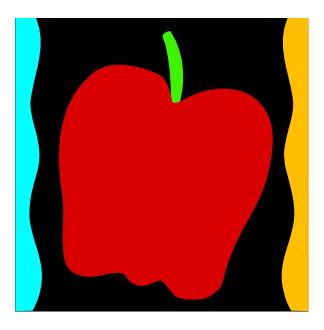
# **Healthier Kansas Menus**



## FALL WEEK 1 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

**Updated September 2014** 



For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: <u>csjohnson@ksde.org</u>.

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This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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	Week	y Nutrie	nt Avera	ges
	TOESDAT	WEDNESDAT	HIGKODAT			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 <b>Oatmeal Cookie</b> (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 <b>Cinnamon Puff</b> (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 Sodium (mg) % of Total Calories from Sat. Fat	645 1066 8.2%	692 1113 7.8%	788 1162 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

Abbreviation	What it Means	Abbreviation	What it Means
НКМ	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		

#### Abbreviations

\* 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> <li>Prepare HKM Recipe 30, Pig in a Blanket.</li> <li>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.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 each
Roasted Red Potatoes	<ul> <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>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Broccoli w/Cheese	<ul> <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 service. Sprinkle with 5 oz shredded cheddar or American cheese per 6 lb broccoli.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Apple Slices, Fresh	<ul> <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>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-8: ½ apple 9-12: 1 apple
Milk	<ul> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz
Ketchup	<ul> <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	• 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.

	Production Record (K-5) Date:Monday																	
Date:	Mond	lay																
Preparation Site:																		
								AKFAST grade	r								LUNCH Grade Meals	Meals
Offer? Yes No _ Grades							Gro	oup	Meals I	Planned	Meals	Served				Gre	oups Planned	Served
			DENT ME		K	·5							<u> </u>	ENT MEALS	-5			
					TAL MEAL											AL MEALS		
	*		TEI	MPERATU	RES				Com	ponent	Contribu	itions						
MENU ITEM AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	Start of Service	End of Ser vice	W/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES
Pig in a Blanket		1 each				2.000	2.000											
Roasted Red Potatoes		1/2 cup										0.500			0.500			
Broccoli w/ Cheese		1/2 cup							0.500						0.500			
Fresh Apple Slices		1/2 eapple						0.500										
Milk Choice		8 fl oz																
Mustard		1 tsp																
Ketchup		1 fl oz																
																Notes:		
		st Component To				2.000	2.000	0.500	0.500			0.500			1.000			
	Daily Lunch Component Totals Weekly Component Totals								0.500			0.500			1.000			

								Pro	ductio	on Red	cord (	6-8)								
Date:	Mond	lay																		
Preparation Site:																				
								AKFAST	r				[				LUNCH	l		
Offer? Yes No _ Grades							Age/( Gro	grade Dup	Meals I	Planned	Meals	Served					e/Grade roups	Meals Planned	Meals Served	
	-				DENT ME		6	-								ENT MEALS	6-8	- Turned	Served	
					ULT MEAI TAL MEAI											JLT MEALS				
													•				_			
MENU ITEM AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cock	MPERATU and a sources	RES evolce get of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu Regnmes Ace	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODUC	TION NOTES
Pig in a Blanket		1 each				2.000	2.000			_										
Roasted Red Potatoes		1/2 cup										0.500			0.500					
Broccoli w/ Cheese		1/2 cup							0.500						0.500					
Fresh Apple Slices		1/2 eapple						0.500												
Milk Choice		8 fl oz																		
Mustard		1 tsp																		
Ketchup		1 fl oz																		
Daily	Breakfa	st Component T	otals													Notes:				
Dail	y Lunch	Component Tot	als			2.000	2.000	0.500	0.500			0.500			1.000					
w	eekly C	omponent Total	5			2.000	2.000	0.500	0.500			0.500			1.000					

Production Record (9-12)																				
Date: Monday																				
Preparation Site:																				
								AKFAST					[				LUNCH			
Offer? Yes No _ Grades	-							grade oup	Meals P	Planned	Meals	Served					e/Grade iroups	Meals Planned	Meals Served	
					DENT MEA		9-	12								ENT MEALS	9-12	8		
					TAL MEAL								l			AL MEALS				
	*		TEI	VPERATU	RES				Com	ponent	Contribu	itions								
MENU ITEM AND CONDIMENTS	HACCP PROCESS #	SIZE/UTENSIL	After Cook	Start of Service	End of Service	W/W	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legum & Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT	PRODUC	TION NOTES
Pig in a Blanket		1 each				2.000	2.000													
Roasted Red Potatoes		1/2 cup										0.500			0.500					
Broccoli w/ Cheese		1/2 cup							0.500						0.500					
Fresh Apple Slices		1 apple						1.000												
Milk Choice		8 fl oz																		
Mustard		1 tsp																		
Ketchup		1 fl oz																		
																	_			
																	_			
																	_			
																	_			
																Notes:				
		st Component To					2.000	1.000	0.500											
	Daily Lunch Component Totals Weekly Component Totals											0.500			1.000					

#### **Purchasing, Preparation & Serving Instructions** Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Chicken Wrap	<ul> <li>Prepare HKM Recipe 158, Chicken Wrap.</li> <li>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.</li> <li>Purchase 8" whole grain tortillas weighing at least 1.5 oz.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 each
Romaine Lettuce	<ul> <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>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Tomato Slice	<ul> <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>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-8: 1 slice 9-12: 2 slices
Spanish Brown Rice	<ul> <li>Prepare HKM Recipe 237, Spanish Brown Rice.</li> <li>Purchase brown rice.</li> <li>Purchase canned salsa that is low in sodium.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Zucchini, sautéed	<ul> <li>Purchase fresh zucchini or frozen sliced zucchini.</li> <li>If fresh, with gloved hands, wash and remove ends. Cut into slices.</li> <li>Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Tropical Fruit	<ul> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase a canned product that includes papaya and/or mango.</li> <li>Chill cans overnight. Wipe can tops clean before opening.</li> <li>Drain, cover and refrigerate until serving. Serve with slotted utensil.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	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> <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> <li>*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
Oatmeal Cookie	<ul> <li>Prepare HKM Recipe 37, Oatmeal Cookie.</li> <li>This menu item will count as a grain based dessert.</li> </ul>	K-8: n/a 9-12: 1 each
Milk	<ul> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul> <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>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 1 – Wednesday:** Defrost ground beef under refrigeration. Chill mandarin oranges.

	Production Record (K-5) Date:Tuesday																	
Date:	Tueso	lay																
Preparation Site:																		
								EAKFAST	r				I				LUNCH	
Offer? Yes No _ Grades								grade oup	Meals	Planned	Meals	Served					Grade Meals Dups Planned	Meals Served
					DENT ME		K-5										(-5	
	ADULT ME TOTAL ME												l			AL MEALS		
	#	1	TEI	MPERATU	RES	<u> </u>			Com	ponent	Contribu	tions					1	
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	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	AMOUNT	AMOUNT	PRODUCTION NOTES
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 B	Breakfa	st Component Te	otals													Notes:		
Daily	/ Lunch	Component Tot		1.750	2.500	0.500	0.250	0.125			0.500		0.875					
We	eekly Co	omponent Total	3.750	4.500	1.000	0.750	0.125		0.500	0.500		1.875						

								Pro	ductio	on Red	cord (	6-8)							
Date:	Tueso	lay																	
Preparation Site:																			
							BRE	AKFAST					[				LUNCH		]
Offer? Yes No _ Grades								grade oup	Meals I	Planned	Meals	Served					Grade Meal oups Planne		
Grades	-			STU	DENT ME	ALS	6	-							STUD		-8	eu Serveu	
					ULT MEAI											AL MEALS			
				10											101	AC MICALS [0000000			1
	# SS	IL	TEI	VPERATU	RES					ponent (	Contribu	tions							
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SIZE/UTENSIL	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	AMOUNT PREPARED	AMOUNT	PRODU	TION NOTES
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	Breakfa	st Component To	otals													Notes:			
Dail	y Lunch	Component Tot		1.750	2.500	0.500	0.250	0.125			0.500		0.875						
W	eekly C	omponent Total		3.750	4.500	1.000	0.750	0.125		0.500	0.500		1.875						

								Prod	luctio	n Rec	ord (9	9-12)								
Date:	Tueso	lay																		
Preparation Site:																				
							_	AKFAST	r				Į				LUNCH	1		
Offer? Yes No _ Grades								grade oup	Meals I	Planned	Meals	Served				_	/Grade roups	Meals Planned	Meals Served	
					DENT ME		9-	12								JLT MEALS	9-12	8		
					TAL MEA											TAL MEALS				
	#	1	TEI	MPERATU	RES				Com	ponent (	Contribu	tions					1			
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SIZE/UTENSIL	After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumæ Væ	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODU	CTION NOTES
Chicken Wrap		1 each				2.250	1.500													
Spanish Brown Rice		1/2 cup					1.000													
Romaine Lettuce		1/2 cup							0.250						0.250					
Tomato Slice		2 1/4" slices								0.250					0.250					
Sauteed Zucchini		1/2 cup											0.500		0.500					
Tropical Fruit		1/2 cup						0.500												
Fruit Choice Fresh		1/2 cup						0.500												
Oatmeal Cookie		1 each					0.750													
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
																	1			
Daily B	Breakfa	st Component To	otals													Notes:				
Daily	/ Lunch	Component Tot	als			2.250	3.250	1.000	0.250	0.250			0.500		1.000					
We	eekly C	omponent Total	5			4.250	5.250	2.000	0.750	0.250		0.500	0.500		2.000					

#### Notes

#### **Purchasing, Preparation & Serving Instructions** Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Spaghetti & Meat Sauce	<ul> <li>Prepare HKM Recipe 170, Spaghetti &amp; Meat Sauce.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 cup
Garden Salad	<ul> <li>Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>Handle salad with gloved hands, tongs or serving utensils.</li> <li>May estimate serving sizes using measured portions as samples.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 1 cup
Green Beans	<ul> <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>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
French Garlic Bread	Prepare HKM Recipe 163, Whole Wheat French Garlic Bread.	K-12: 1 piece
Mandarin Oranges	<ul> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Purchase canned mandarin oranges in 100% juice or light syrup.</li> <li>Chill cans of mandarin oranges. Wipe tops of cans clean before opening.</li> <li>Open, drain and refrigerate. Serve with a slotted spoon.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul> <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> <li>*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> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	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> <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>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 1 – Thursday:** Defrost ground beef under refrigeration. Cut and chill watermelon.

								Pro	ductio	on Red	ord (	K-5)								
Date:	Wedr	nesday																		
Preparation Site:																				
								AKFAST					l				LUNCH			
Offer? Yes No _ Grades							Age/( Gro	grade oup	Meals I	Planned	Meals	Served				_	e/Grade iroups	Meals Planned	Meals Served	
					DENT ME		K	-5								ENT MEALS	K-5	2		
					ULT MEAI TAL MEAI											JLT MEALS TAL MEALS				
				-	0.00								·				_			•
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	MPERATU an Nues jo Liets	RES approved of the second sec	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODU	CTION NOTES
Spaghetti w/ Meat Sauce		1 cup				2.000	1.500			0.375					0.375					
Whole Wheat Garlic Bread		1 slice					1.250													
Garden Salad		1 cup							0.500						0.500					
Green Beans		1/2 cup											0.500		0.500					
Mandarin Oranges		1/2 cup						0.500												
Fruit Choice Fresh		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
Daily E	Breakfa	st Component Te	otals													Notes:				
Daily	y Lunch	Component Tot	als			2.000	2.750	0.500	0.500	0.375			0.500		1.375					
W	eekly Co	omponent Total	5			5.750	7.250	1.500	1.250	0.500		0.500	1.000		3.250					

								Pro	ductio	on Red	cord (	6-8)								
Date:	Wedr	nesday																		
Preparation Site:																				
								AKFAST	r				I				LUNC			
Offer? Yes No _ Grades							Age/ Gro	grade oup	Meals I	Planned	Meals	Served					Age/Grade Groups	Meals Planned	Meals Served	
	-				DENT ME		6	-8								ENT MEALS	6-8			
					ULT MEAI TAL MEAI											ILT MEALS				
	*		TEI	MPERATU	RES				Com	ponent (	Contribu	itions								
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	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	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODUC	TION NOTES
Spaghetti w/ Meat Sauce		1 cup				2.000	1.500			0.375					0.375					
Whole Wheat Garlic Bread		1 slice					1.250													
Garden Salad		1 cup							0.500						0.500					
Green Beans		1/2 cup											0.500		0.500					
Mandarin Oranges		1/2 cup						0.500												
Fruit Choice Fresh		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
	<b> </b>																			
	<u> </u>																			
	-																			
	-																			
																Notes:				
		st Component Tot				2 000	2.750	0.500	0.500	0.375			0.500		1.375					
		omponent Total							1.250	0.500		0.500			3.250					

								Prod	luctio	n Rec	ord (9	9-12)								
Date:	Wed	nesday																		
Preparation Site:																				
							BRE	AKFAST	1				[				LUN	сн		
Offer? Yes No _ Grades							Age/g Gro		Meals F	Planned	Meals	Served					Age/Grad Groups	e Meals Planned	Meals Served	
	-				DENT ME		9-:									ENT MEALS	9-12		Jerreu	
					ULT MEA											JLT MEALS TAL MEALS				
		-																		
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	MPERATU and a service start of service	RES evvice End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu Box Semusor Fegumes A	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODUC	TION NOTES
Spaghetti w/ Meat Sauce		1 cup				2.000	1.500			0.375					0.375					
Whole Wheat Garlic Bread		1 slice					1.250													
Garden Salad		1 cup							0.500						0.500					
Green Beans		1/2 cup											0.500		0.500					
Mandarin Oranges		1/2 cup						0.500												
Fruit Choice Fresh		1/2 cup						0.500												
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
Daily E	Breakfa	st Component To	otals													Notes:				
Daily	/ Lunch	Component Tot	als			2.000	2.750	1.000	0.500	0.375			0.500		1.375					
W	eekly C	omponent Totals	5			6.250	8.000	3.000	1.250	0.625		0.500	1.000		3.375					

#### Notes

#### **Purchasing, Preparation & Serving Instructions** Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving
Taco Salad	Prepare HKM Recipe 78, Taco Salad.	K-12: 1 plate
Tortilla Chips	<ul> <li>Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-12: 1 oz
Tomato Salsa	<ul> <li>Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 1 fl oz
Refried Beans	<ul> <li>Refer to <i>Fruit &amp; 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.</li> <li>For dried beans, prepare according to manufacturer directions.</li> <li>For canned beans, wipe top of cans before opening.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Cinnamon Puff	<ul> <li>Prepare HKM Recipe 46, Whole Wheat Cinnamon Puff.</li> <li>This menu item will count as a grain based dessert.</li> </ul>	K-5: N/A 6-12: 1 each
Watermelon, fresh	<ul> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, cut into ½" cubes.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul> <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> <li>*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> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz

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

								Pro	ductio	on Ree	cord (	K-5)								
Date:	Thurs	day																		
Preparation Site:																				
								AKFAST	ſ				[				LUNG			
Offer? Yes No Grades								grade oup	Meals	Planned	Meals	Served				· · · · · · · · · · · · · · · · · · ·	ge/Grade Groups	e Meals Planned	Meals Served	
					DENT ME		K	-5								ENT MEALS	K-5			
					ULT MEAI TAL MEAI											AL MEALS				
	*		TEI	VPERATU	RES				Com	ponent	Contribu	itions			-					-
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	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	AM OUNT PREPARED		AMOUNT	PRODUC	TION NOTES
Taco Meat		1/4 cup				1.500														
Romaine Lettuce		1 cup							0.500						0.500					
Tomatoes		1/8 cup								0.125					0.125					
Shredded Cheese		1/8 cup				0.500														
Whole Grain Corn Tortilla Chips		1 oz					1.000													
Tomato Salsa		1 fl oz								0.125					0.125					
Refried Beans		1/2 cup									0.500				0.500					
Fresh Watermelon		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Whole Wheat Cinnamon Puff		N/A																		
Milk Choice		8 fl oz																		
Daily B	reakfa	st Component To	otals													Notes:				
Daily	Lunch	Component Tot	als			2.000	1.000	0.500	0.500	0.250	0.500				1.250					
We	ekly C	omponent Total	5			7.750	8.250	2.000	1.750	0.750	0.500	0.500	1.000		4.500					

								Pro	ductio	on Ree	cord (	6-8)								
Date:	Thurs	day																		
Preparation Site:																				
								AKFAST	r				[				LUNC			1
Offer? Yes No Grades							Age/( Gro		Meals	Planned	Meals	Served				A	ge/Grade Groups	Meals Planned	Meals Served	
<u> </u>					DENT ME			-8								ENT MEALS	6-8			
					ULT MEAI											JLT MEALS TAL MEALS				
													•			10000				•
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	o person of Service	RES End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu 89 A Semuse J	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODUC	CTION NOTES
Taco Meat		1/4 cup				1.500														
Romaine Lettuce		1 cup							0.500						0.500					
Tomatoes		1/8 cup								0.125					0.125					
Shredded Cheese		1/8 cup				0.500														
Whole Grain Corn Tortilla Chips		1 oz					1.000													
Tomato Salsa		1 fl oz								0.125					0.125					
Refried Beans		1/2 cup									0.500				0.500					
Fresh Watermelon		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Whole Wheat Cinnamon Puff		1 each					1.000													
Milk Choice		8 fl oz																		
Daily B	reakfa	st Component To	otals													Notes:				
		Component Tot				2.000	2.000	0.500	0.500	0.250	0.500				1.250					
We	ekly C	omponent Totals	5			7.750	9.250	2.000	1.750	0.750	0.500	0.500	1.000		4.500					

								Prod	luctio	n Rec	ord (9	9-12)						
Date:	Thurs	day																
Preparation Site:																		
								AKFAST	r				[				LUNCH	
Offer? Yes No Grades								grade oup	Meals	Planned	Meals	Served					Grade Meals oups Planned	Meals Served
					DENT ME		9-	-								ENT MEALS 9	-12	
					ULT MEAI TAL MEAI											AL MEALS		
													•					ı
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TET Viter Cook	o person of Service	ENd of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu 200 Sex Semular	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES
Taco Meat		1/4 cup				1.500												
Romaine Lettuce		1 cup							0.500						0.500			
Tomatoes		1/8 cup								0.125					0.125			
Shredded Cheese		1/8 cup				0.500												
Whole Grain Corn Tortilla Chips		1 oz					1.000											
Tomato Salsa		1 fl oz								0.125					0.125			
Refried Beans		1/2 cup									0.500				0.500			
Fresh Watermelon		1/2 cup						0.500										
Fruit Choice Canned		1/2 cup						0.500										
Whole Wheat Cinnamon Puff		1 each					1.000											
Milk Choice		8 fl oz																
																		ļ
																		ļ
																		ļ
																		ļ
Daily B	reakfa	st Component To	otals													Notes:		
Daily	Lunch	Component Tot	als			2.000	2.000	1.000	0.500	0.250	0.500				1.250			
We	ekly C	omponent Total	5			8.250	10.000	4.000	1.750	0.875	0.500	0.500	1.000		4.625			

#### **Purchasing, Preparation & Serving Instructions**

Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving
Chicken & Noodles	<ul> <li>Prepare HKM Recipe 152, Chicken &amp; Noodles.</li> <li>Purchase chicken base with no more than 750 mg of sodium per cup prepared.</li> <li>Purchase dry, whole grain egg noodles and frozen pulled or diced cooked chicken with no skin and no added salt.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 cup
Mashed Potatoes	<ul> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes.</li> <li>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.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Carrots, baby, fresh	<ul> <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>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Whole Wheat Roll	Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.	K-5: N/A 6-12: 1 each (1 oz)
Grapes, Fresh	<ul> <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>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul> <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> <li>*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> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz
Honey	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

								Proc	luctio	on Red	cord (	K-5)								
Date:	Friday	L																		
Preparation Site:				_											_					
								AKFAST			1					1.0	LUNCH		Marala	
Offer? Yes No Grades								grade oup	Meals I	Planned	Meals	Served					/Grade oups	Meals Planned	Meals Served	
					DENT MEA		K-	-5								ENT MEALS	K-5			
					TAL MEAL											AL MEALS				
	#		TEI	VPERATU	RES				Com	ponent	Contribu	itions					<u> </u>			
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	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	AMOUNT		AM OUNT LEFTOVER	PRODUC	TION NOTES
Chicken & Noodles		1 cup				2.000	1.250													
Whole Wheat Roll		N/A																		
Mashed Potatoes		1/2 cup										0.500			0.500					
Fresh Baby Carrots		1/2 cup								0.500					0.500					
Fresh Grapes		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Honey		N/A																		
																	<b> </b>			
																	<b> </b>			
																	<b> </b>			
l																Notes:				
		t Component To														inotesi				
		Component Tota				2.000 9.750	1.250 9.500	0.500	1.750	0.500	0.500	0.500	1 000		1.000					

								Pro	ductio	on Re	cord (	6-8)						
Date:	Friday	L																
Preparation Site:																		
	BREAKFAST									LUNCH								
Offer? Yes No Grades							Age/grade Group			Meals Planned Meals		Served	ed		-		/Grade Meals oups Planned	Meals Served
STUDENT ME/							6	-8								ENT MEALS	6-8	
ADULT MEAL TOTAL MEAL																AL MEALS		
					0.55								•				1	
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	MPERATU evice start of Service	RED of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	regumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES
Chicken & Noodles		1 cup				2.000	1.250											
Whole Wheat Roll		1 each					1.000											
Mashed Potatoes		1/2 cup										0.500			0.500			
Fresh Baby Carrots		1/2 cup								0.500					0.500			
Fresh Grapes		1/2 cup						0.500										
Fruit Choice Canned		N/A																
Milk Choice		8 fl oz																
Honey		1 Tbsp																
Daily E	Breakfa	st Component To	otals													Notes:		
Daily Lunch Component Totals						2.000	2.250	0.500		0.500		0.500			1.000			
Weekly Component Totals							11.500	2.500	1.750	1.250	0.500	1.000	1.000		5.500			

								Prod	luctio	n Rec	ord (9	9-12)							
Date:	Friday	L																	
Preparation Site:																			
							BREAKFAST								LUNCH Age/Grade Meals Meals				
Offer? Yes No Grades						Age/grade Group			Meals Planned Meals Served						Grade Meals oups Planned	Meals Served			
				<u> </u>	DENT MEA		9-	12								ENT MEALS 9- JLT MEALS	12		
ADULT MEAI TOTAL MEAI															ITAL MEALS				
	#		TEI	MPERATU	RES				Com	ponent	Contribu	itions							
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cock	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	AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES	
Chicken & Noodles		1 cup				2.000	1.250												
Whole Wheat Roll		1 each					1.000												
Mashed Potatoes		1/2 cup										0.500			0.500				
Fresh Baby Carrots		1/2 cup								0.500					0.500				
Fresh Grapes		1/2 cup						0.500											
Fruit Choice Canned		1/2 cup						0.500											
Milk Choice		8 fl oz																	
Honey		1 Tbsp																	
																Notes:		<u>I</u>	
Daily Breakfast Component Totals										0.505									
Daily Lunch Component Totals Weekly Component Totals							2.250 12.250		1.750	0.500	0.500	0.500	1.000		1.000 5.625				

#### 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.

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
	Potatoes, frozen, red roasted, chopped	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
Monday	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
	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	1/4" slice	5 lb 12 oz	1⁄4" slice	5 lb 12 oz	2 - ¼" slices	11 lb 8 oz
Tuesday	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

		K-5	K-5 Amount to Order per		6-8 Amount to Order		9-12 Amount to Order per
		Portion	100	6-8	per 100	9-12 Portion	100
Day	Fruit or Vegetable	Size	Servings	Portion Size	Servings	Size	Servings
	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		6 lb 8 oz
Wednesday	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
Wearlooday	Carrots, fresh, AP		15 oz		15 oz		15 oz
	Cucumber, fresh, AP		14 oz		14 oz		14 oz
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	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
	Taco Meat	1⁄4 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	⅓ cup	6 lb 10 oz	½ up	6 lb 10 oz	¹∕₃ cup	6 lb 10 oz
	Picante Sauce <b>OR</b>	1 fl oz	0.8 gallon	1 fl oz	0.8 gallon	1 fl oz	0.8 gallon
Thursday	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 <b>OR</b>	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
Friday	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

#### Week 1, continued