
Healthier Kansas Menus



FALL WEEK 4 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Updated September 2014

Healthier Kansas Menus – DAILY PRODUCTION RECORDS



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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	
Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Fruit Choice - Fresh Milk Choice	Chili Tortilla Chips (9-12) Red Bell Pepper Strips Fresh Peach Cinnamon Roll Fruit Choice - Canned Milk Choice	Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Pear Fruit Choice - Canned Milk Choice	Baked Ham Angel Biscuit & Jelly Apple Glazed Sweet Potatoes Green Beans Fresh Grapes Honey Apple Crisp (9-12) Fruit Choice - Canned Milk Choice	Macaroni & Cheese Meatballs Whole Wheat Bread & Jelly (6-12) Seasoned Peas Fresh Baby Carrots Apple Salad Fruit Choice - Canned Milk Choice	Calories	648	671	834
					Sodium (mg)	1124	1148	1222
					% of Total Calories from Sat. Fat	8.5%	8.3%	7.9%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Whole Grain Bun	877	91
	Strawberries & Bananas	124	57
Tuesday	Chili	218	17
	Whole Wheat Cinnamon Roll	167	87
Wednesday	Whole Grain Roll	877	91
	Tossed Salad	74	62
Thursday	Apple Glazed Sweet Potatoes	122	47
	Angel Biscuit, Whole Wheat	120	63
	Honey Apple Crisp (9-12 only)	39	71
Friday	Macaroni & Cheese	184	23
	Whole Wheat Bread	107	83
	Apple Salad	121	48

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 4 – Monday

Menu Item	Purchasing & Preparation	Serving
Hamburger on a Bun	<ul style="list-style-type: none"> • Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. 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 following 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 each
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
Oven Fries	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase ovenable straight cut fries. • Heat in oven according to manufacturer’s instructions. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Strawberries & Bananas	<ul style="list-style-type: none"> • Prepare HKM Recipe 124, Strawberries & Bananas. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts needed. • Cover and refrigerate until serving. • 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 4 – Monday

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 4 - Tuesday: Thaw ground beef under refrigeration.

Notes

Purchasing, Preparation & Serving Instructions Week 4 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Chili	<ul style="list-style-type: none"> Purchase 80/20 ground beef. Prepare HKM Recipe 218, Chili. CCP: Hold for hot service at 135°F or above. 	K-8: ¾ cup 9-12: 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: N/A 9-12: 1 oz
Red Bell Pepper Strips	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, core and slice bell peppers into strips. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ 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
Whole Wheat Cinnamon Roll	<ul style="list-style-type: none"> Prepare HKM Recipe 167, Whole Wheat Cinnamon Roll. This menu item will count as a grain based dessert. 	K-12: 1 each
Milk	<ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 4 - Wednesday: None.

Purchasing, Preparation & Serving Instructions Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Chicken Nuggets	<ul style="list-style-type: none"> • Purchase pre-cooked nuggets providing 2 oz equivalent M/MA and 1 oz equivalent Grains; no more than 15 gm of fat; and no more than 450 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 serving (providing oz equivalent Grains)
Mashed Potatoes	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes. • Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
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
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)
Pear, 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. <p>*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
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 4 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Gravy	<ul style="list-style-type: none"> • Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 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
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 - Thursday: None.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																		
Date: _____ <u>Wednesday</u>																		
Preparation Site: _____																		
Offer? Yes _____ No _____																		
Grades _____																		
BREAKFAST									LUNCH									
						Age/grade Group	Meals Planned	Meals Served							Age/Grade Groups	Meals Planned	Meals Served	
STUDENT MEALS						K-5									K-5			
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/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg			
Chicken Nuggets		1 serving				2.000	1.000											
Whole Wheat Roll		1 each					1.000											
Mashed Potatoes		1/2 cup										0.500				0.500		
Tossed Salad		1 cup							0.500							0.500		
Fresh Pear		1 pear						0.500										
Fruit Choice Canned		N/A																
Milk Choice		8 fl oz																
Jelly		1/2 oz																
Gravy		1 fl oz																
Ranch Dressing		1 fl oz																
Daily Breakfast Component Totals																		Notes:
Daily Lunch Component Totals						2.000	2.000	0.500	0.500			0.500			1.000			
Weekly Component Totals						5.500	5.250	1.500	0.750	0.875	0.500	1.000			3.125			

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				
Chicken Nuggets		1 serving				2.000	1.000												
Whole Wheat Roll		1 each					1.000												
Mashed Potatoes		1/2 cup											0.500				0.500		
Tossed Salad		1 cup							0.500								0.500		
Fresh Pear		1 pear						0.500											
Fruit Choice Canned		N/A																	
Milk Choice		8 fl oz																	
Jelly		1/2 oz																	
Gravy		1 fl oz																	
Ranch Dressing		1 fl oz																	
Daily Breakfast Component Totals																		Notes:	
Daily Lunch Component Totals						2.000	2.000	0.500	0.500				0.500			1.000			
Weekly Component Totals						5.500	5.250	1.500	0.750	0.875	0.500	1.000			3.125				

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																										
Date: _____ <u>Wednesday</u>																																																										
Preparation Site: _____																																																										
Offer? Yes _____ No _____																																																										
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Daily Lunch Component Totals						2.000	2.000	1.000	0.500				0.500			1.000																																										
Weekly Component Totals						6.000	6.250	3.000	0.750	1.000	0.625	1.000			3.375																																											

Notes

Purchasing, Preparation & Serving Instructions

Week 4 – Thursday

Menu Item	Purchasing & Preparation	Serving
Baked Ham	<ul style="list-style-type: none"> Purchase pre-cooked ham with no more than 650 mg sodium per serving and no more than 3 gm of fat per serving. Slice prior to heating. Each slice before heating should weigh 2.5 oz. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. 	K-12: 2.5 oz slice
Apple Glazed Sweet Potatoes	<ul style="list-style-type: none"> Prepare HKM Recipe 122, Apple Glazed Sweet Potatoes. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above. 	K-8: ¼ cup (2 wedges) 9-12: ½ cup (4 wedges)
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
Angel Biscuit	<ul style="list-style-type: none"> Prepare HKM Recipe 120, Angel Biscuits, Whole Wheat. 	K-12: 1 each
Grapes, Fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wash grapes. Remove from stems or separate out into smaller clusters. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <i>*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.</i> 	K-8: N/A* 9-12: ½ cup
Honey Apple Crisp, Whole Wheat	<ul style="list-style-type: none"> Prepare Honey Apple Crisp, Whole Wheat HKM Recipe 39. This menu item will count as a grain based dessert. 	K-8: N/A 9-12: 1 piece
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 4 - Friday: Prepare and chill Apple Salad.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																										
Date: _____ <u>Thursday</u>																																																										
Preparation Site: _____																																																										
Offer? Yes _____ No _____																																																										
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Baked Ham		2.5 oz slice				2.000																																																				
Angel Biscuit		1 each					2.000																																																			
Apple Glazed Sweet Potatoes		2 wedges								0.250					0.250																																											
Green Beans		1/2 cup											0.500		0.500																																											
Fresh Grapes		1/2 cup						0.500																																																		
Fruit Choice Canned		N/A																																																								
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Daily Lunch Component Totals						2.000	2.000	0.500		0.250			0.500		0.750																																											
Weekly Component Totals						7.500	7.250	2.000	0.750	1.125	0.500	1.000	0.500		3.875																																											

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											
Baked Ham		2.5 oz slice				2.000																				
Angel Biscuit		1 each					2.000																			
Apple Glazed Sweet Potatoes		2 wedges								0.250							0.250									
Green Beans		1/2 cup												0.500			0.500									
Fresh Grapes		1/2 cup						0.500																		
Fruit Choice Canned		N/A																								
Honey Apple Crisp		N/A																								
Milk Choice		8 fl oz																								
Jelly		1/2 oz																								
Daily Breakfast Component Totals																										
Daily Lunch Component Totals						2.000	2.000	0.500		0.250				0.500				0.750								
Weekly Component Totals						7.500	7.250	2.000	0.750	1.125	0.500	1.000	0.500				3.875									

Notes: _____

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																								
Date: _____ <u>Thursday</u>																																																								
Preparation Site: _____																																																								
Offer? Yes _____ No _____																																																								
Grades _____																																																								
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Weekly Component Totals						8.000	9.000	4.250	0.750	1.500	0.625	1.000	0.500		4.375																																									

Purchasing, Preparation & Serving Instructions

Week 4 - Friday

Menu Item	Purchasing & Preparation	Serving
Macaroni & Cheese	<ul style="list-style-type: none"> Prepare HKM Recipe 184, Macaroni & Cheese. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Meatballs	<ul style="list-style-type: none"> Purchase pre-cooked meatballs that provide 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 300 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: 3 each (or number needed to provide 1 oz equivalent M/MA)
Peas, Steamed	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase frozen or canned. Wipe tops of cans clean before opening. Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time. May add pepper or other non-sodium seasonings. CCP: Hold for hot service at 135°F or above. 	K-8: ¼ cup 9-12: 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
Sliced Whole Wheat Bread	<ul style="list-style-type: none"> Purchase sliced, whole wheat bread; 1 oz per slice (first ingredient listed is whole wheat flour) or prepare HKM Recipe 107, Whole Wheat Bread. 	K-5: N/A 6-12: 1 slice
Apple Salad	<ul style="list-style-type: none"> Prepare HKM Recipe 121, Apple 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: ½ cup

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 4 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
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
Jelly	<ul style="list-style-type: none"> • Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. 	K-5: N/A 6-12: ½ oz each or 1 Tbsp

Pre-preparation for Week 1 - Monday: None.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Friday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Weekly Component Totals						9.500	8.250	2.500	0.750	1.625	0.500	1.250	0.500		4.625																																										

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				
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Whole Wheat Bread		1 slice					1.000															
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Milk Choice		8 fl oz																				
Ranch Dressing		1 fl oz																				
Jelly		1/2 oz																				
Daily Breakfast Component Totals																						Notes:
Daily Lunch Component Totals						2.000	2.000	0.500		0.500		0.250					0.750					
Weekly Component Totals						9.500	9.250	2.500	0.750	1.625	0.500	1.250	0.500			4.625						

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																		
Date: _____ <u>Friday</u>																		
Preparation Site: _____																		
Offer? Yes _____ No _____																		
Grades _____																		
BREAKFAST									LUNCH									
						Age/grade Group	Meals Planned			Meals Served								
STUDENT MEALS						9-12												
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MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
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Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
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Daily Breakfast Component Totals																	Notes:			
Daily Lunch Component Totals						2.000	2.000	1.000		0.500		0.500				1.000				
Weekly Component Totals						10.000	11.000	5.250	0.750	2.000	0.625	1.500	0.500		5.375					

Notes

Fruit & Vegetable Order Guide Week 4

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 2 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
	Potatoes, French Fries, frozen, straight cup	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz
	Strawberries & Bananas:	½ cup		½ cup		½ cup	
	Strawberries, frozen, unsweetened		11 lb		11 lb		11 lb
	Bananas, fresh, AP		14 lb		14 lb		14 lb
	Applesauce, canned, unsweetened		0.5 #10 can		0.5 #10 can		0.5 #10 can
Tuesday	Chili	¾ cup		¾ cup		1 cup	
	Tomato Juice		6 lb 8 oz		6 lb 8 oz		8 lb 11 oz
	Pinto Beans, canned		5.5 #10 cans		5.5 #10 cans		7.33 #10 cans
	Tomato, canned, Puree		0.5 #10 can		0.5 #10 can		0.66 #10 can
	Peppers, bell, fresh, red	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz
	Peaches, fresh, size 80, 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

Fruit & Vegetable Order Guide

Week 4, 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	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Tossed Salad	1 cup	7 lb	1 cup	7 lb	1 cup	7 lb
	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
	Romaine Lettuce, AP						
	Pear, fresh, 120 count, AP	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each
Thursday	Apple Glazed Sweet Potatoes	2 wedges (1/4 cup)		2 wedges (1/4 cup)		4 wedges (1/2 cup)	
	Sweet Potatoes, whole, AP		15 lb 8 oz		15 lb 8 oz		31 lb
	Juice, Apple, 100%		½ gal		½ gal		1 gal
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz
	Honey Apple Crisp, Whole Wheat	N/A		N/A		1 piece	
	Apples, sliced, canned in water		N/A		N/A		2 #10 cans
Friday	Peas, green, frozen OR	¼ cup	10 lb 8 oz	¼ cup	10 lb 8 oz	½ cup	21 lb
	Peas, green, canned	¼ cup	2.8 #10 cans	¼ cup	2.8 #10 cans	½ cup	5.6 #10 cans
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
	Apple Salad	½ cup		½ cup		½ cup	
	Apples, fresh, #125-#138, AP		10 lb 8 oz		10 lb 8 oz		10 lb 8 oz
	Raisins, seedless, unsweetened		2 lb		2 lb		2 lb