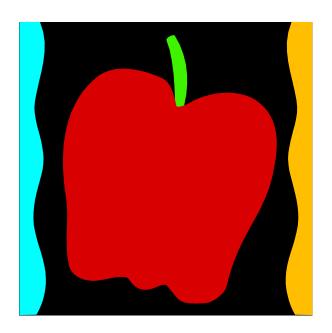
Healthier Kansas Menus



SPRING WEEK 2 - 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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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- Food for Fifty, Ninth Edition (1989) Grace Shugart, Mary Molt.
- Healthier Kansas Menus Breakfast, Child Nutrition & Wellness, Kansas State Department of Education
- Iowa Gold Star Cycle Menus, Iowa Department of Education
- Menus that Move, Ohio Department of Education.
- Fruit and Veggie Quantity Cookbook, New Hampshire Department of Health and Human Services.
- Preparing Whole Grain Foods, Child Nutrition & Wellness, Kansas State Department of Education
- Singing the Praises of Beans & Legumes, Child Nutrition & Wellness, Kansas State Department of Education
- USDA Recipes for Schools, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

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- 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	Weekl	nt Avera	t Averages	
WONDAT	TOLODAT	WEDNESDAT	IIIONODAI	INDAI		K-5	6-8	9-12
Sweet and Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes	Super Nachos Refried Beans Southwestern Lentils Fresh Mixed Fruit Cup	Cheese Breadsticks w/ Marinara Sauce Seasoned Corn Tossed Salad Fresh Kiwi	Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Strawberries Fruit Choice - Canned	Rock and Roll Beef Wrap Steamed Carrots Fresh Pineapple Cherry Crisp (6-12)	Calories Sodium (mg) % of	650 1070 9.4%	685 1083 9.2%	801 1145 9.2%
Celery Sticks Tropical Fruit Fruit Choice - Fresh Milk Choice	Fruit Choice - Canned Milk Choice	Fruit Choice - Canned Milk Choice	Milk Choice	Fruit Choice - Canned Milk Choice	Total Calories from Sat. Fat			



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Sweet and Sour Chicken Nuggets	143	36
	Seasoned Brown Rice	142	80
	Asian Fresh Vegetables	141	49
Tuesday	Super Nachos Taco Meat Cheese Sauce Tomato Salsa Southwestern Lentils Fresh Mixed Fruit Cup	140 76 139 129 138 183	35 39 9 61 58 54
Wednesday	Cheese Breadstick	125	8
	Tossed Salad	74	62
Thursday	Pulled Pork Sandwich	136	29
	Whole Wheat Bun	877	91
	Baked Beans	188	46
	Creamy Cole Slaw	20	52
Friday	Rock and Roll Beef Wraps	133	30
	Cherry Crisp, Whole Wheat	82	65

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		

^{*} 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 InstructionsWeek 2 – Monday

Menu Item	Purchasing & Preparation	Serving			
Sweet and Sour Chicken Nuggets	 Prepare HKM Recipe 143, Sweet and Sour Chicken Nuggets. Purchase whole grain rich, chicken nuggets that provide 2 oz equivalent M/MA and 1 oz equivalent Grains per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. CCP: Hold for hot service at 135°F or above. 	K-12: 5 nuggets (or number needed to meet 2 oz M/MA and 1 oz eq Grains)			
Seasoned Brown Rice	 Prepare HKM Recipe 142, Seasoned Brown Rice. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup			
Asian Fresh Vegetables	 Prepare HKM Recipe 141, Asian Fresh Vegetables. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup			
Cherry Tomatoes	 Refer to Fruit & Vegetable Order Guide for amount needed. With gloved hands, wash and stem tomatoes. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 3 whole tomatoes (1/4 cup)			
Celery Sticks	 Refer to Fruit & Vegetable Order Guide for amount needed. Trim celery and cut into ½" x 4" sticks. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 3 sticks (1/4 cup)			
Tropical Fruit	 Refer to Fruit & Vegetable Order Guide for amount needed. Purchase a canned product that includes papaya and/or mango. Chill cans overnight. Wipe can tops clean before opening. Drain, cover 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	 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 InstructionsWeek 2 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Milk	 Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	 Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 2 – Tuesday: Thaw ground beef under refrigeration. Prepare and chill Fresh Mixed Fruit Cup.

Production Record (K-5)																			
Date:	Mono	lay																	
Preparation Site:																			
							BRE	EAKFAST	Г					LUNCH					
Offer? Yes No _ Grades								grade oup	Meals Planned		Meals Served						Age/Grade Groups	Meals Planned	Meals Served
Grades				STU	DENT ME	ALS		-5							STUD	ENT MEALS	K-5	Planned	Served
					ULT MEAI											JLT MEALS			
				10	TAL MEAI	.5			1				ļ.		101	TAL MEALS		00	
	# TEMPERATURES			RES	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	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT		AMOUNT	PRODUCTION NOTES
Sweet and Sour Chicken Nuggets		1 serving				2.000	1.000												
Seasoned Brown Rice		1/2 cup					1.000												
Asian Fresh Vegetables		1/2 cup							0.125	0.125				0.250	0.500				
Cherry Tomatoes		1/4 cup								0.250					0.250				
Celery Sticks		1/4 cup											0.250		0.250				
Tropical Salad		1/2 cup						0.500											
Fruit Choice Fresh		N/A																	
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
Daily B	reakfa:	st Component To	otals													Notes:			
Daily	Lunch	Component Tota	als			2.000	2.000	0.500	0.125	0.375			0.250	0.250	1.000				
We	2.000	2.000	0.500	0.125	0.375			0.250	0.250	1.000									

Production Record (6-8)																				
Date:	Mond	lay																		
Preparation Site:																				
rieparation site.							BRE	AKFAST							LUNCH					
Offer? Yes No _							Age/		Meals F	lanned	Meals Served					Age/Grade Meals			Meals	
Grades				STU	DENT MEA	ALS	Gro 6-					-			STUD	ENT MEALS	Groups 6-8	Planned	Served	
					ULT MEAL											JLT MEALS				
				TO	TAL MEAL	.\$									TOT	AL MEALS				ı
	## TEMPERATURES								Comp	onent (Contribu	itions								
MENU ITEM AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT		AMOUNT	PRODUC	TION NOTES
Sweet and Sour Chicken Nuggets		1 serving				2.000	1.000													
Seasoned Brown Rice		1/2 cup					1.000													
Asian Fresh Vegetables		1/2 cup							0.125	0.125				0.250	0.500					
Cherry Tomatoes		1/4 cup								0.250					0.250					
Celery Sticks		1/4 cup											0.250		0.250					
Tropical Salad		1/2 cup						0.500												
Fruit Choice Fresh		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
Daily B	reakfa:	st Component To	otals													Notes:				
Daily		2.000	2.000	0.500	0.125	0.375			0.250	0.250	1.000									
We	2.000	2.000	0.500	0.125	0.375			0.250	0.250	1.000										

Production Record (9-12)																				
Date:	Mond	lay																		
Preparation Site:																				
								AKFAST					[LUNCH						
Offer? Yes No _ Grades	_						Age/g Gro		Meals Planned		Meals	Meals Served				Age,		- 1	Meals Planned	Meals Served
					DENT ME		9-:									ENT MEALS	Group 9-12			
					TAL MEA											AL MEALS		<u> </u>		
			750			Component Contributions						•								
MENU ITEM AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/LITENSIL	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	LEFTOVER	PRODUCTION NOTES
Sweet and Sour Chicken Nuggets		1 serving				2.000	1.000													
Seasoned Brown Rice		1/2 cup					1.000													
Asian Fresh Vegetables		1/2 cup							0.125	0.125				0.250	0.500					
Cherry Tomatoes		1/4 cup								0.250					0.250					
Celery Sticks		1/4 cup											0.250		0.250					
Tropical Salad		1/2 cup						0.500												
Fruit Choice Fresh		1/2 cup						0.500												
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
																	\perp			
Daily B	Daily Breakfast Component Totals															Notes:				
Daily	Daily Lunch Component Totals								0.125	0.375			0.250	0.250	1.000					
We		2.000	2.000	1.000	0.125	0.375			0.250	0.250	1.000									

Notes

Purchasing, Preparation & Serving InstructionsWeek 2 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Super Nachos	 Prepare HKM Recipe 140, Super Nachos (see following for information on sub-recipes used in Super Nachos recipe) CCP: Hold for hot service at 135°F or above. 	K-12: 1 plate
Taco Meat	 Prepare HKM Recipe 76, Taco Meat. CCP: Hold for hot service at 135°F or above. 	K-12: ¼ cup
Cheese Sauce	 Prepare HKM Recipe 139, Cheese Sauce. CCP: Hold for hot service at 135°F or above. 	K-8: 1/8 cup (#30 scoop) 9-12: ¼ cup (#16 scoop)
Tortilla Chips	 Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	K-8: 1 oz 9-12: 2 oz
Refried Beans	 Refer to Fruit & Vegetable Order Guide 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: ¼ cup
Tomato Salsa	 Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. Refer to Fruit & Vegetable Order Guide 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
Southwestern Lentils	 Prepare HKM Recipe 138, Southwestern Lentils. Refer to Fruit & Vegetable Order Guide for amount needed. CCP: Hold for hot service at 135°F or above. 	K-8: ¼ cup 9-12: ½ cup

Continued on next page

Purchasing, Preparation & Serving InstructionsWeek 2 – Tuesday, continued

Fresh Mixed Fruit Cup	 Prepare HKM Recipe 183, Fresh Mixed Fruit Cup. Refer to Fruit & Vegetable Order Guide for amount apples, bananas and fruit cocktail needed. Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Do not drain. With gloved hands, wash, trim, core and cut apples into bite-sized pieces and slice bananas. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Fruit Choice, fresh	• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.	K-8: N/A* 9-12: ½ cup
Milk	 Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz

Pre-preparation for Week 2 - Wednesday: Cut and chill kiwi.

	Production Record (K-5)																		
Date:	Tuesd	lay																	
Preparation Site:																			
								AKFAST											
Offer? Yes No Grades	_						Age/g Gro		Meals Planned		Meals	Served					e/Grade iroups	Meals Planned	Meals Served
					DENT ME		K-	5								ENT MEALS	K-5		
					ULT MEAI											AL MEALS			
		1	751	ADEDATII	D.C.				-								_		
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
Tortilla Chips		1 oz					1.000												
Taco Meat		1/4 cup				1.500													
Cheese Sauce		1/4 cup				0.250													
Tomato Salsa		1/4 cup								0.250					0.250				
Refried Beans		1/4 cup									0.250				0.250				
Southwestern Lentils		1/4 cup									0.125			0.125	0.250				
Fresh Mixed Fruit Cup		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Milk Choice		8 fl oz																	
Daily B	reakfas	st Component To	otals													Notes:	•		
Daily		1.750	1.000	0.500		0.250	0.375			0.125	0.750								
We		3.750	3.000	1.000	0.125				0.250	0.375									

								Proc	ductio	on Re	cord (6-8)							
Date:	Tuesd	lay																	
Preparation Site:																			
								AKFAST					į .				LUNC		
Offer? Yes No _ Grades	_						Age/	grade oup	Meals I	Planned	Meals	Served				1	Age/Grade Groups	Meals Planned	Meals Served
					DENT ME		_	-8								DENT MEALS	6-8	**	
					ULT MEA											TAL MEALS			
	-	1	TE	MPERATU	DEC				Com		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	AMOUNT		AMOUNT	PRODUCTION NOTES
Tortilla Chips		1 oz					1.000												
Taco Meat		1/4 cup				1.500													
Cheese Sauce		1/4 cup				0.250													
Tomato Salsa		1/4 cup								0.250					0.250				
Refried Beans		1/4 cup									0.250				0.250				
Southwestern Lentils		1/4 cup									0.125			0.125	0.250				
Fresh Mixed Fruit Cup		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Milk Choice		8 fl oz																	
																	\perp		
Daily B	reakfa:	st Component To	otals													Notes:			
Daily	Lunch	Component Tot	als			1.750	1.000	0.500		0.250	0.375			0.125	0.750				
Wa	ekly C	omnonent Totals				3,750	3.000	1,000	0.125	0.625	0.375		0.250	0.375	1.750				

								Prod	uctio	n Rec	ord (9	9-12)							
Date:	Tueso	lay																	
Preparation Site:																			
							BRE	AKFAST					[LUNCH		
Offer? Yes No _ Grades								grade oup	Meals I	Planned	Meals	Served					Age/Grade Groups	Meals Planned	Meals Served
Grades	•				DENT MEA			12								ENT MEALS	9-12	Flamed	Serveu
					ULT MEAL											JLT MEALS TAL MEALS			
													•			1			
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 august	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	TotalVeg	AMOUNT		AMOUNT	PRODUCTION NOTES
Tortilla Chips		2 oz					2.000												
Taco Meat		1/4 cup				1.500													
Cheese Sauce		1/4 cup				0.500													
Tomato Salsa		1/4 cup								0.250					0.250				
Refried Beans		1/4 cup									0.250				0.250				
Southwestern Lentils		1/2 cup									0.250			0.250	0.500				
Fresh Mixed Fruit Cup		1/2 cup						0.500											
Fruit Choice Canned		1/2 cup						0.500											
Milk Choice		8 fl oz																	
Daily B	lreakfa	st Component To												Notes:					
Daily	Lunch	Component Tot	als			2.000	2.000	1.000		0.250	0.500			0.250	1.000				
We	ekly C	omponent Total:	5			4.000	4.000	2.000	0.125	0.625	0.500		0.250	0.500	2.000				

Notes

Purchasing, Preparation & Serving InstructionsWeek 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Cheese Breadsticks	 Prepare HKM Recipe 126, Cheese Breadsticks. CCP: Hold for hot service at 135°F or above. 	K-12: 2 breadsticks
Marinara Sauce	 Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to Fruit & Vegetable Order Guide for amount needed. CCP: Hold for hot service at 135°F or above. 	K-12: ¼ cup
Kiwi, Fresh	 Purchase medium, whole kiwi, size #39. Refer to Fruit & Vegetable Order Guide for amount needed. Handle with gloved hands. Rinse. Cut in half. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 3 halves (1/2 cup)
Fruit Choice, canned	• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.	K-8: N/A* 9-12: ½ cup
Corn, steamed	 Purchase frozen or canned corn. Refer to Fruit & Vegetable Order Guide for amount needed. If using canned corn, wipe tops of cans clean before opening. Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid. CCP: Hold for hot service at 135° F or above. 	K-12: ½ cup
Tossed Salad	 Prepare HKM Recipe 74, Tossed Salad. Refer to Fruit & Vegetable Order Guide for amount needed. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 cup
Milk	 Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz

Pre-preparation for Week 2 – Thursday: Thaw pulled pork under refrigeration.

								Proc	ductio	on Rec	cord (K-5)									
Date:	Wedn	<u>esday</u>																			
Preparation Site:																					_
Off2 V N-								AKFAST								ı		INCH			
Offer? Yes No _ Grades							Age/g Gro		Meals F	Planned	Meals	Served					Age/Gra Group		Meals lanned	Meals Served	
				STU	DENT MEA	ALS	K-								STUD	ENT MEALS	K-5]
					ULT MEAL											JLT MEALS					
				10	TAL MEAL	.5							l.		101	AL MEALS					1
	# 5	-	TEN	MPERATU	RES					ponent (Contribu	itions									
MENU ITEMS AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT		AMOUNT	LEFTOVER	PRODU	CTION NOTES
Cheese Breadstick		2 breadsticks				2.000	2.000														
Marinara Sauce		1/4 cup								0.250					0.250						
Seasoned Corn		1/2 cup										0.500			0.500						
Tossed Salad		1 cup							0.500						0.500						
Fresh Kiwi		1/2 cup (3 halves)						0.500													
Fruit Choice Canned		N/A																			
Milk Choice		8 fl oz																			
Ranch Dressing		1 fl oz																			
	_																				
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																	_				
	_																				
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															$\neg \vdash$						
Daily R	reakfas	st Component To												Notes:							
		Component Tota		2.000	2.000	0.500	0.500	0.250		0.500			1.250								
-		omponent Totals				5.750	5.000	1.500	0.625	0.875	0.375	0.500	0.250	0.375							

								Pro	ductio	n Re	cord (6-8)						
Date:	Wedn	nesday																
Preparation Site:							BRE	AKFAST									LUNCH	
Offer? Yes No _							Age/g Gro		Meals F	Planned	Meals	Served					Grade Meals	Meals
Grades				STUI	DENT MEA	ALS	6-	-							STUD		oups Planned -8	Served
					ULT MEAL											JLT MEALS AL MEALS		
				•		.3	•••••								101	AL WEALS		
	# SS	IL	TEN	MPERATU	RES						Contribu	itions						
MENU ITEMS 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	8e∧ semuga7	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT	AMOUNT	PRODUCTION NOTES
Cheese Breadstick		2 breadsticks				2.000	2.000											
Marinara Sauce		1/4 cup								0.250					0.250			
Seasoned Corn		1/2 cup										0.500			0.500			
Tossed Salad		1 cup							0.500						0.500			
Fresh Kiwi		1/2 cup (3 halves)						0.500										
Fruit Choice Canned		N/A																
Milk Choice		8 fl oz																
Ranch Dressing		1 fl oz																
Daily B	reakfa:	st Component To												Notes:				
Daily	Lunch	Component Tota	als			2.000	2.000	0.500	0.500	0.250		0.500			1.250			
We	ekly Co	omponent Totals				5.750	5.000	1.500	0.625	0.875	0.375	0.500	0.250	0.375	3.000			

								Prod	uctio	n Rec	ord (9	9-12)							
Date:	Wedn	esday																	
Preparation Site:																			
							BRE	AKFAST					[LUNCH	I	
Offer? Yes No _							Age/g		Meals P	lanned	Meals	Served					ge/Grade	Meals	Meals
Grades				STU	DENT MEA	ALS	Gro 9-:	-							STUD	ENT MEALS	Groups 9-12	Planned	Served
					ULT MEAL											JLT MEALS			
				TO	TAL MEAL	.5									тот	AL MEALS			
	# S		TEN	MPERATU	RES						Contribu	tions					\Box		
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
Cheese Breadstick		2 breadsticks				2.000	2.000												
Marinara Sauce		1/4 cup								0.250					0.250				
Seasoned Corn		1/2 cup										0.500			0.500				
Tossed Salad		1 cup							0.500						0.500				
Fresh Kiwi		1/2 cup (3 halves)						0.500											
Fruit Choice Canned		1/2 cup						0.500											
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
																	\perp		
																	\perp		
Daily B	reakfa:	st Component To	tals													Notes:			
Daily	Lunch	Component Tota	als			2.000	2.000	1.000	0.500	0.250		0.500			1.250				
We	ekly Co	omponent Totals				6.000	6.000	3.000	0.625	0.875	0.500	0.500	0.250	0.500	3.250				

Purchasing, Preparation & Serving InstructionsWeek 2 - Thursday

Menu Item	Purchasing & Preparation	Serving
Pulled Pork Sandwich	 Prepare HKM Recipe 136, Pulled Pork Sandwich. Purchase pre-prepared pulled pork that provides 2 oz equivalent M/MA, contains no more than 500 mg of sodium and no more than 13 g of fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. 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
Creamy Cole Slaw	 Prepare HKM Recipe 20, Creamy Cole Slaw. Refer to Fruit & Vegetable Order Guide for amount needed. Purchase pre-shredded green cabbage. CCP: Hold for cold service at 41°F or below. 	K-12: ½ cup
Baked Beans	 Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. Refer to Fruit & Vegetable Order Guide for amount needed. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Strawberries, fresh	 Refer to Fruit & Vegetable Order Guide for amount needed. With gloved hands, wash strawberries. CCP: Refrigerate and hold at 41°F or below for cold service 	K-12: ½ cup
Fruit Choice, canned	• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.	K-8: N/A* 9-12: ½ cup
Milk	 Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ketchup	Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.	K-12: 1 fl oz or 2 Tbsp or 2 PC

Pre-preparation for Week 2 - Friday: Cut and chill pineapple.

	Production Record (K-5)																	
Date:	Thurs	day																
Preparation Site:																		
Offer? Vec No							BRE Age/g	AKFAST								Age/G	LUNCH Grade Meals	Meals
Offer? Yes No _ Grades				1			Gro		Meals I	Planned	Meals	Served				I .	ups Planned	Served
					DENT MEA		K-	5								ENT MEALS K-	.5	
					ULT MEAL TAL MEAL											JLT MEALS AL MEALS	-	
					THE INCHE											[0000000		
	# SS	_	TEI	MPERATU	RES					ponent (Contribu	itions						
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	PRODUCTION NOTES
Pulled Pork Sandwich		1 sandwich				2.000	2.000											
Creamy Cole Slaw		1/2 cup												0.500	0.500			
Baked Beans		1/2 cup									0.500				0.500			
Fresh Strawberries		1/2 cup						0.500										
Fruit Choice Canned		N/A																
Milk Choice		8 fl oz																
Ketchup		1 fl oz																
Daily R												Notes:						
	Daily Breakfast Component Totals Daily Lunch Component Totals										0.500			0.500	1.000			
		omponent Totals				7.750	7.000	2.000	0.625	0.875	0.875	0.500	0.250					

								Pro	ductio	on Re	cord (6-8)							
Date:	Thurs	day																	
Preparation Site:																			
							BRE	AKFAST	1								LUNCH		
Offer? Yes No _ Grades								grade oup	Meals	Planned	Meals	Served					/Grade oups	Meals Planned	Meals Served
				STU	DENT MEA	ALS		-8							STUD		5-8	Tiumeu	521723
				AD	ULT MEAI	LS									ADI	JLT MEALS			
				TO	TAL MEAL	.S									T01	TAL MEALS			
	*		TEI	MPERATU	RES				Com	ponent	Contribu	itions					T		
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
Pulled Pork Sandwich		1 sandwich				2.000	2.000												
Creamy Cole Slaw		1/2 cup												0.500	0.500				
Baked Beans		1/2 cup									0.500				0.500				
Fresh Strawberries		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Milk Choice		8 fl oz																	
Ketchup		1 fl oz																	
																	1		
																	1		
																	1		
																	1		
																	1		
Daily B	Daily Breakfast Component Totals															Notes:			
Daily	Lunch	Component Tot		2.000	2.000	0.500			0.500			0.500	1.000						
We	eekly Co	omponent Total:	5			7.750	7.000	2.000	0.625	0.875	0.875	0.500	0.250	0.875	4.000				

								Prod	luctio	n Rec	ord (9	9-12)								
Date:	Thurs	day																		
Preparation Site:							BRE	AKFAST	Г				[LUNC	Н		l
Offer? Yes No _ Grades								grade oup	Meals	Planned	Meals	Served					Age/Grade Groups	Meals Planned	Meals Served	
Olades				STU	DENT MEA	ALS		12							STUD	ENT MEALS	9-12	Planned	served	
					ULT MEAL											JLT MEALS TAL MEALS				
				10	TAL WEAL	.3			1						101	AL WICALS		001		l
	# SS #	=	TEN	MPERATU	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	PRODUC	CTION NOTES
Pulled Pork Sandwich		1 sandwich				2.000	2.000													
Creamy Cole Slaw		1/2 cup												0.500	0.500					
Baked Beans		1/2 cup									0.500				0.500					
Fresh Strawberries		1/2 cup						0.500												
Fruit Choice Canned		1/2 cup						0.500												
Milk Choice		8 fl oz																		
Ketchup		1 fl oz																		
Daily B												Notes:	•		•					
		Component Tota		2.000	2.000	1.000			0.500			0.500	1.000							
We	ekly C	omponent Totals		8.000	8.000	4.000	0.625	0.875	1.000	0.500	0.250	1.000	4.250							

Purchasing, Preparation & Serving InstructionsWeek 2 - Friday

Menu Item	Purchasing & Preparation	Serving
Rock and Roll Beef Wraps	 Prepare HKM Recipe 133, Rock and Roll Beef Wraps. Purchase 8" whole grain rich tortillas weighing 1.5 oz each. CCP: Hold for hot service at 135°F or above. 	K-12: 1 wrap
Carrots, Steamed	 Refer to Fruit & Vegetable Order Guide for amount needed. Batch cook by steaming or by 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
Pineapple, fresh	 Refer to Fruit & Vegetable Order Guide for amount needed. With gloved hands, cube pineapple and refrigerate for service. CCP: Hold for cold service at 41°F or below. 	K-12: ½ cup
Fruit Choice, canned	• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.	K-8: N/A* 9-12: ½ cup
Cherry Crisp, Whole Wheat	 Prepare HKM Recipe 65 Cherry Crisp, Whole Wheat. This menu item will count as a grain based dessert. 	K-5: N/A 6-12: 1 piece
Milk	 Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	 Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 3 - Monday: Chill apricots. Thaw chicken under refrigeration.

								Proc	ductio	n Red	ord (K-5)							
Date:	Friday	L																	
Preparation Site:																			
							BRE	AKFAST					[LUNCH	I	
Offer? Yes No _							Age/		Meals P	lanned	Meals	Served					Age/Grade	Meals	Meals
Grades				STU	DENT MEA	ALS	Gro K-	-							STUD	ENT MEALS	Groups K-5	Planned	Served
					ULT MEAI										ADU	ILT MEALS			
				TO	TAL MEAL	.5							ļ		TOT	AL MEALS			
	*	I	TEI	MPERATU	RES	I			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	Total Veg	AMOUNT		AMOUNT	PRODUCTION NOTES
Rock and Roll Beef Wraps		1 wrap				2.000	2.250		0.500						0.500				
Steamed Carrots		1/2 cup								0.500					0.500				
Fresh Pineapple		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Whole Grain Cherry Crisp		N/A																	
Milk Choice		8 fl oz																	
Daily B	reakfa:	st Component To	otals													Notes:			
Daily	Lunch	Component Tota	als			2.000	2.250	0.500	0.500	0.500					1.000				
We	ekly Co	omponent Totals	5			9.750	9.250	2.500	1.125	1.375	0.875	0.500	0.250	0.875	5.000				

Production Record (6-8)																			
Date:	Friday	L																	
Preparation Site:	Preparation Site:																		
							BRE	AKFAST									LUNCH		
Offer? Yes No _ Grades							Age/g Gro		Meals F	Meals Planned Meals Served						Age/Grade Groups	Meals Planned	Meals Served	
				STU	DENT MEA	LS	6-								STUD	ENT MEALS	6-8		
				AD	ULT MEAL	.5										JLT MEALS			
				TO	TAL MEAL	S									TOT	AL MEALS			
	*		TEN	MPERATU	RES				Comp	onent (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
Rock and Roll Beef Wraps		1 wrap				2.000	2.250		0.500						0.500				
Steamed Carrots		1/2 cup								0.500					0.500				
Fresh Pineapple		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Whole Grain Cherry Crisp		1 piece					0.500	0.250											
Milk Choice		8 fl oz																	
																	-		
																	+		
																	-		
Daily Breakfast Component Totals															Notes:				
		Component Tota				2.000	2.750	0.750	0.500	0.500					1.000				
Weekly Component Totals										0.875	0.500	0.250	0.875						

Production Record (9-12)																		
Date:	Frida	v																
Preparation Site:							BRE	AKFAST	r								LUNCH	
Offer? Yes No							grade oup	Meals I	Planned	Meals	Served				Age/G	I	Meals	
GradesSTUDENT MEA				ALS		12							STUD	Gro ENT MEALS 9-		Served		
ADULT MEAL														JLT MEALS				
				TO	TAL MEAL	.5			1				l		101	AL MEALS		
	# S		TEI	MPERATU	RES						Contribu	ıtions						
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
Rock and Roll Beef Wraps		1 wrap				2.000	2.250		0.500						0.500			
Steamed Carrots		1/2 cup								0.500					0.500			
Fresh Pineapple		1/2 cup						0.500										
Fruit Choice Canned		1/2 cup						0.500										
Whole Grain Cherry Crisp		1 piece					0.500	0.250										
Milk Choice		8 fl oz																
Daily Breakfast Component Totals																Notes:		
Daily	Lunch	Component Tot	als			2.000	2.750	1.250	0.500	0.500					1.000			
Weekly Component Totals					10.000	10.750	5.250	1.125	1.375	1.000	0.500	0.250	1.000	5.250				

Fruit & Vegetable Order Guide Week 2

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
	Sweet and Sour Chicken Nuggets (Sauce)	5 nuggets		5 nuggets		5 nuggets	
	Juice, pineapple, 100% juice		2 lb		2 lb		2 lb
	Asian Fresh Vegetables	½ cup		½ cup		½ cup	
	Cabbage, AP		3 lb 10 oz		3 lb 10 oz		3 lb 10 oz
	Peas, green, frozen		2 lb 10 oz		2 lb 10 oz		2 lb 10 oz
Monday	Broccoli, florets, AP		1 lb 12 oz		1 lb 12 oz		1 lb 12 oz
Worlday	Carrots, sliced or crinkle, frozen		5 lb 4 oz		5 lb 4 oz		5 lb 4 oz
	Peppers, bell, green, AP		2 lb 10 oz		2 lb 10 oz		2 lb 10 oz
	Cherry Tomatoes, fresh, AP	3 tomatoes	8 lb 5 oz	3 tomatoes	8 lb 5 oz	3 tomatoes	8 lb 5 oz
	Celery, fresh, AP	3 sticks	8 lb 4 oz	3 sticks	8 lb 4 oz	3 sticks	8 lb 4 oz
	Tropical Fruit, canned in 100% juice or light syrup	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans

Fruit & Vegetable Order Guide

Week 2, 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	½ cup		½ cup		½ cup	
	Tomato Paste, canned	,	3 cups	•	3 cups	1	3 cups
	Picante Sauce OR	½ cup	1 gal 9 cups	½ cup	1 gal 9 cups	½ cup	1 gal 9 cups
	Tomato Salsa	½ cup		½ cup		½ cup	
	Tomatoes, crushed, salsa- ready, canned		2 #10 cans	·	2 #10 cans		2 #10 cans
	Peppers, jalapeno, canned		4 oz		4 oz		4 oz
	Refried Beans, canned OR	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans
Tuesday	Refried Beans, dried		4 lb 15 oz		4 lb 15 oz		4 lb 15 oz
Tuesday	Southwestern Lentils	¼ cup		½ cup		½ cup	
	Lentils, brown, AP		2 lb 2 oz		2 lb 2 oz		4 lb 4 oz
	Onions, AP		2 lb 4 oz		2 lb 4 oz		4 lb 8 oz
	Tomatoes, crushed, canned		2 lb 8 oz		2 lb 8 oz		5 lb
	Fresh Mixed Fruit Cup	½ cup		½ cup		½ cup	
	Apple, fresh, AP		4 lb		4 lb		4 lb
	Bananas, fresh, AP		7 lb		7 lb		7 lb
	Fruit Cocktail, canned in 100% juice or light syrup		2 #10 can		2 #10 can		2 #10 can
	Marinara Sauce, canned	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	½ cup	2.1 #10 cans
	Kiwi, Fresh	3 halves	18 lb 10 oz or 150 each	3 halves	18 lb 10 oz or 150 each	3 halves	18 lb 10 oz or 150 each
\\\\ \	Tossed Salad	1 cup		1 cup		1 cup	
Wednesday	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
	Romaine Lettuce, AP		7 lb		7 lb		7 lb
	Corn, frozen OR	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz
	Corn, canned		5.2 #10 cans		5.2 #10 cans		5.2 #10 cans

Fruit & Vegetable Order Guide

Week 2, 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
	Creamy Cole Slaw	½ cup		½ cup		½ cup	
	Cabbage, fresh, green, shredded ready to use		12 lb		12 lb		12 lb
	Carrots, fresh, AP		1 lb 8 oz		1 lb 8 oz		1 lb 8 oz
Thursday	Baked Beans	½ cup		½ cup		½ cup	
	Beans, baked, canned, vegetarian		4.25 #10 cans		4.25 #10 cans		4.25 #10 cans
	Tomato Sauce, canned		6 cups		6 cups		6 cups
	Strawberries, fresh, whole, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz
	Rock and Roll Beef Wraps	1 wrap		1 wrap		1 wrap	
	Broccoli Slaw, AP	-	9 lb 13 oz	-	9 lb 13 oz		9 lb 13 oz
	Carrots, frozen, sliced	½ cup	20 lb 7 oz	½ cup	20 lb 7 oz	½ cup	20 lb 7 oz
	Pineapple, fresh, AP	½ cup	31 lb 7 oz	½ cup	31 lb 7 oz	½ cup	31 lb 7 oz
Friday	Cherry Crisp, Whole Wheat	N/A		1 piece		1 piece	
	Cherries, canned, packed in water		N/A		3 #10 cans		3 #10 cans
	Orange Juice, Frozen, unsweetened		N/A		½ cup		½ cup

Notes