
Healthier Kansas Menus



FALL WEEK 3 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

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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:

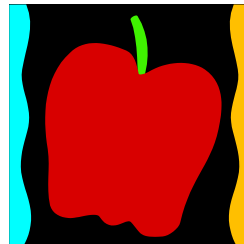
- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

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	
Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fresh Apple Fruit Choice - Canned Milk Choice	Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets Fresh Strawberries Fruit Choice - Canned Milk Choice	Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle Fruit Choice - Fresh Milk Choice	Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Fresh Cantaloupe Fruit Choice - Canned Milk Choice	Cowboy Cavatini Whole Wheat Roll & Jelly Seasoned Corn Garden Salad Fresh Orange Fruit Choice - Fresh Milk Choice	Calories	636	636	771
					Sodium (mg)	1099	1099	1129
					% of Total Calories from Sat. Fat	8.2%	8.2%	8.2%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Whole Wheat Bun	877	91
Tuesday	Taco Soup Tomato Salsa	20 129	41 61
Wednesday	Snickerdoodle	19	81
Thursday	Chicken Quesadilla Black Bean & Corn Salsa (9-12 only)	29 81	13 51
Friday	Cowboy Cavatini Whole Wheat Roll Garden Salad	32 877 164	19 91 55

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 3 – Monday

Menu Item	Purchasing & Preparation	Serving
Pork Rib on a Bun	<ul style="list-style-type: none"> • Purchase a pre-cooked rib patty that provides 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Heat according to manufacturer's instructions. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, hamburger bun variation. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 sandwich
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. May be pre-portioned. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. • Slice ¼" thick. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1 slice 9-12: 2 slices
Sweet Potato Puffs	<ul style="list-style-type: none"> • Purchase ovenable sweet potato puffs. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Heat in oven according to manufacturer's instructions. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
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

Pre-preparation for Week 3 – Tuesday: Prepare Tomato Salsa. Thaw ground beef under refrigeration.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: _____ Monday

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 ITEM 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				
Pork Rib on a Bun		1 sandwich				2.000	2.000												
Dark Green Leaf Lettuce		1/2 cup							0.250								0.250		
Tomato Slice		2 1/4" slices								0.250							0.250		
Sweet Potato Puffs		1/2 cup								0.500							0.500		
Fresh Apple		1 apple						1.000											
Milk Choice		8 fl oz																	
Ketchup		1 fl oz																	
Daily Breakfast Component Totals																			Notes:
Daily Lunch Component Totals						2.000	2.000	1.000	0.250	0.750						1.000			
Weekly Component Totals						2.000	2.000	1.000	0.250	0.750						1.000			

Purchasing, Preparation & Serving Instructions

Week 3 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Taco Soup	<ul style="list-style-type: none"> Prepare HKM Recipe 20, Taco Soup. Purchase 80/20 ground beef. CCP: Hold for hot service at 135°F or above. 	K-12: 1 cup
Tortilla Chips	<ul style="list-style-type: none"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	K-8: 1 oz 9-12: 2 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
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
Strawberries, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash strawberries. 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
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 3 - Wednesday: Chill fruit cocktail.

Purchasing, Preparation & Serving Instructions

Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Corn Dog	<ul style="list-style-type: none"> • Purchase a whole grain rich, pre-cooked product that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg of sodium per serving. 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-12: 1 each
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
Tater Tots	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase frozen, ovenable, tater tots. • Follow manufacturer's directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Snickerdoodle	<ul style="list-style-type: none"> • Prepare HKM Recipe 19, Snickerdoodle. • This menu item will count as a grain based dessert. 	K-12: 1 each
Fruit Cocktail	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase a canned product that includes peaches, pears, pineapple, grapes and cherries packed in 100% juice or light syrup. • Chill cans overnight. Wipe tops of cans clean before opening. • Cover, drain and refrigerate until serving. Serve with slotted utensil. • 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. *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

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 3 – Wednesday, 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
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 3 – Thursday: Thaw chicken under refrigeration. Cut and chill cantaloupe.

Notes

Purchasing, Preparation & Serving Instructions

Week 3 - Thursday

Menu Item	Purchasing & Preparation	Serving
Chicken Quesadilla	<ul style="list-style-type: none"> Prepare HKM Recipe 29, Chicken Quesadilla. Purchase frozen pulled or diced cooked chicken with no skin and no added salt. Purchase 8" whole grain tortillas, weighing at least 1.5 oz. CCP: Hold for hot service at 135°F or above. 	K-12: 1 Quesadilla
Tortilla Chips	<ul style="list-style-type: none"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	K-8: N/A 9-12: 1 oz
Black Bean & Corn Salsa	<ul style="list-style-type: none"> Prepare HKM Recipe 81, Black Bean & Corn Salsa. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: N/A 9-12: ¼ cup
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
Cantaloupe, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. Cut fruit into chunks. 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 3 - Friday: Thaw beef under refrigeration.

Purchasing, Preparation & Serving Instructions

Week 3 - Friday

Menu Item	Purchasing & Preparation	Serving
Cowboy Cavatini	<ul style="list-style-type: none"> Prepare HKM Recipe 32, Cowboy Cavatini. Purchase 80/20 raw ground beef. CCP: Hold for hot service at 135°F or above. 	K-12: ¾ 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
Corn, steamed	<ul style="list-style-type: none"> Purchase frozen or canned corn. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. If using canned corn, wipe tops of cans clean before opening. Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid. CCP: Hold for hot service at 135° F or above. 	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-12: 1 each (1 oz)
Orange Wedges	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #138. Handle with gloved hands. Rinse. Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half. Cover and refrigerate. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 orange
Fruit Choice, canned	<ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8. 	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 3 – Friday, 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
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 4 - Monday: None

Notes

Fruit & Vegetable Order Guide

Week 3

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	Lettuce, Dark Green Leafy, AP	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz
	Tomato, large, fresh, AP	¼” slice	5 lb 12 oz	¼” slice	5 lb 12 oz	2 - ¼” slices	11 lb 8 oz
	Sweet Potato Puffs	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz
	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	Taco Soup	1 cup		1 cup		1 cup	
	Corn, whole kernel, frozen		7 lb		7 lb		7 lb
	Pinto Beans, Canned		2.75 #10 cans		2.75 #10 cans		2.75 #10 cans
	Salsa, Canned		1.75 #10 cans		1.75 #10 cans		1.75 #10 cans
	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	Strawberries, fresh, whole, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 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 can		2 oz can		2 oz can	
Wednesday	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	5.5 #10 cans	½ cup	5.5 #10 cans	½ cup	5.5 #10 cans
	Tater Tots, frozen	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz

Fruit & Vegetable Order Guide

Week 3, 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
Thursday	Chicken Quesadilla	1 quesadilla		1 quesadilla		1 quesadilla	
	Peppers, bell, green, AP		2 lb		2 lb		2 lb
	Onion, fresh, AP		1 lb 4 oz		1 lb 4 oz		1 lb 4 oz
	Corn, whole kernel, frozen		5 lb		5 lb		5 lb
	Tomato, fresh, AP		2 lb 4 oz		2 lb 4 oz		2 lb 4 oz
	Black Bean & Corn Salsa	n/a		n/a		¼ cup	
	Black Beans, canned						1 1/3 #10 cans
	Corn, whole kernel, frozen						3 lb 12 oz
	Peppers, bell, green, AP						1 lb
	Peppers, bell, red, AP						1 lb
	Onions, red, AP						5 oz
	Picante Sauce						3 ¼ cups
	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
Cantaloupe, fresh, whole, 18 count, AP	½ cup	35 lb	½ cup	35 lb	½ cup	35 lb	
Friday	Cowboy Cavatini	¾ cup		¾ cup		¾ cup	
	Tomato Sauce, canned		2.5 #10 cans		2.5 #10 cans		2.5 #10 cans
	Corn, frozen OR	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz
	Corn, canned		5.2 #10 cans		5.2 #10 cans		5.2 #10 cans
	Oranges, fresh, whole, #138	1 orange	29 lb 8 oz or 100 each	1 orange	29 lb 8 oz or 100 each	1 orange	29 lb 8 oz or 100 each
	Garden Salad:	1 cup		1 cup		1 cup	
	Lettuce, Romaine, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
	Carrots, fresh, AP		15 oz		15 oz		15 oz
Cucumber, fresh, AP		14 oz		14 oz		14 oz	