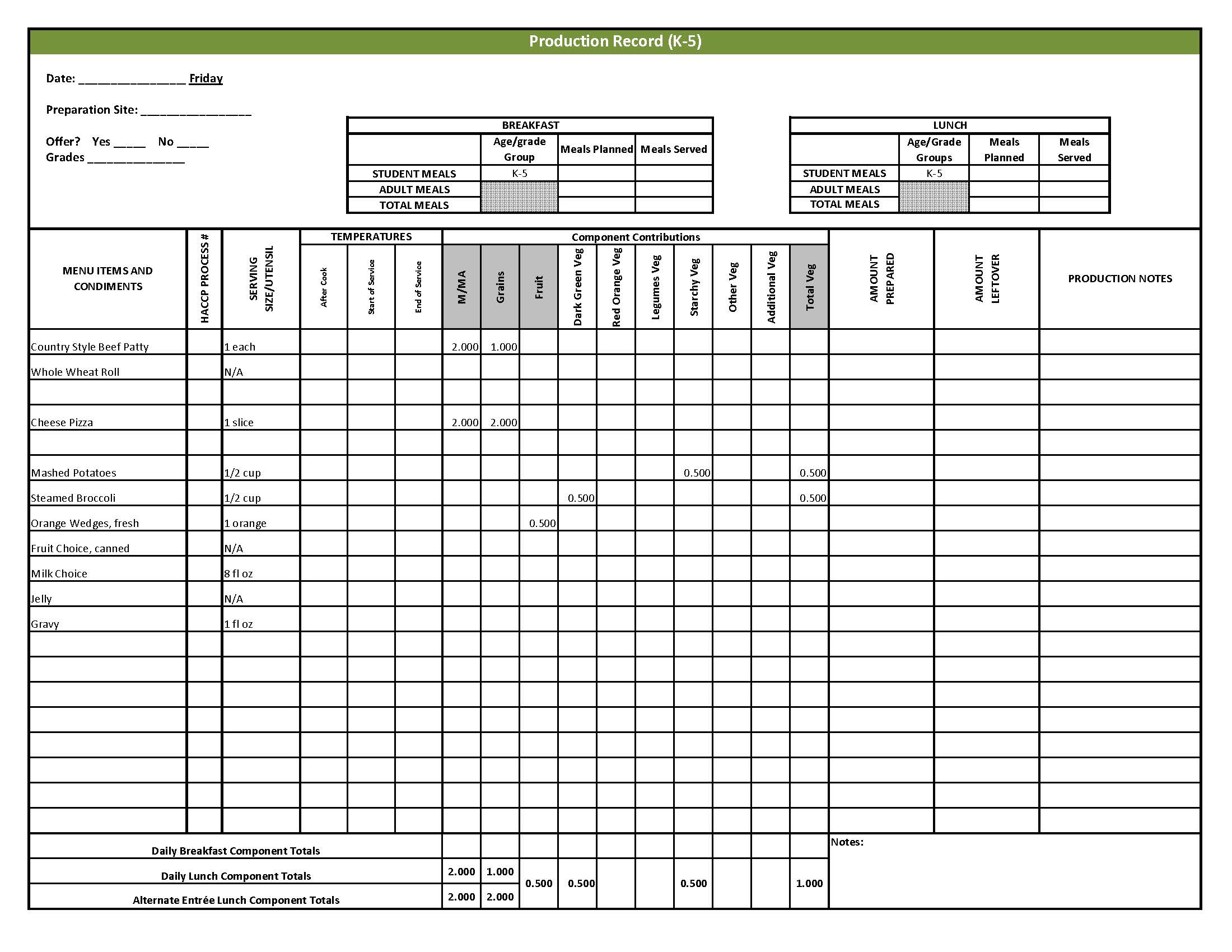
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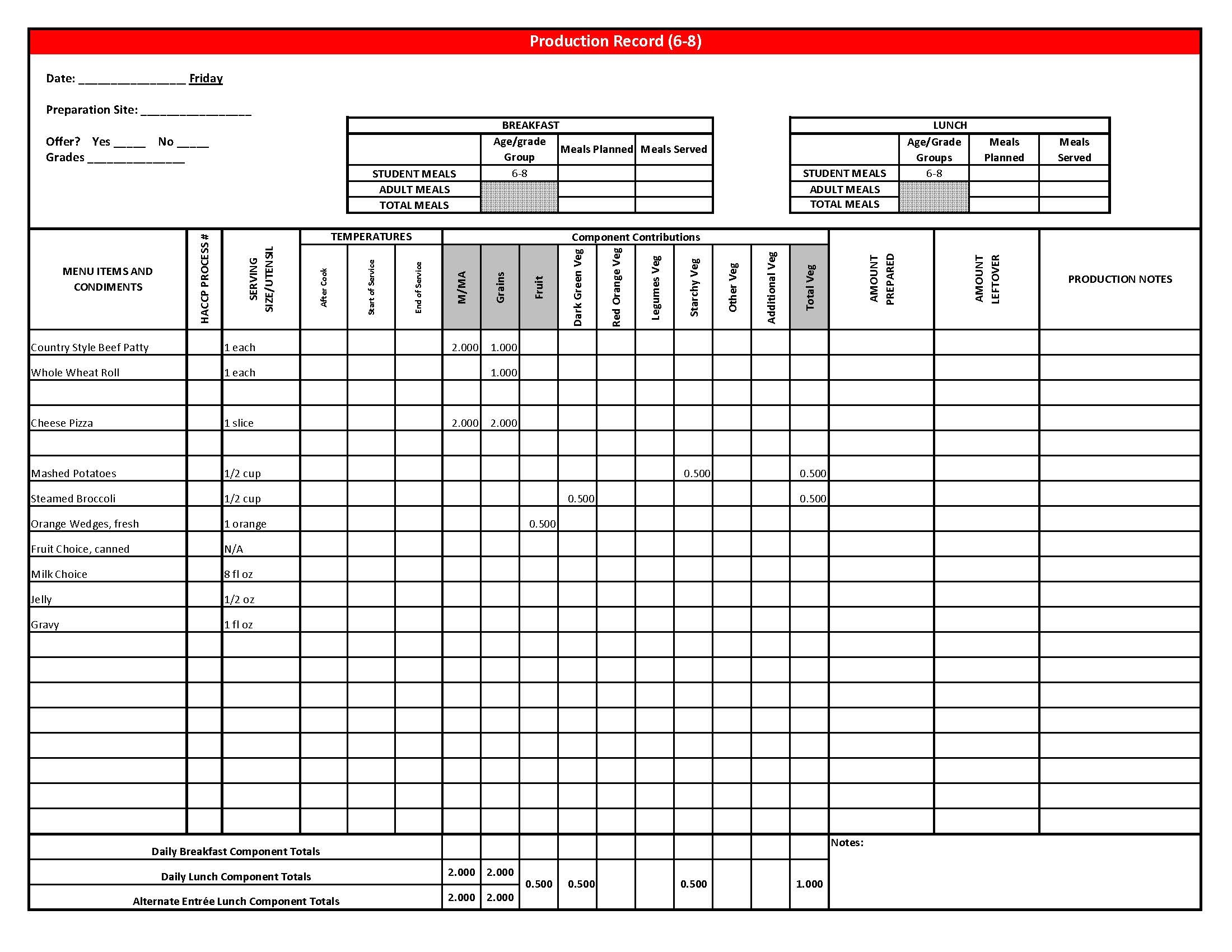
Purchasing, Preparation & Serving Instructions

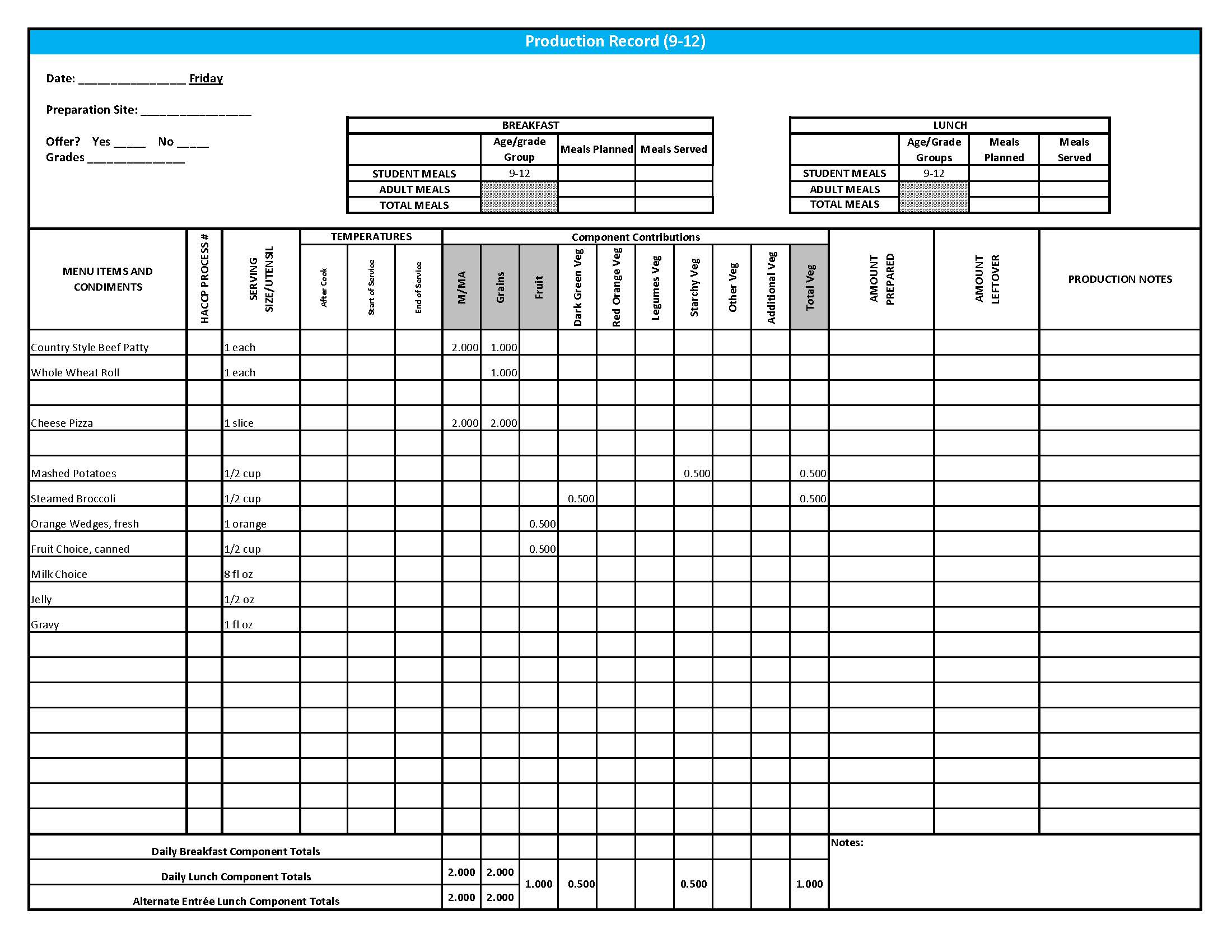
Week 4 – Friday, continued

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| --- | --- | --- |
| **Menu Item** | **Purchasing & Preparation** | **Serving** |
| Orange Wedges, fresh | * Refer to *Fruit & Vegetable Order Guide* 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 |
| Fruit Choice, canned | Select an additional fruit choice to offer on the menu.  The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.  \*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required.  The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. | K-8: N/A\*  9-12: ½ cup |
| Milk | * Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). * **CCP: Refrigerate and hold at 41°F or below for cold service.** | K-12: 8 fl oz |
| Gravy | * Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. * **CCP: Hold for hot service at 135°F or above.** | K-12: 1 fl oz |
| Jelly | * Purchase .5 oz packets or purchase in bulk container. | K-5: N/A  6-12: ½ oz each  **or**1 Tbsp |

**Pre-preparation for Week 1 - Monday:** Chill fruit cocktail.







## Fruit & Vegetable Order Guide

**Week 4**

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

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Fruit or Vegetable** | **K-5**  **Portion Size** | **K-5**  **Amount to Order per 100 Servings** | **6-8**  **Portion Size** | **6-8**  **Amount to Order**  **per 100 Servings** | **9-12 Portion Size** | **9-12 Amount to Order per 100 Servings** |
| Monday | Lettuce, Romaine, AP | ½ cup | 6 lb 7 oz | ½ cup | 6 lb 7 oz | ½ cup | 6 lb 7 oz |
| Mexican Corn | ½ cup |  |  |  |  |  |
| Corn, frozen, whole kernel **OR** |  | 18 lb 4 oz |  | 18 lb 4 oz |  | 18 lb 4 oz |
| Corn, canned, whole kernel, liquid packed |  | 5.2 #10 cans |  | 5.2 #10 cans |  | 5.2 #10 cans |
| Green Bell Pepper, fresh, AP |  | 1 medium pepper |  | 1 medium pepper |  | 1 medium pepper |
| Red Bell Pepper, fresh, AP |  | 1 medium pepper |  | 1 medium pepper |  | 1 medium pepper |
| Picante Sauce **OR** | ¼ cup | 1 gal 9 cups | ¼ cup | 1 gal 9 cups | ¼ cup | 1 gal 9 cups |
| Tomato, crushed, salsa- ready, canned (for Tomato Salsa) | 2 #10 can |  | 2 #10 can |  | 2 #10 can |  |
| Jalapeno Peppers, canned (for Tomato Salsa) | 4 oz |  | 4 oz |  | 4 oz |  |
| 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 4, continued**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Fruit or Vegetable** | **K-5**  **Portion Size** | **K-5**  **Amount to Order per 100 Servings** | **6-8**  **Portion Size** | **6-8**  **Amount to Order**  **per 100 Servings** | **9-12 Portion Size** | **9-12 Amount to Order per 100 Servings** |
| Tuesday | Garden Salad: | 1 cup |  | 1 cup |  | 1 cup |  |
| Lettuce, Romaine, AP |  | 6 lb 8 oz |  | 6 lb 8 oz |  | 6 lb 8 oz |
| Spinach, fresh, trimmed, AP | 6 lb 8 oz | 6 lb 8 oz | 6 lb 8 oz |
| Tomato, fresh, AP | 1 lb 5 oz | 1 lb 5 oz | 1 lb 5 oz |
| Carrots, fresh, AP | 15 oz | 15 oz | 15 oz |
| Cucumber, fresh, AP | 14 oz | 14 oz | 14 oz |
| Carrots, baby, fresh, EP | ½ cup | 15 lb 10 oz | ½ cup | 15 lb 10 oz | ½ cup | 15 lb 10 oz |
| 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 | Snow Peas, fresh | ½ cup | 20 lb 10 oz | ½ cup | 20 lb 10 oz | ½ cup | 20 lb 10 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 |
| Watermelon, fresh, AP | ½ cup | 32 lb 13 oz | ½ cup | 32 lb 13 oz | ½ cup | 32 lb 13 oz |
| Thursday | 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 |
| Sweet Potato Fries, crinkle-cut, frozen | ½ cup | 16 lb | ½ cup | 16 lb | ½ cup | 16 lb |
| Applesauce, canned, unsweetened | ½ cup | 4.4 #10 cans | ½ cup | 4.4 #10 cans | ½ cup | 4.4 #10 cans |
| Friday | Potatoes, dehydrated, flakes | ½ cup prepared | 4 lb | ½ cup prepared | 4 lb | ½ cup prepared | 4 lb |
| Broccoli, frozen, chopped | ½ cup | 21 lb | ½ cup | 21 lb | ½ cup | 21 lb |
| 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 |