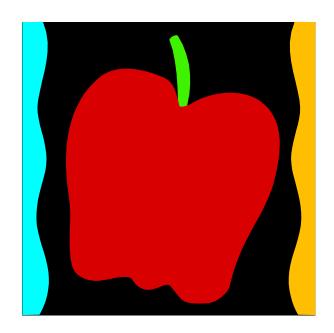
Healthier Kansas Menus



SPRING WEEK 3 - DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Updated September 2014



Child Nutrition & Wellness Kansas State Department of Education

900 SW Jackson St. Suite 251 Topeka, Kansas 66612 785-296-2276 FAX: 785-296-0232 www.kn-eat.org

For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: csjohnson@ksde.org.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

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	TOLODAT	WEDNESDAT	IIIONSDAT	INDAI		K-5	6-8	9-12		
Chicken Tetrazzini Garlic Bread Tossed Salad Seasoned Peas Apricot Halves	Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries	Beef & Noodles Mashed Potatoes Green Beans Fresh Grapes Blueberry Oat Muffin	Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry	Yummy Sloppy Joe on a Bun Roasted Red Potatoes Edamame	Calories Sodium (mg)	637 857	663 893	784 966		
Fruit Choice - Fresh Milk Choice	Red Bell Pepper Strips Fresh Clementine Fruit Choice - Canned Milk Choice	(6-12) Fruit Choice - Canned Milk Choice	Tomatoes Fresh Mango Fruit Choice - Canned Milk Choice	Fresh Apple Fruit Choice - Canned Milk Choice	% of Total Calories from Sat. Fat	7.0%	6.9%	6.5%		



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Chicken Tetrazzini	7	13
	Tossed Salad	74	62
	French Garlic Bread	163	89
Tuesday	Whole Wheat Bun	877	91
Wednesday	Beef & Noodles	3	5
	Blueberry Oat Muffin	28	64
Thursday	Baked Chicken Drumstick	27	1
	Savory Rice	17	79
	Oatmeal Roll	14	75
Friday	Yummy Sloppy Joe	123	45
	Whole Wheat Bun	877	91

Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
OZ	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

^{*} For example, purchase pre-portioned servings of condiments.

Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

Purchasing, Preparation & Serving Instructions

Week 3 – Monday

Menu Item	Purchasing & Preparation	Serving								
Chicken Tetrazzini	 Prepare HKM Recipe 7, Chicken Tetrazzini. Purchase chicken broth with no more than 500 mg of sodium per cup. Purchase dry, whole grain spaghetti noodles and frozen pulled or diced cooked chicken with no skin or added salt. CCP: Hold for hot service at 135°F or above. 									
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								
Peas, Steamed	 Refer to Fruit & Vegetable Order Guide for amount needed. Purchase frozen or canned. Wipe tops of cans clean before opening. Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time. May add pepper or other non-sodium seasonings. CCP: Hold for hot service at 135°F or above. 	K-8: ¼ cup 9-12: ½ cup								
Garlic Bread	Prepare HKM Recipe163, Whole Wheat French Garlic Bread.	K-12: 1 piece								
Apricot Halves	 Purchase apricot halves packed in light syrup or 100% juice. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 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, 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								

Continued on next page

Purchasing, Preparation & Serving InstructionsWeek 3 – 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 3 – Tuesday: None.

Production Record (K-5)																			
Date:	Mond	aγ																	
Preparation Site:																			
								AKFAST								LUNCH			
Offer? Yes No _						Age/grade Meal		Meals Planned Meals Served		Served					Grade Meals	Meals			
Grades				STIII	DENT MEA	Group ALS K-5			\vdash				STUD	Gro ENT MEALS K-		Served			
					ULT MEAL	***************************************								ILT MEALS					
					TAL MEAL										TOT	AL MEALS			
	# SS	=	TEN	MPERATU	RES					onent (tions				1			
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	TotalVeg	AMOUNT	AMOUNT	PRODUCTION NOTES	
Chicken Tetrazzini		3/4 cup				2.000	1.000												
Whole Wheat Garlic Bread		1 piece					1.250												
Tossed Salad		1 cup							0.500						0.500				
Seasoned Peas		1/4 cup										0.250			0.250				
Apricot Halves		1/2 cup						0.500											
Fruit Choice Fresh		N/A																	
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
Daily Breakfast Component Totals																Notes:			
Daily Lunch Component Totals						2.000	2.250	0.500	0.500			0.250			0.750				
Weekly Component Totals							2.250	0.500	0.500			0.250			0.750				

								Proc	ductio	n Red	ord (6-8)								
Date:	Mond	ay																		
Preparation Site:																				
o" 3 v								AKFAST								LUNCH				
Offer? Yes No _ Grades	_					Age/grade Group Meals Planned Meals Served								Age/G	I I	Meals Served				
	•			STU	DENT MEA	ALS	6-								STUD	ENT MEALS 6-		-		
					ULT MEAL											ILT MEALS				
				TO	TAL MEAL	.5									101	AL MEALS				
	#		TEN	MPERATU	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		
Chicken Tetrazzini		3/4 cup				2.000	1.000													
Whole Wheat Garlic Bread		1 piece					1.250													
Fossed Salad		1 cup							0.500						0.500					
Seasoned Peas		1/4 cup										0.250			0.250					
Apricot Halves		1/2 cup						0.500												
Fruit Choice Fresh		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
																Notes:				
Daily Breakfast Component Totals					2.000										ivotesi					
Daily Lunch Component Totals								0.500				0.250			0.750					
We	2.000	2.250	0.500	0.500			0.250			0.750										

								Prod	luctio	n Kec	ord (S	-12)						
Date:																		
Preparation Site:																		
O#2 V N-						BREAKFAST Age/grade											LUNCH	
Offer? Yes No _ Grades	_						Age/8		Meals Planned Meals Served						Age/G	Grade Meals ups Planned	Meals Served	
ordaes				STU	DENT MEA	-						STUD	ENT MEALS 9-		55,750			
				AD	ULT MEAL	.5									ADU	ILT MEALS		
				TO	TAL MEAL	S									TOT	AL MEALS		
	nec				· · · · ·		Contribu	•:										
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
Chicken Tetrazzini		1 cup				2.500	1.250											
Whole Wheat Garlic Bread		1 piece					1.250											
Fossed Salad							1.230		0.500						0.500			
		1 cup							0.300			0.500						
Seasoned Peas		1/2 cup										0.500			0.500			
Apricot Halves	-	1/2 cup						0.500										
Fruit Choice Fresh	<u> </u>	1/2 cup						0.500										
Milk Choice		8 fl oz																
Ranch Dressing		1 fl oz																
Daily Breakfast Component Totals																Notes:		
Daily Lunch Component Totals					2.500	2.500	1.000	0.500			0.500			1.000				
-	Weekly Component Totals								0.500			0.500			1.000			
	, ,						2.500											

Notes

Purchasing, Preparation & Serving InstructionsWeek 3 - Tuesday

		T
Menu Item	Purchasing & Preparation	Serving
Hamburger on a Bun	 Purchase a pre-cooked, oven-ready hamburger patty that provides 2 oz equivalent M/MA; no more than 16 gm fat; no more than 500 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Heat according to manufacturer's instructions. Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
Dark Green Leaf Lettuce	 Refer to Fruit & Vegetable Order Guide for amount needed. Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Tomato Slice	 Refer to Fruit & Vegetable Order Guide for amount needed. Handle produce with gloved hands. Slice ¼" thick. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1 slice 9-12: 2 slices
Oven Fries	 Refer to Fruit & Vegetable Order Guide for amount needed. Purchase ovenable straight cup fries. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Red Bell Pepper Strips	 Refer to Fruit & Vegetable Order Guide for amount needed. With gloved hands, core and slice bell peppers into strips. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Clementine, fresh	 Refer to Fruit & Vegetable Order Guide for amount needed. Serve chilled. CCP: Refrigerate and hold at 41°F or below for cold service 	K-12: 1 each

Continued on next page

Purchasing, Preparation & Serving InstructionsWeek 3 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
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
Mustard	Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.	K-12: 1 tsp
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 - Wednesday: Chill grapes. Thaw beef under refrigeration.

	Production Record (K-5)																		
Date:	Tuesd	laγ																	
Preparation Site:																			
								AKFAST									LUNCH		
Offer? Yes No _ Grades							Age/g Gro		Meals F	Planned	Meals	Served				Age/Grade Meals Meals Groups Planned Served			
ordaes				STU	DENT MEA	ALS	K-								STUD	ENT MEALS K-		Served	
					ULT MEAL											ILT MEALS			
			ļ	TOT	TAL MEAL	.5						!			101	AL MEALS			
	# S	_	TEN	MPERATU	RES					onent (Contribu	tions							
MENU ITEMS AND CONDIMENTS	#SSECOB 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	
Hamburger on a Bun		1 each				2.000	2.000												
Dark Green Leaf Lettuce		1/2 cup							0.250						0.250				
Tomato Slice		1/4" slice								0.125					0.125				
Oven Fries		1/2 cup										0.500			0.500				
Red Bell Pepper Strips		1/2 cup								0.500					0.500				
Fresh Clementine		1 clementine						0.500											
Fruit Choice Canned		N/A																	
Milk Choice		8 fl oz																	
Ketchup		1 fl oz		igsquare															
Mustard		1 tsp																	
Ranch Dressing		1 fl oz																	
				igwdown															
				 															
				igwdown															
																Notes:			
Daily Breakfast Component Totals																ivotes:			
Daily Lunch Component Totals								0.500	0.250			0.500			1.375				
We	4.000	4.250	1.000	0.750	0.625		0.750			2.125									

								Pro	ductio	n Red	ord (6-8)									
Date:	Tuesd	ay																			
Preparation Site:																					_
							BRE	AKFAST									LUI	VCH			
Offer? Yes No _ Grades							Age/g Gro		Meals F	lanned	Meals	Served					Age/Grad Groups		eals nned	Meals Served	
				STU	DENT MEA	ALS	6-	8							STUD	ENT MEALS	6-8				
					ULT MEAL											ILT MEALS					
				TO	TAL MEAL	.S									тот	AL MEALS					i
	# 52	,	TEI	MPERATU	RES					onent (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		PRODU	CTION NOTES
Hamburger on a Bun		1 each				2.000	2.000														
Dark Green Leaf Lettuce		1/2 cup							0.250						0.250						
Tomato Slice		1/4" slice								0.125					0.125						
Oven Fries		1/2 cup										0.500			0.500						
Red Bell Pepper Strips		1/2 cup								0.500					0.500						
Fresh Clementine		1 clementine						0.500													
Fruit Choice Canned		N/A																			
Milk Choice		8 fl oz																			
Ketchup		1 fl oz																			
Mustard		1 tsp																			
Ranch Dressing		1 fl oz																			
																	\dashv				
Deller D	en a lufe	t Composit T	atale.													Notes:					
		t Component Tota				2.000	2.000	0.500	0.250	0.625		0.500			1.375						
		omponent Totals				4.000		1.000	0.750			0.750			2.125						

								Prod	luctio	n Rec	ord (9-12)						
Date:	Tuesd	lay																
Preparation Site:															_			
							BRE	EAKFAST									LUNCH	
Offer? Yes No _ Grades								grade oup	Meals I	Planned	Meals	Served				Age/G	I	Meals Served
Glades				STUI	DENT MEA	ALS		12							STUD	ENT MEALS 9-		Served
					ULT MEAL											JLT MEALS		
				TO:	TAL MEAL	.5							ļ		TOT	AL MEALS		
	# 5	_	TEN	MPERATU	RES						Contribu	rtions						
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
Hamburger on a Bun		1 each				2.000	2.000											
Dark Green Leaf Lettuce		1/2 cup							0.250						0.250			
Tomato Slice		2 1/4" slice								0.250					0.250			
Oven Fries		1/2 cup										0.500			0.500			
Red Bell Pepper Strips		1/2 cup								0.500					0.500			
Fresh Clementine		1 clementine						0.500										
Fruit Choice Canned		1/2 cup						0.500										
Milk Choice		8 fl oz																
Ketchup		1 fl oz																
Mustard		1 tsp																
Ranch Dressing		1 fl oz																
	_																	
	_																	
	_																	
			\vdash															
	_		\vdash			_												
	_					_												
		<u> </u>				<u> </u>										Notes:		
-		st Component To																
		Component Tota				2.000		1.000	0.250	0.750		0.500			1.500			
We	ekly Co	omponent Totals	5			4.500	4.500	2.000	0.750	0.750	I	1.000		1	2.500			

Notes

Purchasing, Preparation & Serving InstructionsWeek 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Beef & Noodles	 Prepare HKM Recipe 3, Beef & Noodles. Purchase beef broth with no more than 400 mg of sodium per cup. Purchase dry, whole grain egg noodles. Purchase beef stew meat chunks. CCP: Hold for hot service at 135°F or above. 	K-8: ¾ cup 9-12: 1 cup
Mashed Potatoes	 Refer to Fruit & Vegetable Order Guide for amount needed. Purchase dehydrated mashed potatoes. Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Green Beans	 Refer to Fruit & Vegetable Order Guide for amount needed. Wipe can tops clean before opening. Batch cook by steaming or by stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Blueberry Oat Muffin	Prepare HKM Recipe 28, Blueberry Oat Muffin.	K-5: N/A 6-12: 1 each
Grapes, Fresh	 Refer to Fruit & Vegetable Order Guide for amount needed. Wash grapes. Remove from stems or separate out into smaller clusters. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Fruit Choice, canned	 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 3 – Thursday: Thaw chicken under refrigeration. Cut and chill mango.

								Proc	auctic	on Ked	ora (K-5)						
Date:	Wedn	<u>esday</u>																
Preparation Site:				_														
								AKFAST									LUNCH	
Offer? Yes No _ Grades							Age/g Gro		Meals F	Planned	Meals	Served				Age/Gro	I I	Meals Served
Glades				STU	DENT MEA	ALS	K-	-							STUD	ENT MEALS K-		served
					ULT MEAL										ADU	ILT MEALS		
				TO	TAL MEAL	S							ļ		TOT	AL MEALS		
	#		TEN	MPERATU	RES				Comi	ponent (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
Beef & Noodles		3/4 cup				2.000	1.000											
Mashed Potatoes		1/2 cup										0.500			0.500			
Green Beans		1/2 cup											0.500		0.500			
Fresh Grapes		1/2 cup						0.500										
Fruit Choice Canned		N/A																
Blueberry Oat Muffin		N/A																
Milk Choice		8 fl oz																
Daily B	reakfas	st Component To	otals													Notes:		
		Component Tot				2.000	1.000	0.500				0.500	0.500		1.000			
We	ekly Co	omponent Totals	5			6.000	5.250	1.500	0.750	0.625		1.250	0.500		3.125			

								Pro	ductio	on Re	cord (6-8)								
Date:	Wedn	<u>esday</u>																		
Preparation Site:													,							
Offer? Ves No							BRE Age/g	AKFAST									LUNCH	Meals	Meals	
Offer? Yes No _ Grades							Gro		Meals	Planned	Meals	Served				'	Age/Grade Groups	Planned	Served	
					DENT MEA		6-	8								ENT MEALS	6-8			
					ULT MEAL TAL MEAL											AL MEALS				
				10	IAL WILAL	.3							,		101	AC INICACO DO		Q.		
	# SS	1	TEN	MPERATU	RES					ponent (Contribu	rtions								
MENU ITEMS AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cook	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
Beef & Noodles		3/4 cup				2.000	1.000													
Mashed Potatoes		1/2 cup										0.500			0.500					
Green Beans		1/2 cup											0.500		0.500					
Fresh Grapes		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Blueberry Oat Muffin		1 each					1.000	0.125												
Milk Choice		8 fl oz																		
																	_			
																	_			
																	_			
																	_			
																Notes:				
		st Component To														1101631				
Daily	Lunch	Component Tota	als			2.000		0.625				0.500	0.500		1.000					
We	ekly Co	mponent Totals	5			6.000	6.250	1.625	0.750	0.625		1.250	0.500		3.125					

								Prod	uctio	n Rec	ord (9	9-12)									
Date:	Wedn	<u>iesday</u>																			
Preparation Site:																					
							BRE	AKFAST									LU	JNCH]
Offer? Yes No _							Age/g		Meals F	Planned	Meals	Served					Age/Gra		Meals	Meals	
Grades				STU	DENT MEA	ΔIS	Grd 9-:	•							STUD	ENT MEALS	Group 9-12		lanned	Served	1
					ULT MEAL											JLT MEALS		-			1
				TO	TAL MEAL	S									TOT	AL MEALS]
	-		т.	MPERATU	DEC				Com		Contribu	tion.									
MENU ITEMS AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Godk	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
Beef & Noodles		1 cup				2.500	1.250														
Mashed Potatoes		1/2 cup										0.500			0.500						
Green Beans		1/2 cup											0.500		0.500						
Fresh Grapes		1/2 cup						0.500													
Fruit Choice Canned		1/2 cup						0.500													
Blueberry Oat Muffin		1 each					1.000	0.125													
Milk Choice		8 fl oz																			
																	\dashv				
																	_				
																	\dashv				
	_																+				
																	-+				
																	+				
																	-				
																	-+				
																	+				
Daily R	reakfa	st Component To	ntals													Notes:					
		Component Tota				2,500	2.250	1,125				0.500	0,500		1.000						
-		omponent Totals					6.750		0.750	0.750		1.500			3.500						

Purchasing, Preparation & Serving InstructionsWeek 3 - Thursday

Menu Item	Purchasing & Preparation	Serving
Baked Chicken Drumstick	 Purchase raw, frozen chicken legs with skin that provide 1.5 oz equivalent M/MA per serving and prepare HKM Recipe 27, Baked Chicken Drumsticks. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. OR purchase a CN labeled (or one with a Product Formulation Statement), pre-cooked product that provides 1.5 oz equivalent M/MA per serving and prepare according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. 	K-8: 1 drumstick 9-12: 2 drumsticks
Savory Rice	 Prepare HKM Recipe 17, Savory Rice. Purchase Long Grain & Wild Mix rice with seasoning packets that have less than 600 mg sodium per 1 cup serving prepared. Purchase chicken base with no more than 750 mg of sodium per cup prepared. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Broccoli Florets	 Refer to Fruit & Vegetable Order Guide for amount needed. Purchase fresh broccoli florets, ready to serve. Wash broccoli. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
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: 6 whole tomatoes (½ cup)
Oatmeal Roll	Prepare HKM Recipe 14, Oatmeal Roll.	K-12: 1 each (1 oz)
Mango, fresh	 Refer to Fruit & Vegetable Order Guide for amount needed. Purchase whole fresh mangos or pre-cut fresh mango chunks. With gloved hands, wash outside, remove pit and skin, and cut fruit into chunks. Refrigerate for service. CCP: Hold for cold service at 41°F or below. 	K-12: ½ cup

Continued on next page.

Purchasing, Preparation & Serving Instructions

Week 3 - Thursday, continued

Menu Item	Purchasing & Preparation	Serving
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
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
Jelly	Purchase .5 oz packets or purchase in bulk container.	K-12: ½ oz each or 1 Tbsp

Pre-preparation for Week 3 - Friday: Thaw beef under refrigeration.

								Proc	ductio	n Rec	ord (K-5)									
Date:	Thurse	day																			
Preparation Site:																					
								AKFAST										UNCH			
Offer? Yes No _ Grades	_						Age/g Gro		Meals F	Planned	Meals	Served					Age/Gr Grou		Meals Planned	Meals Served	
				STU	DENT MEA	ALS	K-	-							STUD	ENT MEALS	K-5				
					ULT MEAL											JLT MEALS AL MEALS		_			
				10	TAL WEAL	.5	***********								101	AL WEALS					l
	# S	,	TEN	ИРЕКАТИ	RES					onent (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	PRODUC	CTION NOTES
Baked Chicken Drumstick		1 drumstick				1.500															
Savory Rice		1/2 cup					1.000														
Oatmeal Roll		1 each					1.000														
Broccoli Florets		1/2 cup							0.500						0.500						
Cherry Tomatoes		1/2 cup								0.500					0.500						
Fresh Mango		1/2 cup						0.500													
Fruit Choice Canned		N/A															\perp				
Milk Choice		8 fl oz																			
Ranch Dressing		1 fl oz																			
Jelly		1/2 oz																			
																	_				
																	_				
																	_				
																	_				
																	_				
																	\dashv				
																Neter					
Daily B	reakfas	t Component To	otals													Notes:					
Daily	Lunch	Component Tota	als			1.500	2.000	0.500	0.500	0.500					1.000						
We	ekly Co	mponent Totals	5			7.500	7.250	2.000	1.250	1.125		1.250	0.500		4.125						

								Pro	ductio	n Red	ord (6-8)								
Date:	Thurse	day																		
Preparation Site:																				
							BRE	AKFAST									LUN	СН		
Offer? Yes No _ Grades							Age/g Gro	grade oup	Meals I	Planned	Meals	Served					Age/Grad Groups	e Meals Planned	Meals Served	
				STU	DENT MEA	LS	6-	-8							STUD	ENT MEALS	6-8			
					ULT MEAL											JLT MEALS				
				TO	TAL MEAL	S									TOT	AL MEALS				I
	# S2	1	TEN	MPERATU	RES					ponent (Contribu	itions								
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Gook	Start of Service	End of Service	W/WA	Grains	Fruit	Dark Green Veg	Red Orange Veg	æ∧ semugaj	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT		AMOUNT	PRODUC	TION NOTES
Baked Chicken Drumstick		1 drumstick				1.500														
Savory Rice		1/2 cup					1.000													
Oatmeal Roll		1 each					1.000													
Broccoli Florets		1/2 cup							0.500						0.500					
Cherry Tomatoes		1/2 cup								0.500					0.500					
Fresh Mango		1/2 cup						0.500												
Fruit Choice Canned		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
Jelly		1/2 oz																		
																	\perp			
Daily B	reakfas	st Component To	otals													Notes:				
Daily	Lunch	Component Tota	als			1.500	2.000	0.500	0.500	0.500					1.000					
We	ekly Co	omponent Totals	5			7.500	8.250	2.125	1.250	1.125		1.250	0.500		4.125					

								Prod	uctio	n kec	ora (s	-12)						
Date:	Thurs	day																
Preparation Site:				_														
								AKFAST									LUNCH	
Offer? Yes No _							Age/g		Meals P	lanned	Meals	Served				Age/G	I I	Meals
Grades				STIII	DENT MEA	NIS.	Gro 9-:	_							STUD	ENT MEALS 9-		Served
					ULT MEAL		,									JLT MEALS		
					TAL MEAL											AL MEALS		
				****	255													
MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	After Cook	Start of Service 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
Baked Chicken Drumstick		2 drumsticks				3.000												
Savory Rice		1/2 cup					1.000											
Datmeal Roll		1 each					1.000											
							1.000		0.500						0.500			
Broccoli Florets		1/2 cup							0.500						0.500			
Cherry Tomatoes		1/2 cup								0.500					0.500			
Fresh Mango		1/2 cup						0.500										
Fruit Choice Canned		1/2 cup						0.500										
Milk Choice		8 fl oz																
Ranch Dressing		1 fl oz																
lelly		1/2 oz																
Daily P	reakfor	t Component To	ntals													Notes:		
		Component Tota				3.000	2.000	1.000	0.500	0.500					1.000			
		mponent Totals							1.250			1.500	0.500		4.500			

Notes

Purchasing, Preparation & Serving InstructionsWeek 3 - Friday

Menu Item	Purchasing & Preparation	Serving
Yummy Sloppy Joe on a Bun	 Prepare HKM Recipe 123, Yummy Sloppy Joe. Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. Refer to Fruit & Vegetable Order Guide for amount needed. CCP: Hold for hot service at 135°F or above 	K-12: 1 sandwich
Roasted Red Potatoes	 Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup. Follow manufacturer's directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. Weigh out each portion size indicated and use as a sample. CCP: Hold for hot service at 135°F or above. 	K-12: ½ cup
Edamame	 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
Apple Slices, Fresh	 Refer to Fruit & Vegetable Order Guide for amount needed. Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: ½ apple 9-12: 1 apple
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 4 - Monday: None.

								Proc	ductio	n Red	ord (K-5)								
Date:	Friday	!																		
Preparation Site:													,							
								AKFAST									LUNCH			
Offer? Yes No Grades							Age/g Gro		Meals F	lanned	Meals	Served				Age/G	Grade ups	Meals Planned	Meals Served	
				STU	DENT MEA	LS	K-	5							STUD	ENT MEALS K-	-5			
					ULT MEAL											JLT MEALS				
				TO	TAL MEAL	S						!		ı	тот	AL MEALS				
	# 5	_	TEN	//PERATU	RES						Contribu	tions								
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	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT	AMOUNT	LEFTOVER	PRODUC	TION NOTES
Yummy Sloppy Joe on a Bun		1 sandwich				2.000	2.000							0.250	0.250					
Roasted Red Potatoes		1/2 cup										0.500			0.500					
Edamame		1/2 cup									0.500				0.500					
Fresh Apple		1/2 each						0.500												
Milk Choice		1/2 pt																		
Daily P	reakfac	t Component To	ntals													Notes:				
		-				2.000	2.000	0.500			0.500	0.500		0.250	1.250					
Daily Lunch Component Totals Weekly Component Totals									1,250	1.125	0.500		0.500							

								Pro	ductio	on Re	ord (6-8)								
Date:	Friday	L																		
Preparation Site:																				
Offer? Yes No _							BRE Age/	AKFAST	<u> </u>				•				LUN Age/Grad		Meals	1
Grades	_						Gro		Meals	Planned	Meals	Served					Groups		Served	1
					DENT MEA		6-	-8								ENT MEALS	6-8			1
					ULT MEAL TAL MEAL											AL MEALS				1
				10	TAL WILAL										101	ne menes		0000		1
	# S	1	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	geV æmuge√	Starchy Veg	Other Veg	Additional Veg	Total Veg	AMOUNT		AMOUNT	PRODUC	CTION NOTES
Yummy Sloppy Joe on a Bun		1 sandwich				2.000	2.000							0.250	0.250					
Roasted Red Potatoes		1/2 cup										0.500			0.500					
Edamame		1/2 cup									0.500				0.500					
Fresh Apple		1/2 each						0.500												
Milk Choice		1/2 pt																		
																			1	
																	-+			
																	-			
Daily B	reakfas	st Component To	otals	1												Notes:				
		Component Tot				2.000	2.000	0.500			0.500	0.500		0.250	1.250					
Weekly Component Totals					9.500	10.250	2.625	1.250	1.125	0.500	1.750	0.500	0.250							

								Prod	luctio	n Rec	ord (S)-12)						
Date:																		
Preparation Site:																		
	BREAKFAST									LUNCH								
Offer? Yes No _ Grades						Age/grade Group			Meals	Planned	Meals	Served					Grade Meals oups Planned	Meals Served
Grades				STU	DENT MEA	\LS	9-1								STUD		12	Jerveu
					ULT MEAL											JLT MEALS		
				TO	TAL MEAL	.S							,		TOT	AL MEALS		
	_		751	MPERATU	nec				C	ponent (^il	*:						
MENU ITEMS AND CONDIMENTS	HACCP PROCESS#	SERVING SIZE/UTENSIL	After Cock	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
Yummy Sloppy Joe on a Bun		1 sandwich				2.000	2.000							0.250	0.250			
Roasted Red Potatoes		1/2 cup										0.500			0.500			
Edamame		1/2 cup									0.500				0.500			
Fresh Apple		1 each						1.000										
Milk Choice		1/2 pt																
Daily B	reakfas	st Component To	otals													Notes:		
Daily Lunch Component Totals						2.000	2.000	1.000			0.500	0.500		0.250	1.250			
We		12.000	10.750	5.125	1.250	1.250	0.500	2.000	0.500	0.250	5.750							

Fruit & Vegetable Order Guide Week 3

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 4 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.

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
	Chicken Tetrazzini	¾ cup		¾ cup		1 cup	
	Chilies, diced, canned		1 lb 1 oz		1 lb 1 oz		1 lb 7 oz
	Pimentos, canned		11 oz		11 oz		15 oz
	Tossed Salad	1 cup		1 cup		1 cup	
Monday	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
Monday	Romaine Lettuce, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Peas, green, frozen OR	1/4 cup	10 lb 8 oz	1/4 cup	10 lb 8 oz	½ cup	21 lb
	Peas, green, canned	1/4 cup	2.8 #10 cans	1/4 cup	2.8 #10 cans	½ cup	5.6 #10 cans
	Apricot Halves, 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
	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
Tuesday	Potatoes, French Fries, frozen, straight cup	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz
	Red Bell Pepper, AP	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz
	Clementine, whole, fresh	1 each	27 lb 4 oz or 100 each	1 each	27 lb 4 oz or 100 each	1 each	27 lb 4 oz or 100 each

Fruit & Vegetable Order Guide

Week 3, continued

		K-5 Portion	K-5 Amount to Order per 100	6-8	6-8 Amount to Order per 100	9-12 Portion	9-12 Amount to Order per
Day	Fruit or Vegetable	Size	Servings	Portion Size	Servings	Size	100 Servings
	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	Blueberry Oat Muffin	N/A		1 muffin		1 muffin	
Wednesday	Applesauce, canned, unsweetened				0.75 #10 can		0.75 #10 can
	Blueberries, frozen, unsweetened				2 lb 8 oz		2 lb 8 oz
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz
	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
Thursday	Tomatoes, cherry, AP	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz
	Mangoes, fresh, whole	½ cup	26 lb 7 oz	½ cup	26 lb 7 oz	½ cup	26 lb 7 oz
	Yummy Sloppy Joes	½ cup filling		½ cup filling		½ cup filling	
	Cabbage, shredded, ready to						
	use		2 lb 7 oz		2 lb 7 oz		2 lb 7 oz
	Celery, AP		1 lb 11 oz		1 lb 11 oz		1 lb 11 oz
Friday	Green Bell Pepper, AP		1 lb 4 oz		1 lb 4 oz		1 lb 4 oz
Tiluay	Potatoes, frozen, red roasted, chopped	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
	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
	Edamame, shelled, EP	½ cup	18 lb 13 oz	½ cup	18 lb 13 oz	½ cup	18 lb 13 oz