
Healthier Kansas Menus with Alternate Entrées



SPRING WEEK 4 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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

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The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

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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	613	655	780
					Sodium (mg)	782	821	870
					% of Total Calories from Sat. Fat	7.6%	7.5%	6.9%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Blueberry Oat Muffin	28	64
	Tomato Salsa	129	61
Tuesday	Stromboli Squares	181	33
	Garden Salad	164	55
	Whole Wheat Garlic Breadstick	877	91
Wednesday	BBQ Beef on a Bun	135	3
	Whole Wheat Bun	877	91
	Baked Beans	188	50
	Royal Brownies	62	78
Thursday	Turkey & Cheese Sub	144	42
	Whole Wheat Bun	877	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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain. • Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8oz yogurt, 2 muffins each
Tortilla Chips	<ul style="list-style-type: none"> • Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). • May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	K-8: N/A 9-12: 1 oz
Romaine Lettuce	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. May be pre-portioned. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Mexican Corn	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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	<ul style="list-style-type: none"> • Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • May be served, self-serve or pre-portioned for service. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ¼ cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 4 – Monday, continued

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

Pre-preparation for Week 4 – Tuesday: N/A

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Purchasing, Preparation & Serving Instructions

Week 4 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Stromboli Squares	<ul style="list-style-type: none"> Prepare HKM Recipe 181, Stromboli Squares. CCP: Hold for hot service at 135°F or above. 	K-12: 1 piece
Garlic Breadstick	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Purchase Crispito providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 14 gm of fat; and no more than 370 mg sodium per piece. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. 	K-8: 1 each 9-12: 2 each
Garden Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit & Vegetable Order Guide</i> 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	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> 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	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash plums. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 each

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 4 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> • Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. • CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp

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

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Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving
BBQ Beef on a Bun	<ul style="list-style-type: none"> • Prepare HKM Recipe 135, BBQ Beef on a Bun. • Purchase a raw sliced and shaped beef product that 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	<ul style="list-style-type: none"> • Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Prepare according to manufacturer's instructions. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
Snow Peas, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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	<ul style="list-style-type: none"> • Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Watermelon, Fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and cut into ½" cubes. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday, continued

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

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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BBQ Beef on a Bun		1 sandwich				2.000	2.000																																																		
Grilled Chicken Sandwich		1 each				2.000	2.000																																																		
Fresh Snow Peas		1/2 cup												0.500		0.500																																									
Baked Beans		1/2 cup												0.500		0.500																																									
Watermelon, fresh		1/2 cup						0.500																																																	
Fruit Choice, canned		N/A																																																							
Royal Brownie		N/A																																																							
Milk Choice		8 fl oz																																																							
Ketchup		1 fl oz																																																							
Mustard		1 tsp																																																							
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Daily Lunch Component Totals						2.000	2.000																																																		
Alternate Entrée Lunch Component Totals						2.000	2.000	0.500			0.500		0.500		1.000																																										

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ Wednesday

Preparation Site: _____

Offer? Yes _____ No _____
 Grades _____

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
BBQ Beef on a Bun		1 sandwich				2.000	2.000													
Grilled Chicken Sandwich		1 each				2.000	2.000													
Fresh Snow Peas		1/2 cup												0.500		0.500				
Baked Beans		1/2 cup											0.500		0.500					
Watermelon, fresh		1/2 cup						0.500												
Fruit Choice, canned		N/A																		
Royal Brownie		N/A																		
Milk Choice		8 fl oz																		
Ketchup		1 fl oz																		
Mustard		1 tsp																		
Daily Breakfast Component Totals																				
Daily Lunch Component Totals						2.000	2.000													
Alternate Entrée Lunch Component Totals						2.000	2.000	0.500			0.500		0.500		1.000					
																Notes:				

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Alternate Entrée Lunch Component Totals						2.000	2.500	1.000		0.500		0.500		1.000																																											

Purchasing, Preparation & Serving Instructions

Week 4 – Thursday

Menu Item	Purchasing & Preparation	Serving
Turkey & Cheese Sub	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Heat according to manufacturer's instructions. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. May be pre-portioned. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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	<ul style="list-style-type: none"> • Purchase crinkle-cut, ovenable sweet potato fries. • Refer to <i>Fruit & Vegetable Order Guide</i> 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

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 4 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Applesauce, unsweetened	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Chill cans overnight. Wipe can tops clean before opening. • Cover and refrigerate until serving. • With gloved hands, wash strawberries. • CCP: Refrigerate and hold at 41°F or below for cold service 	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <p><small>*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.</small></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> • Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings. 	K-12: ½ oz or 1 Tbsp
Ketchup	<ul style="list-style-type: none"> • Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. 	K-12: 1 fl oz or 2 Tbsp or 2 PC
Mustard	<ul style="list-style-type: none"> • Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. 	K-12: 1 tsp

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ Thursday																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Turkey & Cheese Sub Sandwich		1 sandwich				2.000	2.000																																																		
Hamburger on a Bun		1 each				2.000	2.000																																																		
Dark Green Leaf Lettuce		1/2 cup							0.250							0.250																																									
Tomato Slice		1 1/4" slice								0.125						0.125																																									
Sweet Potato Fries		1/2 cup								0.500						0.500																																									
Applesauce, canned		1/2 cup						0.500																																																	
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Daily Breakfast Component Totals																																																									
Daily Lunch Component Totals						2.000	2.000																																																		
Alternate Entrée Lunch Component Totals						2.000	2.000	0.500	0.250	0.625						0.875																																									
																Notes:																																									

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ Thursday

Preparation Site: _____

Offer? Yes No

Grades _____

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES			
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg						
Turkey & Cheese Sub Sandwich		1 sandwich				2.000	2.000														
Hamburger on a Bun		1 each				2.000	2.000														
Dark Green Leaf Lettuce		1/2 cup							0.250								0.250				
Tomato Slice		1 1/4" slice								0.125							0.125				
Sweet Potato Fries		1/2 cup								0.500							0.500				
Applesauce, canned		1/2 cup						0.500													
Fruit Choice, fresh		N/A																			
Milk Choice		8 fl oz																			
Mayo		1/2 oz																			
Ketchup		1 fl oz																			
Mustard		1 tsp																			
Daily Breakfast Component Totals																					
Daily Lunch Component Totals						2.000	2.000	0.500	0.250	0.625							0.875				
Alternate Entrée Lunch Component Totals						2.000	2.000														

Notes: _____

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Thursday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Purchasing, Preparation & Serving Instructions Week 4 – Friday

Menu Item	Purchasing & Preparation	Serving
Country Style Beef Patty	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Purchase pre-prepared cheese pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Heat in oven according to manufacturer's instructions. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 piece
Mashed Potatoes	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> 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

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 4 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Orange Wedges, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #138. • Handle with gloved hands. Rinse peel. • Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half. • Cover and refrigerate. • CCP: Hold for cold service at 41°F or below. 	K-12: 1 orange
Fruit Choice, canned	<ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Gravy	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.

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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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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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
	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