
Healthier Kansas Menus



SPRING WEEK 1 – 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	
Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Cocktail Fruit Choice - Fresh Milk Choice	Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Fruit Choice - Canned Milk Choice	Taco Burger on a Bun Tortilla Chips (6-12) Tomato Salsa Dark Green Leaf Lettuce Tomato Slice Refried Beans Fresh Banana Fruit Choice - Canned Milk Choice	Lasagna Garlic Bread Stick w/ Marinara Sauce Garden Salad Fresh Apple Chocolate Chip Cookie Fruit Choice - Canned Milk Choice	Chicken Patty Whole Wheat Roll & Honey Mashed Potatoes & Gravy Steamed Asparagus Sliced Pears Fruit Choice - Fresh Milk Choice	Calories	648	678	768
					Sodium (mg)	1164	1179	1206
					% of Total Calories from Sat. Fat	7.9%	8.3%	7.7%



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Hot Ham & Cheese on a Bun	48	20
	Whole Wheat Bun	877	91
Tuesday	Tossed Salad	74	62
Wednesday	Taco Burger on a Bun	77	37
	Whole Wheat Bun	877	91
	Tomato Salsa	129	61
Thursday	Lasagna	40	21
	Whole Wheat Bread Stick: Garlic Variation	877	91
	Garden Salad	164	55
	Chocolate Chip Cookie	1079	67
Friday	Whole Wheat Roll	877	91

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 1 – Monday

Menu Item	Purchasing & Preparation	Serving
Hot Ham & Cheese on a Bun	<ul style="list-style-type: none"> • Purchase pre-cooked “Ham, water added”. • Prepare HKM Recipe 48, Hot Ham & Cheese on Whole Wheat Bun. Batch cook as necessary. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 sandwich
Potato Wedges	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. • Follow manufacturer’s directions for baking and holding. • Batch cook. May add pepper or other non-sodium seasonings. • May estimate serving sizes using measure portions as samples. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
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
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. <p><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></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 1 – Monday, 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
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 1 – Tuesday: None.

Notes

Purchasing, Preparation & Serving Instructions
Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Pepperoni Pizza	<ul style="list-style-type: none"> • Purchase pre-prepared pepperoni pizza that provides 2 oz equivalent M/MA, 2 oz equivalent Grains, and 0.125 cup vegetables, RO; no more than 9 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
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
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-12: 6 tomatoes (½ cup)
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
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 1 - Wednesday: Thaw ground beef under refrigeration.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: _____ Tuesday

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/NA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg							
Pepperoni Pizza		1 piece				2.000	2.000						0.125						0.125			
Tossed Salad		1 cup							0.500										0.500			
Cherry Tomatoes		1/2 cup								0.500									0.500			
Fresh Orange		1 orange						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	2.000	1.000	0.500	0.625								1.125				
Weekly Component Totals						4.000	4.000	2.000	1.000	0.625			0.500					2.125				

Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Taco Burger on a Bun	<ul style="list-style-type: none"> • Prepare HKM Recipe 77, Taco Burger. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • 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
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
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
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-5: N/A 6-12: 1 oz

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
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

Pre-preparation for Week 1 – Thursday: Thaw ground beef under refrigeration.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																										
Date: _____ <u>Wednesday</u>																																																										
Preparation Site: _____																																																										
Offer? Yes _____ No _____																																																										
Grades _____																																																										
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Tortilla Chips		N/A																																																								
Tomato Salsa		1 fl oz								0.125							0.125																																									
Dark Green Leaf Lettuce		1/2 cup							0.250								0.250																																									
Tomato Slice		1/4" slice								0.125							0.125																																									
Refried Beans		1/2 cup									0.500						0.500																																									
Fresh Banana		1 banana						0.500																																																		
Fruit Choice Canned		N/A																																																								
Milk Choice		8 fl oz																																																								
Daily Breakfast Component Totals																			Notes:																																							
Daily Lunch Component Totals						2.000	2.000	0.500	0.250	0.250	0.500					1.000																																										
Weekly Component Totals						6.000	6.000	1.500	1.250	0.875	0.500	0.500				3.125																																										

Notes

Purchasing, Preparation & Serving Instructions

Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving
Lasagna	<ul style="list-style-type: none"> Prepare HKM Recipe 40, Lasagna. CCP: Hold for hot service at 135°F or above. 	K-12: 1 piece (4 x 6 cut)
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
Garlic Bread Stick	<ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns: Garlic Bread Stick Variation. 	K-12: 1 each
Marinara Sauce	<ul style="list-style-type: none"> Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above. 	K-12: ¼ 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
Chocolate Chip Cookie	<ul style="list-style-type: none"> Prepare HKM Recipe 1079, Chocolate Chip Cookie, Whole Grain. This menu item will count as a grain based dessert. 	K-8: N/A 9-12: 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 1 - Friday: Chill pears.

Purchasing, Preparation & Serving Instructions Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving
Chicken Patty	<ul style="list-style-type: none"> • Purchase pre-cooked chicken patties that provide 2 oz equivalent M/MA, 1 oz equivalent Grains; no more than 16 gm of fat; and no more than 500 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Prepare according to manufacturer's instructions. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
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
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
Asparagus, steamed	<ul style="list-style-type: none"> • Purchase fresh asparagus or frozen spears. • If fresh, with gloved hands, wash and remove ends. • Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time. • CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Pears, canned, sliced	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase sliced pears packed in light syrup or juice. • Chill cans overnight. Wipe tops clean before opening. Drain, cover and refrigerate until serving. • Serve with slotted utensil. Level utensil when 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 1 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
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)
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
Honey	<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-12: 1 PC each or 1 Tbsp

Pre-preparation for Week 2 - Monday: Chill tropical fruit.

Notes

Fruit & Vegetable Order Guide Week 1

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 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	Potato Wedges, frozen, ovenable, unseasoned	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	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
Tuesday	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
	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
	Tomatoes, cherry, AP	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz

Fruit & Vegetable Order Guide

Week 1, 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	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	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
	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
	Picante Sauce OR	N/A	N/A	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
	Jalapeno Peppers, canned (for Tomato Salsa)				2 oz		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	Lasagna	1 piece		1 piece		1 piece	
	Spaghetti Sauce, canned		1.5 #10 cans		1.5 #10 cans		1.5 #10 cans
	Tomatoes, diced, canned		1 #10 can		1 #10 can		1 #10 can
	Marinara Sauce, canned	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans
	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
	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

Fruit & Vegetable Order Guide

Week 1, 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
Friday	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	Pears, sliced, canned in 100% juice or light syrup	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans

Notes