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# **Healthier Kansas Menu**



## **SPRING WEEK 3 – 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	
Chicken Tetrazzini Garlic Bread Tossed Salad Seasoned Peas Apricot Halves  Fruit Choice - Fresh Milk Choice	Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fresh Clementine  Fruit Choice - Canned Milk Choice	Beef & Noodles Mashed Potatoes Green Beans Fresh Grapes <b>Blueberry Oat Muffin                      (6-12)</b>  Fruit Choice - Canned Milk Choice	Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Fresh Mango  Fruit Choice - Canned Milk Choice	Yummy Sloppy Joe on a Bun Roasted Red Potatoes Edamame Fresh Apple  Fruit Choice - Canned Milk Choice	<b>Calories</b>	<b>637</b>	<b>663</b>	<b>784</b>
					<b>Sodium (mg)</b>	<b>857</b>	<b>893</b>	<b>966</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.0%</b>	<b>6.9%</b>	<b>6.5%</b>



## 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	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 7, Chicken Tetrazzini.</li> <li>• Purchase chicken broth with no more than 500 mg of sodium per cup.</li> <li>• Purchase dry, whole grain spaghetti noodles and frozen pulled or diced cooked chicken with no skin or added salt.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¾ cup 9-12: 1 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
Peas, Steamed	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase frozen or canned.</li> <li>• Wipe tops of cans clean before opening.</li> <li>• Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li>• May add pepper or other non-sodium seasonings.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Garlic Bread	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 163, Whole Wheat French Garlic Bread.</li> </ul>	K-12: 1 piece
Apricot Halves	<ul style="list-style-type: none"> <li>• Purchase apricot halves packed in light syrup or 100% juice. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Drain, cover and refrigerate until serving.</li> <li>• 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, 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>*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.</p>	K-8: N/A* 9-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – 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 3 – Tuesday:** None.









## **Notes**

## Purchasing, Preparation & Serving Instructions

### Week 3 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Hamburger on a Bun	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following 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 each
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands.</li> <li>• Slice ¼" thick.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: 1 slice 9-12: 2 slices
Oven Fries	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase ovenable straight cup fries.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Red Bell Pepper Strips	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, core and slice bell peppers into strips.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Clementine, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Serve chilled.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service</b></li> </ul>	K-12: 1 each

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
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. *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
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 <b>or 2 Tbsp or 2 PC</b>
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
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 <b>or 2 Tbsp</b>

**Pre-preparation for Week 3 - Wednesday:** Chill grapes. Thaw beef under refrigeration.









## **Notes**

## Purchasing, Preparation & Serving Instructions Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Beef & Noodles	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 3, Beef &amp; Noodles.</li> <li>• Purchase beef broth with no more than 400 mg of sodium per cup.</li> <li>• Purchase dry, whole grain egg noodles.</li> <li>• Purchase beef stew meat chunks.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¾ cup 9-12: 1 cup
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes.</li> <li>• Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Green Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wipe can tops clean before opening.</li> <li>• Batch cook by steaming or by 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
Blueberry Oat Muffin	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 28, Blueberry Oat Muffin.</li> </ul>	K-5: N/A 6-12: 1 each
Grapes, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>• 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: 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

**Pre-preparation for Week 3 – Thursday:** Thaw chicken under refrigeration. Cut and chill mango.







## Purchasing, Preparation & Serving Instructions

### Week 3 - Thursday

Menu Item	Purchasing & Preparation	Serving
Baked Chicken Drumstick	<ul style="list-style-type: none"> <li>• 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.</li> <li>• <b>OR</b> 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.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 drumstick 9-12: 2 drumsticks
Savory Rice	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 17, Savory Rice.</li> <li>• Purchase Long Grain &amp; Wild Mix rice with seasoning packets that have less than 600 mg sodium per 1 cup serving prepared.</li> <li>• Purchase chicken base with no more than 750 mg of sodium per cup prepared.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Broccoli Florets	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli.</li> <li>• 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: 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: 6 whole tomatoes (½ cup)
Oatmeal Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 14, Oatmeal Roll.</li> </ul>	K-12: 1 each (1 oz)
Mango, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase whole fresh mangos or pre-cut fresh mango chunks.</li> <li>• With gloved hands, wash outside, remove pit and skin, and cut fruit into chunks. Refrigerate for service.</li> <li>• <b>CCP: Hold for cold service at 41°F or below.</b></li> </ul>	K-12: ½ cup

*Continued on next page.*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
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. *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
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
Jelly	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: ½ oz each or 1 Tbsp

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



## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

### Production Record (K-5)

Date: \_\_\_\_\_ Thursday

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	K-5		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	K-5		
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/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
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																		
<b>Daily Breakfast Component Totals</b>																	Notes:			
<b>Daily Lunch Component Totals</b>						1.500	2.000	0.500	0.500	0.500						1.000				
<b>Weekly Component Totals</b>						7.500	7.250	2.000	1.250	1.125			1.250	0.500		4.125				

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

### Production Record (6-8)

Date: \_\_\_\_\_ Thursday

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
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/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg				
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																	
Daily Breakfast Component Totals																Notes:			
Daily Lunch Component Totals						1.500	2.000	0.500	0.500	0.500					1.000				
Weekly Component Totals						7.500	8.250	2.125	1.250	1.125		1.250	0.500	4.125					

# Healthier Kansas Menus – DAILY PRODUCTION RECORDS

## Production Record (9-12)

Date: \_\_\_\_\_ Thursday

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/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Baked Chicken Drumstick		2 drumsticks				3.000													
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		1/2 cup						0.500											
Milk Choice		8 fl oz																	
Ranch Dressing		1 fl oz																	
Jelly		1/2 oz																	
Daily Breakfast Component Totals																			Notes:
Daily Lunch Component Totals						3.000	2.000	1.000	0.500	0.500						1.000			
Weekly Component Totals						10.000	8.750	4.125	1.250	1.250		1.500	0.500		4.500				

## **Notes**

## Purchasing, Preparation & Serving Instructions Week 3 - Friday

Menu Item	Purchasing & Preparation	Serving
Yummy Sloppy Joe on a Bun	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 123, Yummy Sloppy Joe.</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>• 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: 1 sandwich
Roasted Red Potatoes	<ul style="list-style-type: none"> <li>• Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup.</li> <li>• Follow manufacturer’s directions for baking and holding.</li> <li>• Batch cook. May add pepper or other non-sodium seasonings.</li> <li>• Weigh out each portion size indicated and use as a sample.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Edamame	<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
Apple Slices, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138.</li> <li>• Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>• Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ½ apple 9-12: 1 apple
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 4 - Monday:** None.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

### Production Record (K-5)

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

Preparation Site: \_\_\_\_\_

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	K-5		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	K-5		
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/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg				
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 Breakfast Component Totals																			Notes:
Daily Lunch Component Totals						2.000	2.000	0.500			0.500	0.500		0.250	1.250				
Weekly Component Totals						9.500	9.250	2.500	1.250	1.125	0.500	1.750	0.500	0.250	5.375				



# 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/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Yummy Sloppy Joe on a Bun		1 sandwich				2.000	2.000										0.250	0.250	
Roasted Red Potatoes		1/2 cup																0.500	
Edamame		1/2 cup																0.500	
Fresh Apple		1 each						1.000											
Milk Choice		1/2 pt																	
Daily Breakfast Component Totals																			Notes:
Daily Lunch Component Totals						2.000	2.000	1.000			0.500	0.500		0.250	1.250				
Weekly Component Totals						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.

**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	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	
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Romaine Lettuce, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Peas, green, frozen <b>OR</b>	¼ cup	10 lb 8 oz	¼ cup	10 lb 8 oz	½ cup	21 lb
	Peas, green, canned	¼ cup	2.8 #10 cans	¼ 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	
Tuesday	Lettuce, Dark Green Leafy, AP	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz
	Tomato, large, fresh, AP	¼” slice	5 lb 12 oz	¼” slice	5 lb 12 oz	2 - ¼” slices	11 lb 8 oz
	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

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Wednesday	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	
	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
Thursday	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	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
Friday	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
	Green Bell Pepper, AP		1 lb 4 oz		1 lb 4 oz		1 lb 4 oz
	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