
Healthier Kansas Menus



FALL WEEK 2 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Updated September 2014

Healthier Kansas Menus – DAILY PRODUCTION RECORDS



Child Nutrition & Wellness Kansas State Department of Education

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

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

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

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

Menus for the Week

PLEASE NOTE:

Milk choice includes a 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	
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Peach Fruit Choice - Canned Milk Choice	BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans Creamy Cole Slaw Apricot Halves Fruit Choice - Fresh Milk Choice	White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Banana Fruit Choice - Canned Milk Choice	Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Fruit Choice - Canned Milk Choice	Biscuits & Gravy Sausage Patty (6-12) Fresh Sugar Snap Peas Hash Brown Patty Fresh Plum Fruit Choice - Canned Milk Choice	Calories Sodium (mg) % of Total Calories from Sat. Fat	640 1078 5.6%	654 1107 5.8%	839 1302 5.6%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Mini Meatball Sub	132	25
	Ranch Potato Wedges	131	56
	Tossed Salad	74	62
Tuesday	BBQ Chicken Drumstick	130	2
	Whole Wheat Roll	877	91
	Baked Beans	188	50
	Creamy Cole Slaw	20	52
Wednesday	White Chicken Chili	128	43
	Cornbread Muffin	127	69
Thursday	Fresh Citrus Fruit Cup	134	53
Friday	Biscuits & Sausage Gravy	118	7
	Angel Biscuits	120	63

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 2 – Monday

Menu Item	Purchasing & Preparation	Serving
Mini Meatball Sub	<ul style="list-style-type: none"> Prepare HKM Recipe 132, Mini Meatball Sub. Purchase pre-cooked meatballs where 5 meatballs equal 2 M/MA (or use number of meatballs needed to provide 1 M/MA to K-8 and 2 M/MA to 9-12), and each meatball has no more than 60 mg sodium and no more than 2 g fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Refer to <i>Fruit & Vegetable Order Guide</i> for amount spaghetti sauce needed. CCP: Hold for hot service at 135°F or above. 	K-8: 1 sandwich (made with 3 meatballs) 12: 1 sandwich (made with 5 meatballs)
Ranch Potato Wedges	<ul style="list-style-type: none"> Prepare HKM Recipe 131, Ranch Potato Wedges. Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 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
Tossed Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 74, Tossed Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 cup
Peach, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash peaches. 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
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 used. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 2 – Tuesday: Chill apricots. Thaw chicken under refrigeration.

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Weekly Component Totals						1.500	2.000	0.500	0.500	0.250			0.500				1.250																																								

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ Monday

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		
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Mini Meatball Sub		1 sandwich				1.500	2.000			0.250						0.250			
Ranch Potato Wedges		1/2 cup										0.500				0.500			
Tossed Salad		1 cup							0.500							0.500			
Fresh Peach		1 peach						0.500											
Fruit Choice Canned		N/A																	
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Daily Breakfast Component Totals																			
Daily Lunch Component Totals						1.500	2.000	0.500	0.500	0.250		0.500				1.250			
Weekly Component Totals						1.500	2.000	0.500	0.500	0.250		0.500			1.250				

Notes: _____

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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Purchasing, Preparation & Serving Instructions

Week 2 - Tuesday

Menu Item	Purchasing & Preparation	Serving
BBQ Chicken	<ul style="list-style-type: none"> • Prepare HKM Recipe 130, BBQ Chicken. • Purchase raw, frozen chicken legs with skin that provide 1.5 oz equivalent M/MA per serving OR purchase a CN labeled, pre-cooked product that provides 1.5 oz equivalent M/MA per serving and prepare according to manufacturer’s instructions. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • CCP: Hold for hot service at 135°F or above. 	<p>K-8: 1 drumstick 9-12: 2 drumsticks</p>
Whole Wheat Roll	<ul style="list-style-type: none"> • Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%. 	<p>K-8: 1 each 9-12: 2 each</p>
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. 	<p>K-12: ½ cup</p>
Creamy Cole Slaw	<ul style="list-style-type: none"> • Prepare HKM Recipe 20, Creamy Cole Slaw. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase pre-shredded green cabbage. • CCP: Hold for cold service at 41°F or below. 	<p>K-12: ½ cup</p>
Apricot Halves	<ul style="list-style-type: none"> • Purchase apricot halves packed in light syrup or 100% juice. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • 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. 	<p>K-12: ½ cup</p>
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. 	<p>K-8: N/A* 9-12: ½ cup</p>

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 2 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
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
Jelly	<ul style="list-style-type: none"> • Purchase .5 oz packets or purchase in bulk container. 	K-12: ½ oz each or 1 Tbsp

Pre-preparation for Week 2 - Wednesday: Thaw chicken under refrigeration.

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Production Record (6-8)

Date: _____ Tuesday

Preparation Site: _____

Offer? Yes No

Grades _____

BREAKFAST			
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ADULT MEALS			
TOTAL MEALS			

LUNCH			
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Weekly Component Totals						3.000	3.000	1.000	0.500	0.250	0.500	0.500	0.500	2.250					

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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																																											
BBQ Chicken Drumstick		2 drumsticks				3.000																																																				
Whole Wheat Roll		2 each					2.000																																																			
Baked Beans		1/2 cup									0.500						0.500																																									
Creamy Coleslaw		1/2 cup											0.500				0.500																																									
Apricot Halves		1/2 cup						0.500																																																		
Fruit Choice Fresh		1/2 cup						0.500																																																		
Milk Choice		8 fl oz																																																								
Jelly		1/2 oz																																																								
Daily Breakfast Component Totals																			Notes:																																							
Daily Lunch Component Totals						3.000	2.000	1.000			0.500		0.500		1.000																																											
Weekly Component Totals						5.500	4.000	2.000	0.500	0.250	0.500	0.500	0.500		2.250																																											

Notes

Purchasing, Preparation & Serving Instructions Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
White Chicken Chili	<ul style="list-style-type: none"> Prepare HKM Recipe 128, White Chicken Chili. Refer to <i>Fruit & Vegetable Order Guide</i> for amount onions, great northern beans, and green chili peppers needed. CCP: Hold for hot service at 135°F or higher. 	K-12: ¾ cup
Cornbread Muffins	<ul style="list-style-type: none"> Prepare HKM Recipe 127, Cornbread Muffins. 	K-8: 1 muffin 9-12: 2 muffins
Cherry Tomatoes	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and stem tomatoes. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 3 tomatoes (1/4 cup) 9-12: 6 tomatoes (½ cup)
Cucumber Slices	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and slice cucumbers. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ¼ cup
Banana, Fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Use gloved hands. Dip cut ends in lemon, orange or pineapple juice or antioxidant solution to preserve color. 	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
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 2 – Thursday: Prepare Fresh Citrus Fruit Cup.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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White Chicken Chili		3/4 cup				2.000								0.250				0.250																																							
Cornbread Muffin		1 each					1.250																																																		
Cherry Tomatoes		1/4 cup								0.250								0.250																																							
Cucumber Slices		1/4 cup														0.250		0.250																																							
Fresh Banana		1 banana						0.500																																																	
Fruit Choice Canned		N/A																																																							
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
Daily Breakfast Component Totals																																																									
Daily Lunch Component Totals						2.000	1.250	0.500		0.250	0.250			0.250				0.750																																							
Weekly Component Totals						5.000	4.250	1.500	0.500	0.500	0.750	0.500	0.750				3.000																																								
Notes:																																																									

Healthier Kansas Menus – 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									
White Chicken Chili		3/4 cup				2.000									0.250				0.250					
Cornbread Muffin		1 each					1.250																	
Cherry Tomatoes		1/4 cup								0.250									0.250					
Cucumber Slices		1/4 cup														0.250			0.250					
Fresh Banana		1 banana						0.500																
Fruit Choice Canned		N/A																						
Milk Choice		8 fl oz																						
Ranch Dressing		1 fl oz																						
Daily Breakfast Component Totals																								
Daily Lunch Component Totals						2.000	1.250	0.500		0.250	0.250		0.250						0.750					
Weekly Component Totals						5.000	4.250	1.500	0.500	0.500	0.750	0.500	0.750						3.000					
													Notes:											

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: _____ Wednesday

Preparation Site: _____

Offer? Yes _____ No _____
 Grades _____

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	9-12		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	9-12		
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									
White Chicken Chili		3/4 cup				2.000											0.250							
Cornbread Muffin		2 each					2.500																	
Cherry Tomatoes		1/2 cup											0.500								0.500			
Cucumber Slices		1/4 cup													0.250						0.250			
Fresh Banana		1 banana						0.500																
Fruit Choice Canned		1/2 cup						0.500																
Milk Choice		8 fl oz																						
Ranch Dressing		1 fl oz																						
Daily Breakfast Component Totals																								Notes:
Daily Lunch Component Totals						2.000	2.500	1.000		0.500	0.250			0.250			1.000							
Weekly Component Totals						7.500	6.500	3.000	0.500	0.750	0.750	0.500	0.750			3.250								

Purchasing, Preparation & Serving Instructions

Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving
Cheese Pizza	<ul style="list-style-type: none"> Purchase pre-prepared cheese pizza that provides 2 oz equivalent M/MA, 2 oz equivalent Grains, and 0.125 cup vegetables, RO; 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
Broccoli Florets	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. Wash broccoli. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	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
Fresh Citrus Fruit Cup	<ul style="list-style-type: none"> Prepare HKM Recipe 134, Fresh Citrus Fruit Cup. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for cold service at 41°F or below. 	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. <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
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 2 - Friday: Thaw sausage under refrigeration.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Thursday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Cheese Pizza		1 piece				2.000	2.000					0.125						0.125																																							
Broccoli Florets		1/2 cup							0.500									0.500																																							
Fresh Baby Carrots		1/2 cup								0.500								0.500																																							
Fresh Citrus Fruit Cup		1/2 cup						0.500																																																	
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Daily Lunch Component Totals						2.000	2.000	0.500	0.500	0.625						1.125																																									
Weekly Component Totals						7.000	6.250	2.000	1.000	1.125	0.750	0.500	0.750		4.125																																										

Healthier Kansas Menus – 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					
Cheese Pizza		1 piece				2.000	2.000			0.125							0.125			
Broccoli Florets		1/2 cup							0.500								0.500			
Fresh Baby Carrots		1/2 cup								0.500							0.500			
Fresh Citrus Fruit Cup		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
Daily Breakfast Component Totals																				
Daily Lunch Component Totals						2.000	2.000	0.500	0.500	0.625							1.125			
Weekly Component Totals						7.000	6.250	2.000	1.000	1.125	0.750	0.500	0.750			4.125				

Notes:

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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Offer? Yes _____ No _____																																																									
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Notes:																																																									

Purchasing, Preparation & Serving Instructions Week 2 - Friday

Menu Item	Purchasing & Preparation	Serving
Biscuits & Sausage Gravy	<ul style="list-style-type: none"> Prepare HKM Recipe 118, Biscuits and Sausage Gravy. If purchasing biscuits, purchase whole grain rich biscuit that provides 2 oz equivalent Grains. If preparing biscuits, prepare HKM Recipe 120, Angel Biscuits. CCP: Hold gravy for hot service at 135°F or above. 	Biscuits K-12: 1 biscuit Gravy K-12: 3 oz
Sausage Patty	<ul style="list-style-type: none"> Purchase pre-cooked sausage patties where 1 serving provides 0.75 oz equivalent M/MA, contains no more than 360 mg of sodium and no more than 8 grams of fat. 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-5: N/A 6-12: 1 each
Hash Brown Patty	<ul style="list-style-type: none"> Purchase 2.25 oz hash brown patties. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Follow manufacturer's directions for baking and holding. Batch cook. CCP: Hold for hot service at 135°F or above. 	K-8: 1 patty 9-12: 2 patties
Sugar Snap 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
Plum, 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 3 - Monday: None

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Friday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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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																																										
Biscuits and Gravy		1 biscuit + 3 oz gravy				1.000	2.000																																																		
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Daily Lunch Component Totals						1.000	2.000	0.500				0.250	0.500		0.750																																										
Weekly Component Totals						8.000	8.250	2.500	1.000	1.125	0.750	0.750	1.250		4.875																																										

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ Friday

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					
Biscuits and Gravy		1 biscuit + 3 oz gravy				1.000	2.000													
Sausage Patty		1 each				1.000														
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Daily Breakfast Component Totals																				
Daily Lunch Component Totals						2.000	2.000	0.500					0.250	0.500		0.750				
Weekly Component Totals						9.000	8.250	2.500	1.000	1.125	0.750	0.750	1.250		4.875					

Notes:

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ Friday																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Weekly Component Totals						11.500	10.500	5.000	1.000	1.375	0.750	1.000	1.250		5.375																																										

Fruit & Vegetable Order Guide Week 2

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 4 of *Healthier Kansas Menus Production Records* for students in grades groups K-6 and 7-12. 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	Spaghetti Sauce, canned		2.1 #10 cans		2.1 #10 cans		2.1 #10 cans
	Potato Wedges, IQF, frozen	½ cup	17 lb	½ cup	17 lb	½ cup	17 lb
	Tossed Salad	1 cup		1 cup		1 cup	
	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
	Romaine Lettuce, AP		7 lb		7 lb		7 lb
	Peaches, fresh, 80 count, AP	1 each	22 lb 5 oz or 100 each	1 each	22 lb 5 oz or 100 each	1 each	22 lb 5 oz or 100 each
Tuesday	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
	Creamy Cole Slaw	½ cup		½ cup		½ cup	
	Cabbage, fresh, green, shredded ready to use		12 lb		12 lb		12 lb
	Carrots, fresh, AP		1 lb 8 oz		1 lb 8 oz		1 lb 8 oz
	Apricot Halves, 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 2, 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	White Chicken Chili	¾ cup		¾ cup		¾ cup	
	Onions, yellow, AP		3 lb 8 oz		4 lb		4 lb
	Great Northern Beans, canned, low sodium		3.25 #10 cans		3.25 #10 cans		3.25 #10 cans
	Green Chili Peppers, canned, diced		15 oz		15 oz		15 oz
	Tomatoes, cherry, AP	3 tomatoes	8 lb 5 oz	3 tomatoes	8 lb 5 oz	6 tomatoes	16 lb 10 oz
	Cucumber, fresh, AP	¼ cup	8 lb 2 oz	¼ cup	8 lb 2 oz	¼ cup	8 lb 2 oz
	Banana, fresh, 100-120 count, AP	1 each	37 lb 4 oz or 100 each	1 each	37 lb 4 oz or 100 each	1 each	37 lb 4 oz or 100 each
Thursday	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
	Fresh Citrus Fruit Cup	½ cup		½ cup		½ cup	
	Mandarin Oranges, canned in 100% juice or light syrup		8 lb 8 oz		8 lb 8 oz		8 lb 8 oz
	Bananas, fresh, AP		9 lb		9 lb		9 lb
	Apples, fresh, AP		3 lb 8 oz		3 lb 8 oz		3 lb 8 oz
	Grapes, fresh, AP		3 lb 8 oz		3 lb 8 oz		3 lb 8 oz
Friday	Hash Brown Patties, frozen, 2.25 oz each	1 each	14 lb 1 oz or 100 each	1 each	14 lb 1 oz or 100 each	1 each	14 lb 1 oz or 100 each
	Sugar Snap Peas, fresh	½ cup	20 lb 10 oz	½ cup	20 lb 10 oz	½ cup	20 lb 10 oz
	Plum, fresh, 45-50 count, AP	1 each	20 lb 2 oz or 100 each	1 each	20 lb 2 oz or 100 each	1 each	20 lb 2 oz or 100 each