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# **Healthier Kansas Menu**



## **SPRING WEEK 4 – 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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### **Child Nutrition & Wellness Kansas State Department of Education**

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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	
Beef & Bean Burrito <b>Tortilla Chips (9-12)</b> Tomato Salsa Romaine & Tomato Mexican Corn Fresh Banana  Fruit Choice - Canned Milk Choice	Stromboli Squares <b>Garlic Breadstick (9-12)</b> Garden Salad Fresh Baby Carrots Diced Peaches  Fruit Choice - Fresh Milk Choice	BBQ Beef on a Bun Fresh Snow Peas Baked Beans Summer Fruit Salad <b>Royal Brownie (6-12)</b>  Fruit Choice - Canned Milk Choice	Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi  Fruit Choice - Canned Milk Choice	Country Style Beef Pattie <b>Whole Wheat Roll &amp; Jelly (6-12)</b> Mashed Potatoes & Gravy Steamed Broccoli Fresh Pineapple  Fruit Choice - Canned Milk Choice	<b>Calories</b>	<b>633</b>	<b>681</b>	<b>798</b>
					<b>Sodium (mg)</b>	<b>1154</b>	<b>1195</b>	<b>1232</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.2%</b>	<b>6.9%</b>	<b>6.8%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Tomato Salsa	129	61
Tuesday	Stromboli Squares	181	33
	Whole Wheat Roll Dough	877	91
	Garden Salad	164	55
	Whole Wheat Garlic Breadstick	877	91
Wednesday	BBQ Beef on a Bun	135	3
	Whole Wheat Bun	877	91
	Baked Beans	188	50
	Summer Fruit Salad	119	59
Thursday	Turkey & Cheese Sub	144	42
	Whole Wheat Bun	877	91
Friday	Whole Wheat Roll	877	91

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	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 4 – Monday

Menu Item	Purchasing & Preparation	Serving
Beef & Bean Burrito	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked Beef &amp; Bean Burrito that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 500 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Romaine 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
Tomatoes, diced	<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. Dice tomatoes.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ⅛ cup 9-12: ¼ cup
Mexican Corn	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase frozen or canned Mexican corn or plain corn.</li> <li>• If using plain corn, clean, seed and dice one fresh green pepper and one fresh red pepper for each 20 lb. frozen corn or 5 #10 cans used. Add to corn just before end point of cooking.</li> <li>• Wipe tops of cans clean before opening. Batch cook close to serving time by steaming or by 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
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: N/A 9-12: 1 oz
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

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Banana, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Use gloved hands. Dip cut ends in lemon, orange or pineapple juice or antioxidant solution to preserve color.</li> </ul>	K-12: 1 banana
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

**Pre-preparation for Week 4 – Tuesday:** Chill peaches.









## **Notes**

## Purchasing, Preparation & Serving Instructions

### Week 4 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Stromboli Squares	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 181, Stromboli Squares.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Garden Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>• Handle salad with gloved hands, tongs or serving utensils.</li> <li>• May estimate serving sizes using measured portions as samples.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup
Garlic Breadstick	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns, 51%, garlic breadstick variation.</li> </ul>	K-8: N/A 9-12: 1 each
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Peaches, canned, sliced	<ul style="list-style-type: none"> <li>• Purchase sliced peaches packed in light syrup. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. Wipe can tops clean before opening. Drain, cover and refrigerate until serving.</li> <li>• Serve with slotted utensil. Level utensil when 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, 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

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Tuesday, 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 4 - Wednesday:** Thaw beef under refrigeration. Prepare and chill Summer Fruit Salad.







## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ Tuesday																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Stromboli Squares		1 each				2.000	2.000																																																		
Whole Wheat Garlic Breadstick		1 each					1.000																																																		
Garden Salad		1 cup							0.500							0.500																																									
Fresh Baby Carrots		1/2 cup								0.500						0.500																																									
Diced Peaches		1/2 cup						0.500																																																	
Fruit Choice Fresh		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
Daily Breakfast Component Totals																	Notes:																																								
Daily Lunch Component Totals						2.000	3.000	1.000	0.500	0.500					1.000																																										
Weekly Component Totals						4.000	6.000	2.000	0.750	0.875			0.500		2.125																																										

## **Notes**

## Purchasing, Preparation & Serving Instructions Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving
BBQ Beef on a Bun	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 135, BBQ Beef on a Bun.</li> <li>• Purchase a raw sliced and shaped beef product that provides no more than 250 mg of sodium per serving.</li> <li>• Purchase BBQ sauce with no more than 500 mg sodium per fl oz.</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 sandwich
Snow Peas, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</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
Summer Fruit Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 119, Summer Fruit 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: 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><i>*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.</i></p>	K-8: N/A* 9-12: ½ cup
Royal Brownie	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 62, Royal Brownie.</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

**Pre-preparation for Week 4 – Thursday:** Cut and chill kiwi.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

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Preparation Site: _____																																																										
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Weekly Component Totals						6.000	6.000	1.500	0.750	0.750	0.500	0.500	0.500		3.000																																											

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

### Production Record (6-8)

Date: \_\_\_\_\_ Wednesday

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	
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BBQ Beef on a Bun		1 sandwich				2.000	2.000												
Fresh Snow Peas		1/2 cup													0.500			0.500	
Baked Beans		1/2 cup												0.500				0.500	
Summer Fruit Salad		1/2 cup						0.500											
Fruit Choice Canned		N/A																	
Royal Brownie		1 piece					0.500												
Milk Choice		8 fl oz																	
<b>Daily Breakfast Component Totals</b>																		Notes:	
<b>Daily Lunch Component Totals</b>						2.000	2.500	0.500			0.500		0.500		1.000				
<b>Weekly Component Totals</b>						6.000	6.500	1.500	0.750	0.750	0.500	0.500	0.500		3.000				

# Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
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BBQ Beef on a Bun		1 sandwich				2.000	2.000																																																		
Fresh Snow Peas		1/2 cup													0.500			0.500																																							
Baked Beans		1/2 cup												0.500				0.500																																							
Summer Fruit Salad		1/2 cup						0.500																																																	
Fruit Choice Canned		1/2 cup						0.500																																																	
Royal Brownie		1 piece					0.500																																																		
Milk Choice		8 fl oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						2.000	2.500	1.000			0.500		0.500		1.000																																										
Weekly Component Totals						6.000	8.500	3.000	0.750	0.875	0.500	0.500	0.500		3.125																																										

## Purchasing, Preparation & Serving Instructions

### Week 4 - Thursday

Menu Item	Purchasing & Preparation	Serving
Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</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 at 41°F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
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
Sweet Potato Fries	<ul style="list-style-type: none"> <li>• Purchase crinkle-cut, ovenable sweet potato fries.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. 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
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. *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 4 – Thursday, 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
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>• Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings.</li> </ul>	K-12: ½ oz or 1 Tbsp
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
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

**Pre-preparation for Week 4 - Friday:** Cut and chill pineapple.







## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

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Turkey & Cheese Sub Sandwich		1 sandwich				2.000	2.000																																																		
Dark Green Leaf Lettuce		1/2 cup							0.250								0.250																																								
Tomato Slice		2 1/4" slices								0.250							0.250																																								
Sweet Potato Fries		1/2 cup								0.500							0.500																																								
Fresh Kiwi		1/2 cup (3 halves)						0.500																																																	
Fruit Choice Canned		1/2 cup						0.500																																																	
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Daily Lunch Component Totals						2.000	2.000	1.000	0.250	0.750						1.000																																									
Weekly Component Totals						8.000	10.500	4.000	1.000	1.625	0.500	0.500	0.500			4.125																																									

## **Notes**

## Purchasing, Preparation & Serving Instructions

### Week 4 - Friday

Menu Item	Purchasing & Preparation	Serving
Country Style Beef Patty	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked, breaded beef patty that provides at least 2 oz equivalent M/MA and 1 oz equivalent Grains; no more than 15 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
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
Broccoli, steamed	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Batch cook close to serving time by steaming or by 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
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-5: N/A 6-12: 1 each (1 oz)
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, clean outer surface. Cut off both ends and remove skin and core. 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. *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 4 – Friday, 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
Gravy	<ul style="list-style-type: none"> <li>• Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 fl oz
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 1 - Monday:** Chill fruit cocktail.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (K-5)																																					
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Offer? Yes _____ No _____																																					
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Country Style Beef Patty		1 each				2.000	1.000																														
Whole Wheat Roll		N/A																																			
Mashed Potatoes		1/2 cup											0.500				0.500																				
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Daily Breakfast Component Totals																	Notes:																				
Daily Lunch Component Totals						2.000	1.000	0.500	0.500				0.500				1.000																				
Weekly Component Totals						10.000	9.000	2.500	1.500	1.375	0.500	1.000	0.500			4.875																					





## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

Production Record (9-12)																							
Date: _____ Friday																							
Preparation Site: _____																							
Offer? Yes _____ No _____																							
Grades _____																							
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Mashed Potatoes		1/2 cup												0.500			0.500						
Steamed Broccoli		1/2 cup							0.500								0.500						
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Gravy		1 fl oz																					
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Daily Lunch Component Totals						2.000	2.000	1.000	0.500				0.500				1.000						
Weekly Component Totals						10.000	12.500	5.000	1.500	1.625	0.500	1.000	0.500		5.125								
																	Notes:						

## **Notes**

## Fruit & Vegetable Order Guide Week 4

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	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz
	Tomato, large, fresh, AP	⅛ cup	6 lb 10 oz	⅛ up	6 lb 10 oz	¼ cup	13 lb 4 oz
	Mexican Corn	½ cup					
	Corn, frozen, whole kernel <b>OR</b>		18 lb 4 oz		18 lb 4 oz		18 lb 4 oz
	Corn, canned, whole kernel, liquid packed		5.2 #10 cans		5.2 #10 cans		5.2 #10 cans
	Green Bell Pepper, fresh, AP		1 medium pepper		1 medium pepper		1 medium pepper
	Red Bell Pepper, fresh, AP		1 medium pepper		1 medium pepper		1 medium pepper
	Picante Sauce <b>OR</b>	1 fl oz	0.8 gallon	1 fl oz	0.8 gallon	1 fl oz	0.8 gallon
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)	1 #10 can		1 #10 can		1 #10 can	
	Jalapeno Peppers, canned (for Tomato Salsa)	2 oz		2 oz		2 oz	
	Banana, fresh, 100-120 count, AP	1 each	37 lb 4 oz or 100 each	1 each	37 lb 4 oz or 100 each	1 each	37 lb 4 oz or 100 each

## Fruit & Vegetable Order Guide

Week 4, 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	Garden Salad:	1 cup		1 cup		1 cup	
	Lettuce, Romaine, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
	Carrots, fresh, AP		15 oz		15 oz		15 oz
	Cucumber, fresh, AP		14 oz		14 oz		14 oz
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
Peaches, cling, sliced, canned in 100% juice or light syrup	½ cup	5.6 #10 cans	½ cup	5.6 #10 cans	½ cup	5.6 #10 cans	
Wednesday	Snow Peas, fresh	½ cup	20 lb 10 oz	½ cup	20 lb 10 oz	½ cup	20 lb 10 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
	Summer Fruit Salad	½ cup		½ cup		½ cup	
	Strawberries, fresh, AP		8 lb		8 lb		8 lb
	Bananas, fresh, AP		10 lb		10 lb		10 lb
	Blueberries, fresh, AP		4 lb		4 lb		4 lb
Pineapple Juice, 100%		3 cups		3 cups		3 cups	
Thursday	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
	Sweet Potato Fries, crinkle-cut, frozen	½ cup	16 lb	½ cup	16 lb	½ cup	16 lb
	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
Friday	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Broccoli, frozen, chopped	½ cup	21 lb	½ cup	21 lb	½ cup	21 lb
	Pineapple, fresh, AP	½ cup	31 lb 7 oz	½ cup	31 lb 7 oz	½ cup	31 lb 7 oz