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# **Healthier Kansas Menus**



## **SPRING WEEK 2 – DAILY PRODUCTION RECORDS**

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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

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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

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



## 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	140	35
	Taco Meat	76	39
	Cheese Sauce	139	9
	Tomato Salsa	129	61
	Southwestern Lentils	138	58
	Fresh Mixed Fruit Cup	183	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	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 2 – Monday

Menu Item	Purchasing & Preparation	Serving
Sweet and Sour Chicken Nuggets	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 143, Sweet and Sour Chicken Nuggets.</li> <li>• 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.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 5 nuggets (or number needed to meet 2 oz M/MA and 1 oz eq Grains)
Seasoned Brown Rice	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 142, Seasoned Brown Rice.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Asian Fresh Vegetables	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 141, Asian Fresh Vegetables.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Cherry Tomatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash and stem tomatoes.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 3 whole tomatoes (1/4 cup)
Celery Sticks	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Trim celery and cut into ½" x 4" sticks.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 3 sticks (¼ cup)
Tropical Fruit	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase a canned product that includes papaya and/or mango.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Drain, cover and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice	<ul style="list-style-type: none"> <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. *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

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 2 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <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>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	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.









## **Notes**

## Purchasing, Preparation & Serving Instructions

### Week 2 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Super Nachos	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 140, Super Nachos (see following for information on sub-recipes used in Super Nachos recipe)</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 plate
Taco Meat	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 76, Taco Meat.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¼ cup
Cheese Sauce	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 139, Cheese Sauce.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1/8 cup (#30 scoop) 9-12: ¼ cup (#16 scoop)
Tortilla Chips	<ul style="list-style-type: none"> <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-8: 1 oz 9-12: 2 oz
Refried Beans	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; 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.</li> <li>For dried beans, prepare according to manufacturer directions.</li> <li>For canned beans, wipe top of cans before opening.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¼ cup
Tomato Salsa	<ul style="list-style-type: none"> <li>Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 fl oz
Southwestern Lentils	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 138, Southwestern Lentils.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 2 – Tuesday, continued

Fresh Mixed Fruit Cup	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 183, Fresh Mixed Fruit Cup.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount apples, bananas and fruit cocktail needed.</li> <li>• Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Do not drain.</li> <li>• With gloved hands, wash, trim, core and cut apples into bite-sized pieces and slice bananas.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> <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. *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 style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

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









## **Notes**

## Purchasing, Preparation & Serving Instructions Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Cheese Breadsticks	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 126, Cheese Breadsticks.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 2 breadsticks
Marinara Sauce	<ul style="list-style-type: none"> <li>Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¼ cup
Kiwi, Fresh	<ul style="list-style-type: none"> <li>Purchase medium, whole kiwi, size #39.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle with gloved hands. Rinse. Cut in half. Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 3 halves (1/2 cup)
Fruit Choice, canned	<ul style="list-style-type: none"> <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
Corn, steamed	<ul style="list-style-type: none"> <li>Purchase frozen or canned corn. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>If using canned corn, wipe tops of cans clean before opening.</li> <li>Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Tossed Salad	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 74, Tossed Salad.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

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







## Purchasing, Preparation & Serving Instructions

### Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving
Pulled Pork Sandwich	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 136, Pulled Pork Sandwich.</li> <li>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.</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><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
Creamy Cole Slaw	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 20, Creamy Cole Slaw.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Purchase pre-shredded green cabbage.</li> <li><b>CCP: Hold for cold service at 41°F or below.</b></li> </ul>	K-12: ½ cup
Baked Beans	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Strawberries, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash strawberries.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <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> </ul> <p><small>*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.</small></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <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 or 2 Tbsp or 2 PC

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









## Purchasing, Preparation & Serving Instructions Week 2 - Friday

Menu Item	Purchasing & Preparation	Serving
Rock and Roll Beef Wraps	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 133, Rock and Roll Beef Wraps.</li> <li>Purchase 8" whole grain rich tortillas weighing 1.5 oz each.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 wrap
Carrots, Steamed	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Pineapple, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, cube pineapple and refrigerate for service.</li> <li><b>CCP: Hold for cold service at 41°F or below.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <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
Cherry Crisp, Whole Wheat	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 65 Cherry Crisp, Whole Wheat.</li> <li>This menu item will count as a grain based dessert.</li> </ul>	K-5: N/A 6-12: 1 piece
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <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><b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp

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

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																					
Date: _____ <u>Friday</u>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
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MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES																			
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																						
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 Breakfast Component Totals																																					
Daily Lunch Component Totals						2.000	2.250	0.500	0.500	0.500							1.000																				
Weekly Component Totals						9.750	9.250	2.500	1.125	1.375	0.875	0.500	0.250	0.875	5.000																						
Notes:																																					



# Healthier Kansas Menus – DAILY PRODUCTION RECORDS

## Production Record (9-12)

Date: \_\_\_\_\_ Friday

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/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
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 Totals						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    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	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
	Broccoli, florets, AP		1 lb 12 oz		1 lb 12 oz		1 lb 12 oz
	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
Tuesday	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	Picante Sauce <b>OR</b>	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups
	Tomato Salsa	¼ cup		¼ cup		¼ 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 <b>OR</b>	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans
	Refried Beans, dried		4 lb 15 oz		4 lb 15 oz		4 lb 15 oz
	Southwestern Lentils	¼ cup		¼ 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	
Wednesday	Marinara Sauce, canned	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	¼ 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	
	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
	Romaine Lettuce, AP		7 lb		7 lb		7 lb
	Corn, frozen <b>OR</b>	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	
Thursday	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	
	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
Friday	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		½ cup	20 lb 7 oz	½ cup	20 lb 7 oz	
	Pineapple, fresh, AP	½ cup		½ cup	31 lb 7 oz	½ cup	31 lb 7 oz	
	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**