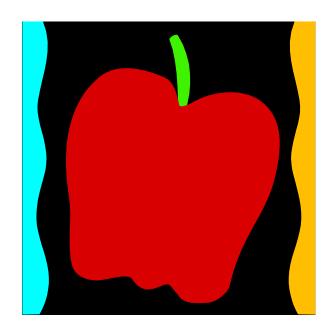
## Healthier Kansas Menus



## SPRING WEEK 1 - DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

**Updated September 2014** 



## **Child Nutrition & Wellness Kansas State Department of Education**

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This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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						
WONDAT	TUESDAT	WEDNESDAT	THURSDAT	FRIDAT		K-5	6-8	9-12			
Hot Ham & Cheese on a Bun	Pepperoni Pizza Tossed Salad	Taco Burger on a Bun	Lasagna Garlic Bread Stick	Chicken Patty Whole Wheat Roll	Calories	648	678	768			
Potato Wedges	Cherry Tomatoes	Tortilla Chips (6-12)	w/ Marinara Sauce	& Honey	Sodium	1164	1179	1206			
Broccoli Florets Fruit Cocktail	Fresh Orange	Tomato Salsa Dark Green Leaf	Garden Salad Fresh Apple	Mashed Potatoes & Gravy	(mg)						
Fruit Cocktail	Fruit Choice -	Lettuce	Chocolate Chip	Steamed Asparagus	% of	7.9%	8.3%	7.7%			
Fruit Choice - Fresh	Canned	Tomato Slice	Cookie	Sliced Pears	Total						
Milk Choice	Milk Choice	Refried Beans Fresh Banana	Fruit Choice -	Fruit Choice - Fresh	Calories from						
		i lesti Dallalla	Canned	Milk Choice	Sat. Fat						
		Fruit Choice -	Milk Choice								
		Canned									
		Milk Choice									



## **Recipes for the Week**

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Hot Ham & Cheese on a Bun Whole Wheat Bun	48 877	20 91
Tuesday	Tossed Salad	74	62
Wednesday	Taco Burger on a Bun Whole Wheat Bun Tomato Salsa	77 877 129	37 91 61
Thursday	Lasagna Whole Wheat Bread Stick: Garlic Variation Garden Salad Chocolate Chip Cookie	40 877 164 1079	21 91 55 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	ССР	Critical Control Point
fl	fluid	PC	portion controlled *
OZ	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

<sup>\*</sup> 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> <li>Purchase pre-cooked "Ham, water added".</li> <li>Prepare HKM Recipe 48, Hot Ham &amp; Cheese on Whole Wheat Bun. Batch cook as necessary.</li> <li>Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 sandwich
Potato Wedges	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed. Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber.</li> <li>Follow manufacturer's directions for baking and holding.</li> <li>Batch cook. May add pepper or other non-sodium seasonings.</li> <li>May estimate serving sizes using measure portions as samples.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Broccoli Florets	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>Wash broccoli.</li> <li>Cover and refrigerate until serving.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Fruit Cocktail	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>Purchase a canned product that includes peaches, pears, pineapple, grapes and cherries packed in 100% juice or light syrup.</li> <li>Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>Cover, drain and refrigerate until serving. Serve with slotted utensil.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul> <li>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.</li> <li>*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.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	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> <li>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.</li> <li>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Ketchup	<ul> <li>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.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC

Pre-preparation for Week 1 – Tuesday: None.

	Production Record (K-5)																	
Date:	te:Monday																	
Preparation Site:																		
								AKFAST									LUNCH	
Offer? Yes No _ Grades							Age/g Gro	grade	Meals	Planned	Meals	Served					Grade Meals oups Planned	Meals Served
ordaes				STU	DENT MEA	ALS	K-	_					5		STUD		-5	Serveu
					ULT MEAL											JLT MEALS		
	TOTAL														тот	AL MEALS		
	*		TEN	MPERATURES Component Contributions														
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	Ba Negumes	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT	AMOUNT	PRODUCTION NOTES
Hot Ham & Cheese on a Bun		1 sandwich				2.000	2.000											
Potato Wedges		1/2 cup										0.500			0.500			
Broccoli Florets		1/2 cup							0.500						0.500			
Fruit Cocktail		1/2 cup						0.500										
Fruit Choice Canned		N/A																
Milk Choice		8 fl oz																
Ranch Dressing		1 fl oz																
Ketchup		1 fl oz																
	_																	
	_																	
	_																	
																Notes:		
		component Tot				2.000	2.000	0.500	0.500			0.500			1.000			
We		2.000		0.500	0.500			0.500			1.000							

Production Record (6-8)																			
Date:	Mond	lay																	
Preparation Site:																			
Offer? Yes No _							BRE Age/g	AKFAST				-					LUN Age/Gra	VCH de Meals	Meals
Grades							Gro		Meals F	Planned	Meals	Served					Groups Planned		Served
					DENT MEA		6-	8	3							ENT MEALS	6-8		
	ADULT N TOTAL N															AL MEALS			
													·						<u>'                                    </u>
	# SS		TEN	MPERATU	RES						Contribu	itions							
MENU ITEM AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cook	Start of Service	End of Service	W/W	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT		AMOUNT	PRODUCTION NOTES
Hot Ham & Cheese on a Bun		1 sandwich				2.000	2.000												
Potato Wedges		1/2 cup										0.500			0.500				
Broccoli Florets		1/2 cup							0.500						0.500				
Fruit Cocktail		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
Ketchup		1 fl oz																	
																	_		
																	_		
Daily B	reakfas	st Component To	otals													Notes:			
		Component Tota				2.000	2.000	0.500	0.500			0.500			1.000				
We	2.000	2.000	0.500	0.500			0.500			1.000									

	Production Record (9-12)																		
Date:Monday																			
Preparation Site:																			
								AKFAST				$\blacksquare$					LUNCH		
Offer? Yes No _ Grades							Age/g Gro		Meals F	Planned	Meals	Served				Age/G		Meals Served	
					DENT MEA		9-	12								ENT MEALS 9-			
					ULT MEAL TAL MEAL											JLT MEALS AL MEALS	-		
				10	IAL WEAL	3									101	AC WICKES			
	# S2	,	TEN	//PERATU	RES						Contribu	tions							
MENU ITEM AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Gook	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	AMOUNT	PRODUCTIO	N NOTES
Hot Ham & Cheese on a Bun		1 sandwich				2.000	2.000												
Potato Wedges		1/2 cup										0.500			0.500				
Broccoli Florets		1/2 cup							0.500						0.500				
Fruit Cocktail		1/2 cup						0.500											
Fruit Choice Canned		1/2 cup						0.500											
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
Ketchup		1 fl oz																	
																Notes:			
		t Component Tota				2.000	2.000	1 000	0.500			0.500			1.000				
We			2.000					0.500			1.000								

### **Notes**

## **Purchasing, Preparation & Serving Instructions**Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Pepperoni Pizza	<ul> <li>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.</li> <li>Heat in oven according to manufacturer's instructions.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 piece
Tossed Salad	<ul> <li>Prepare HKM Recipe 74, Tossed Salad.</li> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 1 cup
Cherry Tomatoes	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>With gloved hands, wash and stem tomatoes.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 6 tomatoes (½ cup)
Orange Wedges	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed. Purchase oranges, size #138.</li> <li>Handle with gloved hands. Rinse.</li> <li>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.</li> <li>Cover and refrigerate.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 1 orange
Fruit Choice, canned	<ul> <li>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.</li> <li>*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.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul> <li>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.</li> <li>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

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

	Production Record (K-5)																		
Date:Tuesday																			
Preparation Site:																			
								AKFAST									LUNCH		
Offer? Yes No _ Grades							Age/	grade oup	Meals F	Planned	Meals	Served				Age/G	I I	Meals Served	
				STU	DENT MEA	LS	K-	_					1		STUD	ENT MEALS K-	_	Served	
	ULT MEAL	ALS										ILT MEALS							
				TO:	TAL MEAL	S	**********								101	AL MEALS			
	# 5		TEN	//PERATU	RES						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	AMOUNT	PRODUCTI	ON NOTES
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		N/A																	
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
Daily B	reakfas	t Component To	otals													Notes:			
Daily	Lunch	Component Tota	als			2.000	2.000	0.500	0.500	0.625					1.125				
We	4.000	4.000	1.000	1.000	0.625		0.500			2.125									

Production Record (6-8)																				
Date:	Tuesd	lay																		
Preparation Site:																				
								AKFAST							LUNCH					
Offer? Yes No _ Grades							Age/g Gro		Meals F	lanned	Meals	Served				Age/Gro		Meals Served		
ordaes	STUDENT														STUD	ENT MEALS 6-		berveu		
	ADULT															JLT MEALS				
		TAL MEAL	S	*********								101	TOTAL MEALS							
	#		TEN	//PERATU	RES					onent (	Contribu	tions								
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	AMOUNT	PRODUCTION NOTES		
epperoni Pizza		1 piece				2.000	2.000			0.125					0.125					
ossed Salad		1 cup							0.500						0.500					
herry Tomatoes		1/2 cup								0.500					0.500					
resh Orange		1 orange						0.500												
ruit Choice Canned		N/A																		
Ailk Choice		8 fl oz																		
anch Dressing		1 fl oz																		
Daily Breakfast Component Totals																Notes:				
		component Total				2 000	2.000	0.500	0.500	0.635					1.125					
			4.000	1.000	1.000	0.625		0.500			2.125									
***	zay co	omponent Totals	-																	

								Prod	uctio	n Rec	ora (s	,-12)									
Date:	Tuesd	ay																			
Preparation Site:				_																	
								AKFAST									LUNCH				
Offer? Yes No _							Age/g		Meals F	Planned	Meals	Served					Grade	Meals	Meals		
Grades				STIII	DENT MEA	us	Gro 9-:								STUD		oups -12	Planned	Served		
					ULT MEAL											ILT MEALS					
					TAL MEAL											AL MEALS					
																			-		
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 au	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT		LEFTOVER	PRODUCTION NOTES		
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						0.500													
Ranch Dressing		1 fl oz																			
Ū																					
Daily B	Daily Breakfast Component Totals															Notes:					
Daily	Daily Lunch Component Totals					2.000	2.000	1.000	0.500	0.625					1.125						
We	Weekly Component Totals							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> <li>Prepare HKM Recipe 77, Taco Burger.</li> <li>Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 sandwich
Dark Green Leaf Lettuce	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>Handle produce with gloved hands. May be pre-portioned.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup
Tomato Slice	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>Handle produce with gloved hands.</li> <li>Slice ¼" thick.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-8: 1 slice 9-12: 2 slices
Refried Beans	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared.</li> <li>For dried beans, prepare according to manufacturer directions.</li> <li>For canned beans, wipe top of cans before opening.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup
Tomato Salsa	<ul> <li>Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 1 fl oz
Tortilla Chips	<ul> <li>Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	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> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>Use gloved hands. Dip cut ends in lemon, orange or pineapple juice or antioxidant solution to preserve color.</li> </ul>	K-12: 1 each
Fruit Choice, canned	<ul> <li>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.</li> <li>*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.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz

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

	Production Record (K-5)																	
Date:	Wedn	<u>iesday</u>																
Preparation Site:				_														
								AKFAST									LUNCH	
Offer? Yes No _ Grades							Age/g Gro		Meals F	Planned	Meals	Served				Age/G		Meals Served
Glades				STU	DENT MEA	ALS	K-								STUD	ENT MEALS K-		Serveu
					ULT MEAL											JLT MEALS		
				TO	TAL MEAL	.S									TOT	AL MEALS		
	22:	ı	TEN	MPERATU	RES				Comi	ponent (	Contribu	tions					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	AM OUNT PREPARED	AMOUNT	PRODUCTION NOTES
Taco Burger on a Bun		1 sandwich				2.000	2.000											
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								0.123	0.500				0.500			
Fresh Banana		1 banana						0.500			0.500				0.500			
Fruit Choice Canned		N/A						0.500										
Milk Choice		8 fl oz																
Daily Breakfast Component Totals																Notes:		
Daily	Daily Lunch Component Totals						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			

								Proc	ductio	n Red	ord (	6-8)							
Date:	Wedn	<u>esday</u>																	
Preparation Site:																			
								AKFAST									LUNCH		
Offer? Yes No _ Grades							Age/g Gro		Meals F	lanned	Meals	Served				Age/G	I	Meals Served	
					DENT MEA		6-	8								ENT MEALS 6-	-8		
					ULT MEAL TAL MEAL											JLT MEALS AL MEALS			
				10	IAL WEAL	.3									101	AC WICKES			
	# S:	,	TEN	//PERATU	RES						Contribu	tions							
MENU ITEMS AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Gook	Start of Service	End of Service	W/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT	AMOUNT	PRODUC	TION NOTES
Taco Burger on a Bun		1 sandwich				2.000	2.000												
Fortilla Chips		1 oz					1.000												
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 B	Daily Breakfast Component Totals															Notes:			
Daily	Lunch	Component Tota	als			2.000	3.000	0.500	0.250	0.250	0.500				1.000				
We	Weekly Component Totals							1.500	1.250	0.875	0.500	0.500			3.125				

								Prod	uctio	n kec	ord (S	9-12)						
Date:	Wedn	esday																
Preparation Site:																		
								AKFAST									LUNCH	
Offer? Yes No _ Grades							Age/g Gro		Meals F	Planned	Meals	Served				Age/G	Grade Meals ups Planned	Meals Served
Grades				STU	DENT MEA	ALS	9-1								STUD	ENT MEALS 9-		Serveu
				AD	ULT MEAL	.5										LT MEALS		
				TO	TAL MEAL	.5									TOT	AL MEALS		
	*		TEN	MPERATU	RES	Π			Comi	onent (	Contribu	tions						
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	<b>Total Veg</b>	AMOUNT	AMOUNT	PRODUCTION NOTES
Taco Burger on a Bun		1 sandwich				2.000	2.000											
Tortilla Chips		1 oz					1.000											
Tomato Salsa		1 fl oz								0.125					0.125			
Dark Green Leaf Lettuce		1/2 cup							0.250						0.250			
Tomato Slice		2 1/4" slices								0.250					0.250			
Refried Beans		1/2 cup									0.500				0.500			
Fresh Banana		1 banana						0.500										
Fruit Choice Canned		1/2 cup						0.500										
Milk Choice		8 fl oz																
Daily Proalifact Component Totals																Notes:		
	Daily Breakfast Component Totals  Daily Lunch Component Totals					2.000	3.000	1.000	0.250	0.375	0.500				1.125			
Weekly Component Totals								3.000	1.250	1.000	0.500	0.500			3.250			

### **Notes**

# **Purchasing, Preparation & Serving Instructions**Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving
Lasagna	<ul> <li>Prepare HKM Recipe 40, Lasagna.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 piece (4 x 6 cut)
Garden Salad	<ul> <li>Prepare HKM Recipe 164, Garden Salad. Refer to Fruit &amp; Vegetable Order Guide for amounts of individual ingredients needed.</li> <li>Handle salad with gloved hands, tongs or serving utensils.</li> <li>May estimate serving sizes using measured portions as samples.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 1 cup
Garlic Bread Stick	Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns: Garlic Bread Stick Variation.	K-12: 1 each
Marinara Sauce	<ul> <li>Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to Fruit &amp; Vegetable Order Guide for amount needed.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ¼ cup
Apple Slices, Fresh	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed. Purchase apples, size #125-138.</li> <li>Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color.</li> <li>Cover and refrigerate until serving.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-8: ½ apple 9-12: 1 apple
Chocolate Chip Cookie	<ul> <li>Prepare HKM Recipe1079, Chocolate Chip Cookie, Whole Grain.</li> <li>This menu item will count as a grain based dessert.</li> </ul>	K-8: N/A 9-12: 1 each
Milk	<ul> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul> <li>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.</li> <li>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

Pre-preparation for Week 1 - Friday: Chill pears.

								Proc	ductio	n Rec	ord (	K-5)						
Date:																		
Preparation Site:																		
Offer? Yes No							Age/	AKFAST				-					LUNCH Grade Meals	Meals
Grades	_						Gro		Meals F	lanned	Meals	Served				Gro		Served
				STU	DENT MEA	ALS	K-	•							STUD		.5	
				AD	ULT MEAL	.5										JLT MEALS		
				TO	TAL MEAL	S							,		TOT	AL MEALS		
	29-		TEA	//PERATUI	DEC				Comi	onent (	Contribu	tions						
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	AM OUNT PREPARED	AMOUNT	PRODUCTION NOTES
asagna		1 piece				2.000	0.500			0.250					0.250			
Garlic Breadstick		1 each					1.000											
Marinara Sauce		1/4 cup					2.000			0.250					0.250			
Sarden Salad		1 cup							0.500						0.500			
resh Apple		1/2 each						0.500										
Chocolate Chip Cookie		1 each					0.500											
Milk Choice		8 fl oz																
Ranch Dressing		1 fl oz																
Daily Breakfast Component Totals																Notes:		
Daily	Daily Lunch Component Totals						2.000	0.500	0.500	0.500					1.000			
We	Weekly Component Totals							2.000	1.750	1.375	0.500	0.500			4.125			

								Proc	ductic	on Ke	cora (	0-8)						
Date:																		
Preparation Site:													,					
Offer? Yes No							Age/g	AKFAST									LUNCH Grade Meals	Meals
Grades NO	_						Gro		Meals F	Planned	Meals	Served					ups Planned	Served
				STU	DENT MEA	ALS	6-	8							STUD		-8	
					ULT MEAL											ILT MEALS		
				TO	TAL MEAL	.5							ļ		101	AL MEALS		
	#		TEN	MPERATU	RES				Comp	ponent (	Contribu	ıtions						
MENU ITEMS AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cook	Start of Service	End of Service	W/WA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT	AMOUNT	PRODUCTION NOTES
Lasagna		1 piece				2.000	0.500			0.250					0.250			
Garlic Breadstick		1 each					1.000											
Marinara Sauce		1/4 cup								0.250					0.250			
Garden Salad		1 cup							0.500						0.500			
Fresh Apple		1/2 each						0.500										
Chocolate Chip Cookie		1 each					0.500											
Milk Choice		8 fl oz																
Ranch Dressing		1 fl oz																
Daily Breakfast Component Totals																Notes:		
	Daily Lunch Component Totals						2.000	0.500	0.500	0.500					1.000			
	Weekly Component Totals								1.750	1.375	0.500	0.500			4.125			

								Prod	uctio	n Kec	ora (S	-12)						
Date:	Thurse	day																
Preparation Site:																		
o// 3 v								AKFAST				<b></b>					UNCH	
Offer? Yes No _ Grades							Age/g Gro		Meals P	Planned	Meals	Served				Age/G	I I	Meals Served
ordaes				STU	DENT MEA	ALS	9-	•							STUD	ENT MEALS 9-3		Scived
					ULT MEAL											ILT MEALS		
				TO	TAL MEAL	.S								ı	101	AL MEALS		
	#		TEN	MPERATU	RES				Comp	onent (	Contribu	tions						
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	TotalVeg	AMOUNT	AMOUNT	PRODUCTION NOTES
Lasagna		1 piece				2.000	0.500			0.250					0.250			
Garlic Breadstick		1 each					1.000											
Marinara Sauce		1/4 cup								0.250					0.250			
Garden Salad		1 cup							0.500						0.500			
Fresh Apple		1 each						1.000										
Chocolate Chip Cookie		1 each					0.500											
Milk Choice		8 fl oz																
Ranch Dressing		1 fl oz																
Daily B	Daily Breakfast Component Totals															Notes:		
Daily	Daily Lunch Component Totals					2.000	2.000	1.000	0.500	0.500					1.000			
We	Weekly Component Totals							4.000	1.750	1.500	0.500	0.500			4.250			

# **Purchasing, Preparation & Serving Instructions**Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving				
Chicken Patty	<ul> <li>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.</li> <li>Prepare according to manufacturer's instructions.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 each				
Mashed Potatoes	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed. Purchase dehydrated mashed potatoes.</li> <li>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.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup				
Gravy	<ul> <li>Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: 1 fl oz				
Asparagus, steamed	<ul> <li>Purchase fresh asparagus or frozen spears.</li> <li>If fresh, with gloved hands, wash and remove ends.</li> <li>Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time.</li> <li>CCP: Hold for hot service at 135°F or above.</li> </ul>	K-12: ½ cup				
Pears, canned, sliced	<ul> <li>Refer to Fruit &amp; Vegetable Order Guide for amount needed. Purchase sliced pears packed in light syrup or juice.</li> <li>Chill cans overnight. Wipe tops clean before opening. Drain, cover and refrigerate until serving.</li> <li>Serve with slotted utensil. Level utensil when serving.</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: ½ cup				
<ul> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> <li>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.</li> <li>*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.</li> </ul>						

#### Continued on next page

## **Purchasing, Preparation & Serving Instructions**

Week 1 - Friday, continued

Menu Item	Purchasing & Preparation	Serving
Whole Wheat Roll	Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.	K-12: 1 each (1 oz)
Milk	<ul> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>CCP: Refrigerate and hold at 41°F or below for cold service.</li> </ul>	K-12: 8 fl oz
Honey	<ul> <li>Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings.</li> </ul>	K-12: 1 PC each or 1 Tbsp

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

							1100	auctic	on Rec	,ora (	K-5/						
Friday	<u>.</u>																
								Meals F	Planned	Meals	Served					l l	Meals
			STU	DENT MEA	us									STUD			Served
							,										
TOTAL MEA																	
HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cook	Start of Service NA	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT	AMOUNT	PRODUCTION NOTES
	1 each				2.000	1.000											
	1 each					1.000											
	1/2 cup										0.500			0.500			
	1/2 cup											0.500		0.500			
	1/2 cup						0.500										
	N/A																
	8 fl oz																
	1 fl oz																
	1 Tbsp																
																	<u> </u>
															Notes:		1
Daily Breakfast Component Totals				2 000	2 000	0.500				0.500	0.500		1 000				
								1.750	1.375	0.500				5.125			
	#HACCP PROCESS #	1 each 1 each 1/2 cup 1/2 cup 1/2 cup 1/2 rup 1/2 cup 1/2 cup 1/2 cup N/A 8 fi oz 1 fi oz 1 Tbsp	1 each 1 each 1/2 cup 1/2 cup N/A 8 fl oz 1 fl oz 1 Tbsp	TEMPERATURE  1 each 1/2 cup 1/2 cup 1/2 cup 1/2 rup 1/2 rup 1/2 rup 1/2 rup 1/2 rup 1/2 cup N/A 8 fl oz 1 fl oz 1 Tbsp	STUDENT MEAST TOTAL MEANT TOTA	TEMPERATURES  ADULT MEALS  TOTAL MEALS  TOTAL MEALS  TOTAL MEALS  TOTAL MEALS  TOTAL MEALS  ADULT MEALS  TOTAL MEALS  TOTA	Age/g   Gro	SREAKFAST   Age/grade   Group   STUDENT MEALS   K-5   ADULT MEALS   TOTAL MEALS   TO	## STUDENT MEALS	STUDENT MEALS   STUDENT MEAL	STUDENT MEALS   STUDENT MEAL	BREAKFAST	STUDENT MEALS	STUDENT MEALS	BREAKFAST   Georgia   Ge	STUDENT MEALS   K-5   Age/grade   Meals Served   Group   Age/grade   Age/gra	STUDENT MEALS

								Proc	ductio	on Ke	ord (	6-8)									
Date:																					
Preparation Site:													,								
Offer? Yes No _				<u> </u>			BRE Age/g	AKFAST									LUNCH Grade Meals	Meals			
Grades							Gro		Meals F	Planned	Meals	Served				Gro		Served			
	STUDENT M					ALS	6-	8							STUD		-8				
					ULT MEAI											JLT MEALS					
				TO	TAL MEAL	.S	***********						ļ		101	AL MEALS					
	*		TEN	MPERATU	RES				Com	ponent (	Contribu	tions									
MENU ITEMS AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cook	Start of Service	End of Service	W/WA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT	AMOUNT	PRODUCTION NOTES			
Chicken Patty		1 each				2.000	1.000														
Whole Wheat Roll		1 each					1.000														
Mashed Potatoes		1/2 cup										0.500			0.500						
Steamed Asparagus		1/2 cup											0.500		0.500						
Sliced Pears		1/2 cup						0.500													
Fruit Choice Fresh		N/A																			
Milk Choice		8 fl oz																			
Gravy		1 fl oz																			
Honey		1 Tbsp																			
Daily B	reakfas	st Component To	otals													Notes:					
Daily	Lunch	Component Tota	als			2.000	2.000	0.500				0.500	0.500		1.000						
Weekly Component Totals					10.000	11.000	2.500	1.750	1.375	0.500	1.000	0.500		5.125							

								Prod	luctio	n Rec	ord (§	9-12)						
Date:	Friday	L																
Preparation Site:													_					
								AKFAST									LUNCH	
Offer? Yes No _ Grades	Offer? Yes No Grades					Age/g Gro	grade oup	Meals	Planned	Meals	Served					Grade Meals ups Planned	Meals Served	
	STUDENT M				DENT MEA	ALS	9-	12							STUD	ENT MEALS 9-	12	
ADULT ME														JLT MEALS				
				TO	TAL MEAL	.5							ļ		TOT	AL MEALS		
	# S2	,	TEI	MPERATU	RES					_	Contribu	itions						
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Gook	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	AMOUNT	PRODUCTION NOTES
Chicken Patty		1 each				2.000	1.000											
Whole Wheat Roll		1 each					1.000											
Mashed Potatoes		1/2 cup										0.500			0.500			
Steamed Asparagus		1/2 cup											0.500		0.500			
Sliced Pears		1/2 cup						0.500										
Fruit Choice Fresh		1/2 cup						0.500										
Milk Choice	_	8 fl oz																
Gravy		1 fl oz																
Honey	_	1 Tbsp				_												
						_												
						_												
Daily B	reakfa	st Component To	otals													Notes:		
Daily	Lunch	Component Tot	als			2.000	2.000	1.000				0.500	0.500		1.000			
Weekly Component Totals				10.000	11.000	5.000	1.750	1.500	0.500	1.000	0.500		5.250					

### **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 Ib = 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
	Potato Wedges, frozen, ovenable, unseasoned	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
Monday	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
	Tossed Salad	1 cup		1 cup		1 cup	
	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
Tuesday	Romaine Lettuce, AP		7 lb		7 lb		7 lb
Tuesday	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
	Taco Meat	¼ cup		¼ cup		½ 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	1/4" slice	5 lb 12 oz	1/4" slice	5 lb 12 oz	2 - 1/4" slices	11 lb 8 oz
	Refried Beans, canned <b>OR</b>	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
Wednesday	Picante Sauce <b>OR</b>	N/A	N/A	1 fl oz	0.8 gallon	1 fl oz	0.8 gallon
Wodnosday	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
	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	½ 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
Thursday	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	1	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
	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
Friday	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**