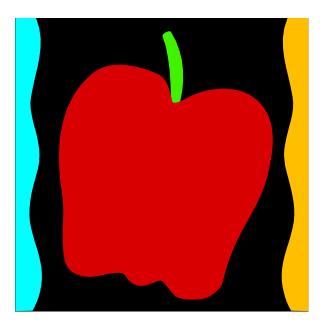
Healthier Kansas Menus



FALL WEEK 3 – 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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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

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- Logan Elementary School USD 345 Seaman
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- 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	Weekl	y Nutrier	nt Avera	ges
MONDAT	IULUDAI	WEDNESDAT	IIIOKODAI	INDAT		K-5	6-8	9-12
Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice	Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets	Corn Dog Green Beans Tater Tots Fruit Cocktail	Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12)	Cowboy Cavatini Whole Wheat Roll & Jelly Seasoned Corn	Calories Sodium (mg)	636 1099	636 1099	771 1129
Sweet Potato Puffs Fresh Apple Fruit Choice - Canned Milk Choice	Fresh Strawberries Fruit Choice - Canned Milk Choice	Snickerdoodle Fruit Choice - Fresh Milk Choice	Refried Beans Fresh Cantaloupe Fruit Choice - Canned Milk Choice	Garden Salad Fresh Orange Fruit Choice - Fresh Milk Choice	% of Total Calories from Sat. Fat	8.2%	8.2%	8.2%



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

Recipes for the Week

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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		

* 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	 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	 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	 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	 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	 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	 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	• 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.

								Proc	ductio	on Red	ord (K-5)								
Date:	Mond	lay																		
Preparation Site:																				
								AKFAST	r				[LUNCH			
Offer? Yes No Grades							Age/g Gro	grade oup	Meals (Planned	Meals	Served				-	e/Grade iroups	Meals Planned	Meals Served	
					DENT ME		K-	-5								ENT MEALS	K-5			
					ULT MEAI TAL MEAI											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 Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT	PRODUC	TION NOTES
Pork Rib on a Bun		1 sandwich				2.000	2.000													
Dark Green Leaf Lettuce		1/2 cup							0.250						0.250					
Tomato Slice		1/4" slice								0.125					0.125					
Sweet Potato Puffs		1/2 cup								0.500					0.500					
Fresh Apple		1/2 apple						0.500												
Milk Choice		8 fl oz																		
Ketchup		1 fl oz																		
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		st Component To				2.000	2.000	0.500	0.250	0.625					0.875					
		Component Tota					2.000		0.250						0.875					

								Pro	ductio	on Red	cord (6-8)								
Date:	Mond	lay																		
Preparation Site:																				
								AKFAST	r				[LUNCH			
Offer? Yes No _ Grades							Age/ Gro	grade oup	Meals	Planned	Meals	Served					e/Grade roups	Meals Planned	Meals Served	
	-				DENT ME		6-									ENT MEALS	6-8			
					ULT MEAI TAL MEAI											AL MEALS				
		1	TE	MPERATU	RES				Com	ponent (Contribu	itions	·							
MENU ITEM 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		Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODUC	TION NOTES
Pork Rib on a Bun		1 sandwich				2.000	2.000													
Dark Green Leaf Lettuce		1/2 cup							0.250						0.250					
Tomato Slice		1/4" slice								0.125					0.125					
Sweet Potato Puffs		1/2 cup								0.500					0.500					
Fresh Apple		1/2 apple						0.500												
Milk Choice		8 fl oz																		
Ketchup		1 fl oz																		
																	_			
																	_			
	<u> </u>																			
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																Notos				
Daily E	Breakfa	st Component To	otals													Notes:				
		Component Tot					0.250						0.875							
W	eekly C	omponent Total	5			2.000	2.000	0.500	0.250	0.625					0.875					

								Prod	luctio	n Rec	ord (9	9-12)							
Date:	Mond	lay																	
Preparation Site:																			
								AKFAST	ſ				[LUNCH		
Offer? Yes No Grades							Age/ Gro	grade Dup	Meals F	Planned	Meals	Served					Grade Meals oups Planned	Meals Served	
				STU	DENT ME	ALS		12							STUD		12		
					ULT MEAI TAL MEAI											JLT MEALS			
				10									•				0000000000		
MENU ITEM AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cock	MPERATU and Service	RES envice Bug of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu Sex Sex Sex Sex Sex Sex Sex Sex Sex Sex	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUC	TION NOTES
	I								ŏ	Ř	-			٩					
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 R	reakfa	st Component To	otals	I												Notes:			
						2.000	2.000	1.000	0.250	0.750					1.000				
	Daily Lunch Component Totals Weekly Component Totals									0.750					1.000				

Purchasing, Preparation & Serving Instructions

Week 3 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Taco Soup	 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	 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	 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	 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	 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	 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	 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	 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

								Pro	ductio	on Re	cord (K-5)								
Date:	Tuesd	lay																		
Preparation Site:																				
								AKFAST	r				[LUNCH			
Offer? Yes No _ Grades							Age/(Gro		Meals	Planned	Meals	Served				-	/Grade roups	Meals Planned	Meals Served	
	-				DENT ME		K									ENT MEALS	K-5			
				L	ULT MEAI TAL MEAI											AL MEALS				
	*		TEI	MPERATU	RES	<u> </u>			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		AM OUNT LEFT OVER	PRODUC	TION NOTES
Taco Soup		1 cup				2.000				0.125	0.250	0.125			0.500					
Tortilla Chips		1 oz					1.000													
Tomato Salsa		1 fl oz								0.125					0.125					
Broccoli Florets		1/2 cup							0.500						0.500					
Fresh Strawberries		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
	<u> </u>																			
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		st Component To														Notes:				
		Component Tot		2.000	1.000 3.000	0.500	0.500		0.250	0.125			2.000							
vv	eenry C	imponent rotal	•			4.000	3.000	1.000	0.750	0.075	0.250	0.123	1		21000					

								Pro	ductio	on Re	cord (6-8)								
Date:	Tuesd	lay																		
Preparation Site:																				
							BRE	AKFAST	r								LUNCH			
Offer? Yes No _ Grades							Age/g Gro		Meals (Planned	Meals	Served				4	Age/Grade Groups	Meals Planned	Meals Served	
	-				DENT ME			-8								ENT MEALS	6-8			
					ULT MEAI TAL MEAI											AL MEALS				
			те	MPERATU	000				Com	ponent	Cantalha									
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	esting as a start of service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg		Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		LEFTOVER	PRODUC	TION NOTES
Taco Soup		1 cup				2.000				0.125	0.250	0.125			0.500					
Tortilla Chips		1 oz					1.000													
Tomato Salsa		1 fl oz								0.125					0.125					
Broccoli Florets		1/2 cup							0.500						0.500					
Fresh Strawberries		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
	<u> </u>																			
	 																			
																Neter				
Daily E	Breakfa	st Component To	otals													Notes:				
Daily	y Lunch	Component Tot		2.000	1.000	0.500	0.500	0.250	0.250	0.125			1.125							
W	eekly Co	omponent Total	5			4.000	3.000	1.000	0.750	0.875	0.250	0.125			2.000					

								Prod	luctio	n Rec	ord (9	9-12)								
Date:	Tueso	lay																		
Preparation Site:																				
							BRE	AKFAST	1				I				LUNCH			
Offer? Yes No _ Grades								grade oup	Meals I	Planned	Meals	Served					/Grade oups	Meals Planned	Meals Served	
	-				DENT ME			12								ENT MEALS 9	-12			
					ULT MEAI											AL MEALS				
									_	-			•				1			
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	MPERATU start of Service	RES End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu Bon So Neg Legnmes Neg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AMOUNT LEFTOVER	PRODUC	TION NOTES
Taco Soup		1 cup			2.000				0.125	0.250	0.125			0.500						
Tortilla Chips		2 oz					2.000													
Tomato Salsa		1 fl oz								0.125					0.125					
Broccoli Florets		1/2 cup						0.500						0.500						
Fresh Strawberries		1/2 cup						0.500												
Fruit Choice Canned		1/2 cup						0.500												
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
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		st Component Te														Notes:				
		Component Tot					2.000		0.500		0.250				1.125					
w	/eekly C	omponent Total	5			4.000	4.000	2.000	0.750	1.000	0.250	0.125			2.125					

Purchasing, Preparation & Serving Instructions Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Corn Dog	 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	 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	 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	 Prepare HKM Recipe 19, Snickerdoodle. This menu item will count as a grain based dessert. 	K-12: 1 each
Fruit Cocktail	 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	 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	 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	 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	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.

								Pro	ductio	on Re	cord (K-5)								
Date:	Wedr	<u>nesday</u>																		
Preparation Site:																				
								AKFAST	ſ				[LUNCH			
Offer? Yes No _ Grades							Age/g Gro		Meals	Planned	Meals	Served					/Grade oups	Meals Planned	Meals Served	
	-				DENT ME			-5								ENT MEALS	K-5			
					ULT MEA											JLT MEALS TAL MEALS				
	- 11		те	MPERATU	DEC				Com	nonent	Contribu	tions					1			
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	start of Seat of	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu Ban samnaari Jegumes Neg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AM OUNT PREPARED		AMOUNT LEFTOVER	PRODUC	TION NOTES
Corn Dog		1 each				2.000	2.000													
Green Beans		1/2 cup											0.500		0.500					
Tater Tots		1/2 cup									0.500			0.500						
Fruit Cocktail		1/2 cup						0.500												
Fruit Choice Fresh		N/A																		
Snickerdoodle		1 each					0.500													
Milk Choice		8 fl oz																		
Ketchup		1 fl oz																		
Mustard		1 tsp																		
Daily	Breakfa	st Component To	otals													Notes:				
Dail	y Lunch	Component Tot	als			2.000	2.500	0.500				0.500	0.500		1.000					
w	eekly C	omponent Total	5			6.000	5.500	1.500	0.750	0.875	0.250	0.625	0.500		3.000					

								Pro	ductio	on Ree	cord (6-8)							
Date:	Wedn	esday																	
Preparation Site:																			
							BRE	EAKFAST	1								LUNCH		
Offer? Yes No							Age/ Gre	grade	Meals	Planned	Meals	Served				_	e/Grade	Meals	Meals
Grades	-			STU	DENT ME	ALS		-8							STUD		roups 6-8	Planned	Served
					ULT MEA											JLT MEALS			
				TO	TAL MEAI	LS									101	AL MEALS			
	# S	_	TEI	MPERATU	RES					ponent	Contribu	itions			_				
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	PRODUCTION NOTES
Corn Dog		1 each				2.000	2.000												
Green Beans		1/2 cup									0.500		0.500						
Tater Tots		1/2 cup										0.500			0.500				
Fruit Cocktail		1/2 cup						0.500											
Fruit Choice Fresh		N/A																	
Snickerdoodle		1 each					0.500												
Milk Choice		8 fl oz																	
Ketchup		1 fl oz																	
Mustard		1 tsp																	
Daily B	Breakfas	st Component To	otals													Notes:			
Daily	/ Lunch	Component Tot	als			2.000	2.500	0.500				0.500	0.500		1.000				
w	eekly Co	omponent Total	5			6.000	5.500	1.500	0.750	0.875	0.250	0.625	0.500		3.000				

								Prod	uctio	n Rec	ord (9	9-12)							
Date:	Wedn	esday																	
Preparation Site:																			
								AKFAST					[LUNCH		
Offer? Yes No Grades							Age/(Gro		Meals P	Planned	Meals	Served				Age/0 Gro		Meals Served	
					DENT MEA		9-									ENT MEALS 9-			
					ULT MEAL TAL MEAL											AL MEALS			
			Tra						6		C		,			P			
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	esting and the second	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu & X Semmer Ban Semmer	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTI	DN NOTES
Corn Dog		1 each				2.000	2.000												
Green Beans		1/2 cup											0.500		0.500				
Tater Tots		1/2 cup										0.500			0.500				
Fruit Cocktail		1/2 cup						0.500											
Fruit Choice Fresh		1/2 cup						0.500											
Snickerdoodle		1 each					0.500												
Milk Choice		8 fl oz																	
Ketchup		1 fl oz																	
Mustard		1 tsp																	
Daily B	reakfas	t Component To	otals													Notes:			
Daily	Lunch	Component Tota	als			2.000	2.500	1.000				0.500	0.500		1.000				
We	ekly Co	omponent Totals	5			6.000	6.500	3.000	0.750	1.000	0.250	0.625	0.500		3.125				

Notes

Purchasing, Preparation & Serving Instructions Week 3 - Thursday

Menu Item	Purchasing & Preparation	Serving
Chicken Quesadilla	 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	 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	 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	 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	 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	 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	 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.

								Pro	ductio	on Re	cord (K-5)							
Date:	Thurs	day																	
Preparation Site:																			
								AKFAST	r				I I				LUNCH		
Offer? Yes No _ Grades							Age/ Gro		Meals	Planned	Meals	Served					Grade Meals oups Planned	Meals Served	
					DENT ME		K	-5								ENT MEALS K	-5		
					TAL MEAL											TAL MEALS			
	4		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	PRODUCTIO	ON NOTES
Chicken Quesadilla		1 quesadilla				2.000	1.500							0.250	0.250				
Tortilla Chips		N/A																	
Black Bean & Corn Salsa		N/A																	
Refried Beans		1/2 cup									0.500				0.500				
Fresh Cantaloupe		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Milk Choice		8 fl oz																	
	 																		
	<u> </u>																		
	 																		
	 																		
	<u> </u>																		
																Notes:			
Daily	Breakfa	st Component To	otals													Notes:			
		Component Tot					1.500	0.500			0.500			0.250					
w	eekly Co	omponent Total	s			8.000	7.000	2.000	0.750	0.875	0.750	0.625	0.500	0.250	3.750				

								Pro	ductio	on Re	cord (6-8)								
Date:	Thurs	day																		
Preparation Site:																				
							BRE	AKFAST	1		-		[LUNCH			
Offer? Yes No _ Grades							Age/g Gro		Meals	Planned	Meals	Served					e/Grade Groups	Meals Planned	Meals Served	
	-				DENT ME		6-									ENT MEALS	6-8		Jerreu	
					ULT MEAI											AL MEALS				
													•							
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	MPERATU and a solution	RES End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Sontribu Son Son Son Son Son Son Son Son Son Son	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		LEFTOVER	PRODUC	TION NOTES
Chicken Quesadilla		1 quesadilla				2.000	1.500							0.250	0.250					
Tortilla Chips		N/A																		
Black Bean & Corn Salsa		N/A																		
Refried Beans		1/2 cup									0.500				0.500					
Fresh Cantaloupe		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Daily B	Breakfa	st Component T	otals													Notes:				
Daily	y Lunch	Component Tot	als			2.000	1.500	0.500			0.500			0.250	0.750					
w	eekly C	omponent Total	5			8.000	7.000	2.000	0.750	0.875	0.750	0.625	0.500	0.250	3.750					

Production Record (9-12) Date: ______ Thursday Preparation Site: BREAKFAST LUNCH Offer? Yes ____ No ____ Age/grade Age/Grade Meals Meals Meals Planned Meals Served Group Grades _____ Groups Planned Served STUDENT MEALS 9-12 STUDENT MEALS 9-12 ADULT MEALS ADULT MEALS TOTAL MEALS TOTAL MEALS TEMPERATURES **Component Contributions** HACCP PROCESS # SERVING SIZE/UTENSIL Dark Green Veg Red Orange Veg AMOUNT Veg AMOUNT Veg Starchy Veg Other Veg Total Veg MENU ITEMS AND Start of Servic End of Service After Cook M/MA Grains Additional Fruit Legumes PRODUCTION NOTES CONDIMENTS 2.000 1.500 0.250 0.250 Chicken Quesadilla 1 quesadilla 1.000 Tortilla Chips 1 oz Black Bean & Corn Salsa 1/4 cup 0.250 0.250 Refried Beans 1/2 cup 0.500 0.500 1/2 cup Fresh Cantaloupe 0.500 Fruit Choice Canned 1/2 cup 0.500 Milk Choice 8 fl oz Notes: **Daily Breakfast Component Totals** 2.000 2.500 1.000 0.500 0.500 1.000 **Daily Lunch Component Totals** 8.000 9.000 4.000 0.750 1.000 0.750 0.625 0.500 0.500 4.125 Weekly Component Totals

Purchasing, Preparation & Serving Instructions Week 3 - Friday

Menu Item	Purchasing & Preparation	Serving
Cowboy Cavatini	 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	 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	 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	Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.	K-12: 1 each (1 oz)
Orange Wedges	 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	 Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as 1/2 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	 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	 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	Purchase .5 oz packets or purchase in bulk container.	K-12: ½ oz each or 1 Tbsp

Pre-preparation for Week 4 - Monday: None

								Proc	ductio	on Red	ord (K-5)								
Date:	Friday	L																		
Preparation Site:																				
								AKFAST	1				[LUNCH			
Offer? Yes No Grades							Age/g Gro		Meals F	lanned	Meals	Served				-	e/Grade roups	Meals Planned	Meals Served	
				STU	DENT MEA	LS	K-								STUD	ENT MEALS	K-5	Flamed	Served	
					ULT MEAL TAL MEAL											AL MEALS				
				10					1						101					
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	MPERATUI 80 Junes jo tuess	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Contribu	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT PREPARED		AM OUNT LEFTOVER	PRODUC	TION NOTES
Cowboy Cavatini		3/4 cup		2.000	1.000			0.250					0.250							
Whole Wheat Roll		1 each					1.000													
Seasoned Corn		1/2 cup										0.500			0.500					
Garden Salad		1 cup							0.500						0.500					
Fresh Orange		1 orange						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Jelly		1/2 oz																		
Ranch Dressing		1 fl oz																		
Daily B	reakfa	st Component To	otals													Notes:				
Daily	Lunch	Component Tota	als			2.000	2.000	0.500	0.500	0.250		0.500			1.250					
We	ekly Co	omponent Totals	5			10.000	9.000	2.500	1.250	1.125	0.750	1.125	0.500	0.250	5.000					

Production Record (6-8)																				
Date:	Friday	L.																		
Preparation Site:																				
	BREAKFAST									LUNCH										
Offer? Yes No Grades						Age/grade Group Meals Planned Meals Served										Age/Grade Meals Meals Groups Planned Served				
STUDENT ME							6-									DENT MEALS 6-8				
ADULT MEAI TOTAL MEAI															AL MEALS		+			
		•											•					 		
MENU ITEMS AND CONDIMENTS				TEMPERATURES		M/MA Grains Fruit		Fruit	Fruit Dark Green Veg Red Orange Veg		Contribu &A Semusar			Other Veg Additional Veg		AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
Cowboy Cavatini		3/4 cup				2.000	1.000			0.250					0.250					
Whole Wheat Roll		1 each					1.000													
Seasoned Corn		1/2 cup										0.500			0.500					
Garden Salad		1 cup							0.500						0.500					
Fresh Orange		1 orange						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Jelly		1/2 oz																		
Ranch Dressing		1 fl oz																		
																Notes:		<u> </u>		
Daily Breakfast Component Totals																				
Daily Lunch Component Totals							2.000	0.500			0.750	0.500	0.500	0.050	1.250					
Weekly Component Totals							9.000	2.500	1.250	1.125	0.750	1.125	0.500	0.250	5.000					

Production Record (9-12)																			
Date:	Frida	¥.																	
Preparation Site:																			
	BREAKFAST										LUNCH								
Offer? Yes No Grades							Age/(Gro		Meals I	Planned Meals Served						Grade Meals ups Planned	Meals Served		
STUDENT ME							9-:									DENT MEALS 9-12			
ADULT MEAI TOTAL MEAI															TAL MEALS				
		1	те	MPERATU	DEC	Component Contributions										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 PREPARED	AMOUNT LEFTOVER	PRODUCTI	ON NOTES
Cowboy Cavatini		3/4 cup				2.000	1.000			0.250					0.250				
Whole Wheat Roll		1 each					1.000												
Seasoned Corn		1/2 cup										0.500			0.500				
Garden Salad		1 cup							0.500						0.500				
Fresh Orange		1 orange						0.500											
Fruit Choice Canned		1/2 cup						0.500											
Milk Choice		8 fl oz																	
Jeliy		1/2 oz																	
Ranch Dressing		1 fl oz																	
Daily Breakfast Component Totals																Notes:			
Daily Lunch Component Totals						2.000	2.000	1.000	0.500	0.250		0.500			1.250				
Weekly Component Totals						10.000	11.000	5.000	1.250	1.250	0.750	1.125	0.500	0.500	5.375				

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 = Edi	ble Portion	AP = As Purchase	ed Ib = Pou	ind oz = ounc	e # = 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
	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	1⁄4" slice	5 lb 12 oz	1⁄4" slice	5 lb 12 oz	2 - ¼" slices	11 lb 8 oz
Monday	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
	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
Tuesday	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
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
Wednesday	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
Day	Chicken Quesadilla	1 quesadilla	100 Oct Villg3	1 quesadilla	Oct Viligs	1 quesadilla	100 Gervings
	Peppers, bell, green, AP	- quoodallia	2 lb	1 quoodania	2 lb	1 quobuuniu	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		1/4 cup	
	Black Beans, canned						1 1/3 #10 cans
Thursday	Corn, whole kernel, frozen						3 lb 12 oz
Thursday	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
	Cowboy Cavatini	³₄ cup		¾ cup		³₄ 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	1 orange	29 lb 8 oz	1 orange	29 lb 8 oz
Friday	Garden Salad:	1 oup	or 100 each	1 010	or 100 each	1 010	or 100 each
·	Lettuce, Romaine, AP	1 cup	6 lb 8 oz	1 cup	6 lb 8 oz	1 cup	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
l	Cucumber, fresh, AP	-	13 02 14 oz		13 02 14 oz		13 02 14 oz
			17 02		17 02		17.02