
Healthier Kansas Menus



FALL WEEK 1 - DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Updated September 2014

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Healthier Kansas Menus – DAILY PRODUCTION RECORDS

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

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

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

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

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.
 Reduced fat dressing is served with salads and fresh vegetables.
 All Grain items are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fresh Apple Slices Fruit Choice - Canned Milk Choice	Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Sautéed Zucchini Tropical Fruit Oatmeal Cookie (9-12) Fruit Choice - Fresh Milk Choice	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Fruit Choice - Canned Milk Choice	Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon Cinnamon Puff (6-12) Fruit Choice - Canned Milk Choice	Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Grapes Fruit Choice - Fresh Milk Choice	Calories	645	692	788
					Sodium (mg)	1066	1113	1162
					% of Total Calories from Sat. Fat	8.2%	7.8%	7.4%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Pig in a Blanket	30	27
Tuesday	Chicken Wrap	158	15
	Spanish Brown Rice	237	82
	Oatmeal Cookie (9-12 only)	37	73
Wednesday	Spaghetti & Meat Sauce	170	31
	Garden Salad	164	55
	Whole Wheat French Garlic Bread	163	89
Thursday	Taco Salad	78	40
	Taco Meat	76	39
	Tomato Salsa	129	61
	Whole Wheat Cinnamon Puff (6-12 only)	46	85
Friday	Chicken & Noodles	152	11
	Whole Wheat Rolls (6-12 only)	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 1 – Monday

Menu Item	Purchasing & Preparation	Serving
Pig in a Blanket	<ul style="list-style-type: none"> Prepare HKM Recipe 30, Pig in a Blanket. Purchase turkey frankfurters, 8 per lb with each hot dog providing 2 oz equivalent M/MA; no more than 8 gm of fat, and no more than 500 mg of sodium per serving. CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
Roasted Red Potatoes	<ul style="list-style-type: none"> Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup. Follow manufacturer’s directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. Weigh out each portion size indicated and use as a sample. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Broccoli w/Cheese	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Batch cook by steaming or by cooking in stock pot with minimal liquid close to service. Sprinkle with 5 oz shredded cheddar or American cheese per 6 lb broccoli. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Apple Slices, Fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: ½ apple 9-12: 1 apple
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 1 – Tuesday: Chill Tropical Fruit.

Purchasing, Preparation & Serving Instructions Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Chicken Wrap	<ul style="list-style-type: none"> • Prepare HKM Recipe 158, Chicken Wrap. • Purchase precooked, un-breaded, chicken patties providing 2 oz equivalent M/MA. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Purchase 8" whole grain tortillas weighing at least 1.5 oz. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
Romaine Lettuce	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. May be pre-portioned. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Tomato 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
Spanish Brown Rice	<ul style="list-style-type: none"> • Prepare HKM Recipe 237, Spanish Brown Rice. • Purchase brown rice. • Purchase canned salsa that is low in sodium. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Zucchini, sautéed	<ul style="list-style-type: none"> • Purchase fresh zucchini or frozen sliced zucchini. • If fresh, with gloved hands, wash and remove ends. Cut into slices. • Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Tropical Fruit	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase a canned product that includes papaya and/or mango. • Chill cans overnight. Wipe can tops clean before opening. • Drain, cover and refrigerate until serving. Serve with slotted utensil. • 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 1 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, fresh	<ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Oatmeal Cookie	<ul style="list-style-type: none"> • Prepare HKM Recipe 37, Oatmeal Cookie. • This menu item will count as a grain based dessert. 	K-8: n/a 9-12: 1 each
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 1 – Wednesday: Defrost ground beef under refrigeration. Chill mandarin oranges.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Tuesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
<table border="1" style="display: inline-table; margin-right: 20px;"> <thead> <tr><th colspan="4">BREAKFAST</th></tr> <tr><th></th><th>Age/grade Group</th><th>Meals Planned</th><th>Meals Served</th></tr> </thead> <tbody> <tr><td>STUDENT MEALS</td><td>K-5</td><td></td><td></td></tr> <tr><td>ADULT MEALS</td><td></td><td></td><td></td></tr> <tr><td>TOTAL MEALS</td><td></td><td></td><td></td></tr> </tbody> </table> <table border="1" style="display: inline-table;"> <thead> <tr><th colspan="4">LUNCH</th></tr> <tr><th></th><th>Age/Grade Groups</th><th>Meals Planned</th><th>Meals Served</th></tr> </thead> <tbody> <tr><td>STUDENT MEALS</td><td>K-5</td><td></td><td></td></tr> <tr><td>ADULT MEALS</td><td></td><td></td><td></td></tr> <tr><td>TOTAL MEALS</td><td></td><td></td><td></td></tr> </tbody> </table>																		BREAKFAST					Age/grade Group	Meals Planned	Meals Served	STUDENT MEALS	K-5			ADULT MEALS				TOTAL MEALS				LUNCH					Age/Grade Groups	Meals Planned	Meals Served	STUDENT MEALS	K-5			ADULT MEALS				TOTAL MEALS			
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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																																										
Chicken Wrap		1 each				1.750	1.500																																																		
Spanish Brown Rice		1/2 cup					1.000																																																		
Romaine Lettuce		1/2 cup							0.250						0.250																																										
Tomato Slice		1/4" slice								0.125					0.125																																										
Sauteed Zucchini		1/2 cup												0.500	0.500																																										
Tropical Fruit		1/2 cup						0.500																																																	
Fruit Choice Fresh		N/A																																																							
Oatmeal Cookie		N/A																																																							
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						1.750	2.500	0.500	0.250	0.125			0.500		0.875																																										
Weekly Component Totals						3.750	4.500	1.000	0.750	0.125		0.500	0.500	1.875																																											

Notes

Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Spaghetti & Meat Sauce	<ul style="list-style-type: none"> Prepare HKM Recipe 170, Spaghetti & Meat Sauce. CCP: Hold for hot service at 135°F or above. 	K-12: 1 cup
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
Green Beans	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wipe can tops clean before opening. Batch cook by steaming or by stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
French Garlic Bread	<ul style="list-style-type: none"> Prepare HKM Recipe 163, Whole Wheat French Garlic Bread. 	K-12: 1 piece
Mandarin Oranges	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase canned mandarin oranges in 100% juice or light syrup. Chill cans of mandarin oranges. Wipe tops of cans clean before opening. Open, drain and refrigerate. Serve with a slotted spoon. 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

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
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 1 – Thursday: Defrost ground beef under refrigeration. Cut and chill watermelon.

Notes

Purchasing, Preparation & Serving Instructions Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving
Taco Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 78, Taco Salad. 	K-12: 1 plate
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-12: 1 oz
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: 1 fl oz
Refried Beans	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared. For dried beans, prepare according to manufacturer directions. For canned beans, wipe top of cans before opening. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Cinnamon Puff	<ul style="list-style-type: none"> Prepare HKM Recipe 46, Whole Wheat Cinnamon Puff. This menu item will count as a grain based dessert. 	K-5: N/A 6-12: 1 each
Watermelon, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, cut into ½” cubes. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz

Pre-preparation for Week 1 – Friday: Defrost chicken under refrigeration.

Purchasing, Preparation & Serving Instructions

Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving
Chicken & Noodles	<ul style="list-style-type: none"> Prepare HKM Recipe 152, Chicken & Noodles. Purchase chicken base with no more than 750 mg of sodium per cup prepared. Purchase dry, whole grain egg noodles and frozen pulled or diced cooked chicken with no skin and no added salt. CCP: Hold for hot service at 135°F or above. 	K-12: 1 cup
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
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
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)
Grapes, Fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wash grapes. Remove from stems or separate out into smaller clusters. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Fruit Choice, canned	<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
Honey	<ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. 	K-12: 1 PC each or 1 Tbsp

Pre-preparation for Week 2 - Monday: None

Fruit & Vegetable Order Guide Week 1

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-6 or 7-12).
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	Potatoes, frozen, red roasted, chopped	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
	Broccoli, frozen, chopped	½ cup	21 lb	½ cup	21 lb	½ cup	21 lb
	Apples, fresh #125-138, AP	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each	1 apple	27 lb 4 oz or 100 each
Tuesday	Spanish Brown Rice	½ cup		½ cup		½ cup	
	Salsa, canned		7 cups		7 cups		7 cups
	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 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
	Zucchini, fresh, whole, AP	½ cup	19 lb 13 oz	½ cup	19 lb 13 oz	½ cup	19 lb 13 oz
	OR Zucchini, sliced, frozen		28 lb 10 oz		28 lb 10 oz		28 lb 10 oz
	Tropical Fruit, canned in 100% juice or light syrup	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans

Fruit & Vegetable Order Guide

Week 1, 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	Spaghetti Sauce, canned		3.25 #10 cans		3.25 #10 cans		3.25 #10 cans
	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		
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		
	Carrots, fresh, AP		15 oz		15 oz		
	Cucumber, fresh, AP		14 oz		14 oz		
	Green Beans, canned		½ cup		4.6 #10 cans		½ cup
Mandarin Oranges, canned in 100% juice or light syrup	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	
Thursday	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz
	Tomato, large, fresh, AP	⅛ cup	6 lb 10 oz	⅛ cup	6 lb 10 oz	⅛ cup	6 lb 10 oz
	Picante Sauce OR	1 fl oz	0.8 gallon	1 fl oz	0.8 gallon	1 fl oz	0.8 gallon
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)		1 #10 can		1 #10 can		1 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		2 oz		2 oz		2 oz
	Refried Beans, canned OR	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans
	Refried Beans, dried		9 lb 13 oz		9 lb 13 oz		9 lb 13 oz
	Watermelon, fresh, AP	½ cup	32 lb 13 oz	½ cup	32 lb 13 oz	½ cup	32 lb 13 oz
Friday	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz