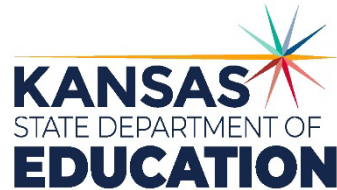

Seasonal Fruit and Vegetable Bar Menus



Recipes, Purchasing, and Preparation Instructions

Child Nutrition & Wellness, Kansas State Department of Education
October 2023



Child Nutrition & Wellness
Kansas State Department of Education
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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
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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

Fall Fruit and Vegetable Bar Menu

PLEASE NOTE:

Fruit and Vegetable Bar meets daily/weekly fruit and vegetable meal pattern requirements for K-8 & 9-12.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Romaine/Iceberg Salad Mix	Romaine/Iceberg Salad Mix	Romaine/Iceberg Salad Mix	Romaine/Iceberg Salad Mix	Romaine/Iceberg Salad Mix
Cherry Tomatoes	Cherry Tomatoes	Cherry Tomatoes	Cherry Tomatoes	Cherry Tomatoes
Cucumbers	Cucumbers	Cucumbers	Cucumbers	Cucumbers
Green Peas	Garbanzo Beans	Green Peas	Garbanzo Beans	Green Peas
Cranberries, Dried	Cranberries, Dried	Cranberries, Dried	Cranberries, Dried	Cranberries, Dried
Apples	Watermelon OR Cantaloupe	Apples	Watermelon OR Cantaloupe	Apples



Fruit & Vegetable Bar – Fall Cycle – Grades K-8

Menu Item	Portion Size	Amount needed for 50 servings/day for K-8 portion sizes					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Romaine/Iceberg Salad Mix <i>equal amounts of iceberg and romaine with shredded carrots and cabbage</i>	1/2 cup	3.90 lbs.	3.90 lbs.	3.90 lbs.	3.90 lbs.	3.90 lbs.	19.50 lbs.
Cherry Tomatoes <i>whole, without stem</i>	1/4 cup	4.20 lbs.	4.20 lbs.	4.20 lbs.	4.20 lbs.	4.20 lbs.	21 lbs.
Cucumbers <i>unpared, sliced</i>	1/4 cup	4.20 lbs.*	4.20 lbs.*	4.20 lbs.*	4.20 lbs.*	4.20 lbs.*	21 lbs.*
Green Peas <i>frozen, tempered/unheated</i>	1/4 cup	5.25 lbs.		5.25 lbs.		5.25 lbs.	15.75 lbs.
Garbanzo Beans <i>canned, whole, drained, unheated</i>	1/4 cup		7.5 #300 cans OR 1.10 #10 can		7.5 #300 cans OR 1.10 #10 can		15 #300 cans OR 2.20 #10 cans
Cranberries <i>dried, sweetened</i>	1/8 cup	1.90 lbs.	1.90 lbs.	1.90 lbs.	1.90 lbs.	1.90 lbs.	9.50 lbs.
Apples <i>fresh, 125-138 count, whole</i>	Half Apple	6.80 lbs.		6.80 lbs.		6.80 lbs.	20.40 lbs.
Watermelon <i>diced, without rind</i> OR Cantaloupe <i>whole, 18 count, about 30 oz, cubed</i>	1/4 cup		Watermelon: 13.50 lbs.* OR Cantaloupe: 18.70 lbs.*		Watermelon: 13.50 lbs.* OR Cantaloupe: 18.70 lbs.*		Watermelon: 27 lbs.* OR Cantaloupe: 37.40 lbs.*

*As Purchased amount, prior to cleaning/preparing as indicated.



Look Local for Seasonal Produce in Kansas:

Cucumbers	Apples
Lettuce	Cantaloupe
Tomatoes	Watermelon

Fruit & Vegetable Bar – Fall Cycle – Grades 9-12

Menu Item	Portion Size	Amount needed for 50 servings/day for 9-12 portion sizes					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Romaine/Iceberg Salad Mix <i>equal amounts of iceberg and romaine with shredded carrots and cabbage</i>	1/2 cup	3.90 lbs.	3.90 lbs.	3.90 lbs.	3.90 lbs.	3.90 lbs.	19.50 lbs.
Cherry Tomatoes <i>whole, without stem</i>	1/4 cup	4.20 lbs.	4.20 lbs.	4.20 lbs.	4.20 lbs.	4.20 lbs.	21 lbs.
Cucumbers <i>unpared, sliced</i>	1/4 cup	4.20 lbs.*	4.20 lbs.*	4.20 lbs.*	4.20 lbs.*	4.20 lbs.*	21 lbs.*
Green Peas <i>frozen, tempered/unheated</i>	1/4 cup	5.25 lbs.		5.25 lbs.		5.25 lbs.	15.75 lbs.
Garbanzo Beans <i>canned, whole, drained, unheated</i>	1/4 cup		7.5 #300 cans OR 1.10 #10 can		7.5 #300 cans OR 1.10 #10 can		15 #300 cans OR 2.20 #10 cans
Cranberries <i>dried, sweetened</i>	1/4 cup	3.70 lbs.	3.70 lbs.	3.70 lbs.	3.70 lbs.	3.70 lbs.	18.50 lbs.
Apples <i>fresh, 125-138 count, whole</i>	Half Apple	6.80 lbs.		6.80 lbs.		6.80 lbs.	20.40 lbs.
Watermelon <i>diced, without rind</i> OR Cantaloupe <i>whole, 18 count, about 30 oz, cubed</i>	1/2 cup		Watermelon: 26.90 lbs.* OR Cantaloupe: 37.25 lbs.*		Watermelon: 26.90 lbs.* OR Cantaloupe: 37.25 lbs.*		Watermelon: 53.80 lbs.* OR Cantaloupe: 74.50 lbs.*

*As Purchased amount, prior to cleaning/preparing as indicated.



Look Local for Seasonal Produce in Kansas:

Cucumbers	Apples
Lettuce	Cantaloupe
Tomatoes	Watermelon

Purchasing, Preparation & Serving Instructions
Fruit & Vegetable Bar – Fall Cycle – Monday, Wednesday, Friday

Menu Item	Purchasing & Preparation	Serving
Romaine/Iceberg Salad Mix	<ul style="list-style-type: none"> • Purchase a pre-prepared salad mix containing equal amounts of iceberg and romaine with shredded carrots and cabbage. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/2 cup
Cherry Tomatoes	<ul style="list-style-type: none"> • Purchase cherry tomatoes without the stem. • Handle produce with gloved hands. Wash produce. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Cucumbers	<ul style="list-style-type: none"> • With gloved hands, wash, and slice cucumbers. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Green Peas	<ul style="list-style-type: none"> • Purchase frozen peas. • Thaw under refrigeration before service. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Cranberries, dried	<ul style="list-style-type: none"> • Purchase sweetened dried cranberries. • Handle with gloved hands or serving utensil. 	K-8: 1/8 cup 9-12: 1/4 cup
Apples	<ul style="list-style-type: none"> • Purchase apples, size #125-138. • Handle with gloved hands. Rinse and remove core. Cut in half, 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-12: 1/2 apple

Pre-preparation for Tuesday/Thursday: Chill watermelon or cantaloupe and garbanzo beans.

Purchasing, Preparation & Serving Instructions

Fruit & Vegetable Bar – Fall Cycle – Tuesday & Thursday

Menu Item	Purchasing & Preparation	Serving
Romaine/Iceberg Salad Mix	<ul style="list-style-type: none"> • Purchase a pre-prepared salad mix containing equal amounts of iceberg and romaine with shredded carrots and cabbage. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/2 cup
Cherry Tomatoes	<ul style="list-style-type: none"> • Purchase cherry tomatoes without the stem. • Handle produce with gloved hands. Wash produce. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Cucumbers	<ul style="list-style-type: none"> • With gloved hands, wash and slice cucumbers. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Garbanzo Beans	<ul style="list-style-type: none"> • Purchase a low-sodium canned garbanzo bean. • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Cranberries, dried	<ul style="list-style-type: none"> • Purchase sweetened dried cranberries. • Handle with gloved hands or serving utensil. 	K-8: 1/8 cup 9-12: 1/4 cup
Watermelon OR Cantaloupe	<ul style="list-style-type: none"> • Chill overnight. • Wash outside rind of melon before cutting. Handle cut fruit with gloves or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/4 cup 9-12: 1/2 cup

Pre-preparation for Wednesday/Friday: Chill apples and thaw peas.

Winter Fruit and Vegetable Bar Menu

PLEASE NOTE:

Fruit and Vegetable Bar meets daily/weekly fruit and vegetable meal pattern requirements for K-8 & 9-12.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
Celery	Celery	Celery	Celery	Celery
Corn	Kidney Beans	Corn	Kidney Beans	Corn
Pineapple Chunks	Pineapple Chunks	Pineapple Chunks	Pineapple Chunks	Pineapple Chunks
Oranges	Grapes	Oranges	Grapes	Oranges



Fruit & Vegetable Bar – Winter Cycle – Grades K-8

Menu Item	Portion Size	Amount needed for 50 servings/day for K-8 portion sizes					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Romaine Lettuce <i>untrimmed, pieces</i>	1/2 cup	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	25 lbs.*
Baby Carrots <i>ready-to-use</i>	1/4 cup	4 lbs.	4 lbs.	4 lbs.	4 lbs.	4 lbs.	20 lbs.
Celery <i>fresh, trimmed, sticks or strips</i> <i>(1/2" x 4" sticks)</i>	1/4 cup OR 3 sticks	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	25 lbs.*
Corn <i>frozen, unheated/thawed for salads</i>	1/4 cup	4.60 lbs.*		4.60 lbs.*		4.60 lbs.*	13.80 lbs.*
Kidney Beans <i>canned, drained, unheated</i>	1/4 cup		1.20 #10 cans		1.20 #10 cans		2.40 #10 cans
Pineapple Chunks <i>canned, packed in juice or light syrup, drained</i>	1/4 cup	1.60 #10 cans	1.60 #10 cans	1.60 #10 cans	1.60 #10 cans	1.60 #10 cans	8 #10 cans
Oranges <i>fresh, 125 count</i>	Half Orange	8.70 lbs. OR 25 oranges		8.70 lbs. OR 25 oranges		8.70 lbs. OR 25 oranges	26.10 lbs. OR 75 oranges
Grapes <i>seedless, whole, without stem</i>	1/4 cup		4.30 lbs.		4.30 lbs.		8.60 lbs.

*As Purchased amount, prior to cleaning/preparing as indicated.



Look Local for Seasonal Produce in Kansas:

Romaine Lettuce

Carrots

Fruit & Vegetable Bar – Winter Cycle – Grades 9-12

Menu Item	Portion Size	Amount needed for 50 servings/day for 9-12 portion sizes					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Romaine Lettuce <i>untrimmed, pieces</i>	1/2 cup	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	25 lbs.*
Baby Carrots <i>ready-to-use</i>	1/4 cup	4 lbs.	4 lbs.	4 lbs.	4 lbs.	4 lbs.	20 lbs.
Celery <i>fresh, trimmed, sticks or strips (1/2" x 4" sticks)</i>	1/4 cup OR 3 sticks	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	5 lbs.*	25 lbs.*
Corn <i>frozen, unheated/thawed for salads</i>	1/4 cup	4.60 lbs.*		4.60 lbs.*		4.60 lbs.*	13.80 lbs.*
Kidney Beans <i>canned, drained, unheated</i>	1/4 cup		1.20 #10 cans		1.20 #10 cans		2.40 #10 cans
Pineapple Chunks <i>canned, packed in juice or light syrup, drained</i>	1/2 cup	3.20 #10 cans	3.20 #10 cans	3.20 #10 cans	3.20 #10 cans	3.20 #10 cans	16 #10 cans
Oranges <i>fresh, 125 count</i>	Whole Orange	17.25 lbs. OR 50 oranges		17.25 lbs. OR 50 oranges		17.25 lbs. OR 50 oranges	51.75 lbs. OR 150 oranges
Grapes <i>seedless, whole, without stem</i>	1/2 cup		8.60 lbs.		8.60 lbs.		17.20 lbs.

*As Purchased amount, prior to cleaning/preparing as indicated.



Look Local for Seasonal Produce in Kansas:

Romaine Lettuce
Carrots

Purchasing, Preparation & Serving Instructions
Fruit & Vegetable Bar – Winter Cycle – Monday, Wednesday, Friday

Menu Item	Purchasing & Preparation	Serving
Romaine Lettuce	<ul style="list-style-type: none"> • Purchase untrimmed romaine lettuce. • Wearing gloves, wash and tear/cut into bite-sized pieces. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/2 cup
Baby Carrots	<ul style="list-style-type: none"> • Purchase prewashed baby carrots. • Handle produce with gloved hands. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Celery	<ul style="list-style-type: none"> • Purchase trimmed celery stalks. • With gloved hands, wash and cut celery into ½” x 4” sticks or strips. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup OR 3 sticks
Corn	<ul style="list-style-type: none"> • Purchase frozen corn. • Thaw under refrigeration before service. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Pineapple Chunks	<ul style="list-style-type: none"> • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/4 cup 9-12: 1/2 cup
Oranges	<ul style="list-style-type: none"> • Purchase oranges, 125 count. • Handle with gloved hands. Rinse and cut in halves. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/2 Orange 9-12: Whole Orange OR 2 halves

Pre-preparation for Tuesday/Thursday: Chill pineapple chunks and kidney beans.

Purchasing, Preparation & Serving Instructions

Fruit & Vegetable Bar – Winter Cycle – Tuesday & Thursday

Menu Item	Purchasing & Preparation	Serving
Romaine Lettuce	<ul style="list-style-type: none"> • Purchase untrimmed romaine lettuce. • Wearing gloves, wash and tear/cut into bite-sized pieces. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/2 cup
Baby Carrots	<ul style="list-style-type: none"> • Purchase prewashed baby carrots. • Handle produce with gloved hands. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Celery	<ul style="list-style-type: none"> • Purchase trimmed celery stalks. • With gloved hands, wash and cut celery into 1/2" x 4" sticks or strips. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup OR 3 sticks
Kidney Beans	<ul style="list-style-type: none"> • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Pineapple Chunks	<ul style="list-style-type: none"> • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/4 cup 9-12: 1/2 cup
Grapes	<ul style="list-style-type: none"> • Purchase seedless grapes. • Handle with gloved hands. Rinse and remove from stem. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/4 cup 9-12: 1/2 cup

Pre-preparation for Wednesday/Friday: Chill oranges and pineapple chunks. Thaw corn.

Spring Fruit and Vegetable Bar Menu

PLEASE NOTE:

Fruit and Vegetable Bar meets daily/weekly fruit and vegetable meal pattern requirements for K-8 & 9-12.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spinach	Spinach	Spinach	Spinach	Spinach
Salad Mix	Salad Mix	Salad Mix	Salad Mix	Salad Mix
Broccoli	Broccoli	Broccoli	Broccoli	Broccoli
Red & Orange Bell Pepper	Red & Orange Bell Pepper	Red & Orange Bell Pepper	Red & Orange Bell Pepper	Red & Orange Bell Pepper
Water Chestnuts	Black Beans	Water Chestnuts	Black Beans	Water Chestnuts
Fruit Cocktail	Fruit Cocktail	Fruit Cocktail	Fruit Cocktail	Fruit Cocktail
Banana	Fresh Strawberries OR Frozen Strawberries	Banana	Fresh Strawberries OR Frozen Strawberries	Banana



Fruit & Vegetable Bar – Spring Cycle – Grades K-8

Menu Item	Portion Size	Amount needed for 50 servings/day for K-8 portion sizes					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Spinach <i>fresh, leaves, ready-to-use, chopped</i>	1/4 cup	2 lbs.	2 lbs.	2 lbs.	2 lbs.	2 lbs.	10 lbs.
Salad Mix <i>mostly iceberg, some romaine with shredded carrots and cabbage</i>	1/4 cup	1.90 lbs.	1.90 lbs.	1.90 lbs.	1.90 lbs.	1.90 lbs.	9.50 lbs.
Broccoli <i>fresh, ready-to-use, trimmed florets</i>	1/4 cup	1.75 lbs.	1.75 lbs.	1.75 lbs.	1.75 lbs.	1.75 lbs.	8.75 lbs.
Red & Orange Bell Pepper <i>strips</i>	1/4 cup	4.40 lbs.*	4.40 lbs.*	4.40 lbs.*	4.40 lbs.*	4.40 lbs.*	22 lbs.*
Water Chestnuts <i>canned, drained</i>	1/4 cup	7.50 lbs.		7.50 lbs.		7.50 lbs.	22.50 lbs.
Black Beans <i>Canned, drained</i>	1/4 cup		1.25 #10 cans		1.25 #10 can		2.50 #10 cans
Fruit Cocktail <i>canned, drained</i>	1/4 cup	1.40 #10 cans	1.40 #10 cans	1.40 #10 cans	1.40 #10 cans	1.40 #10 cans	7 #10 cans
Banana <i>fresh, whole, 150 count, 7 to 7-7/8"</i>	1 each	14 lbs.		14 lbs.		14 lbs.	42 lbs.
Strawberries <i>fresh, whole</i> OR Strawberries <i>frozen, sliced, sweetened</i>	1/4 cup		Fresh: 5.50 lbs.* OR Frozen: 7.10 lbs.		Fresh: 5.50 lbs.* OR Frozen: 7.10 lbs.		Fresh: 11 lbs.* OR Frozen: 14.20 lbs.

*As Purchased amount, prior to cleaning/preparing as indicated.



Look Local for Seasonal Produce in Kansas:

Spinach
Lettuce
Strawberries

Fruit & Vegetable Bar – Spring Cycle – Grades 9-12

Menu Item	Portion Size	Amount needed for 50 servings/day for 9-12 portion sizes					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Spinach <i>fresh, leaves, ready-to-use, chopped</i>	1/4 cup	2 lbs.	2 lbs.	2 lbs.	2 lbs.	2 lbs.	10 lbs.
Salad Mix <i>mostly iceberg, some romaine with shredded carrots and cabbage</i>	1/4 cup	1.90 lbs.	1.90 lbs.	1.90 lbs.	1.90 lbs.	1.90 lbs.	9.50 lbs.
Broccoli <i>fresh, ready-to-use, trimmed florets</i>	1/4 cup	1.75 lbs.	1.75 lbs.	1.75 lbs.	1.75 lbs.	1.75 lbs.	8.75 lbs.
Red & Orange Bell Pepper <i>strips</i>	1/4 cup	4.40 lbs.*	4.40 lbs.*	4.40 lbs.*	4.40 lbs.*	4.40 lbs.*	22 lbs.*
Water Chestnuts <i>canned, drained</i>	1/4 cup	7.50 lbs.		7.50 lbs.		7.50 lbs.	22.50 lbs.
Black Beans <i>canned, drained</i>	1/4 cup		1.25 #10 cans		1.25 #10 can		2.50 #10 cans
Fruit Cocktail <i>canned, drained</i>	1/2 cup	2.75 #10 cans	2.75 #10 cans	2.75 #10 cans	2.75 #10 cans	2.75 #10 cans	13.75 #10 cans
Banana <i>fresh, whole, 150 count, 7 to 7-7/8"</i>	1 each	14 lbs.		14 lbs.		14 lbs.	42 lbs.
Strawberries <i>fresh, whole</i> OR Strawberries <i>frozen, sliced, sweetened</i>	1/2 cup		Fresh: 11 lbs.* OR Frozen: 14.10 lbs.		Fresh: 11 lbs.* OR Frozen: 14.10 lbs.		Fresh: 22 lbs.* OR Frozen: 28.20 lbs.

*As Purchased amount, prior to cleaning/preparing as indicated.



Look Local for Seasonal Produce in Kansas:

Spinach
Lettuce
Strawberries

Purchasing, Preparation & Serving Instructions
Fruit & Vegetable Bar – Spring Cycle – Monday, Wednesday, Friday

Menu Item	Purchasing & Preparation	Serving
Spinach	<ul style="list-style-type: none"> • Purchase ready to use spinach leaves, chop into pieces. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Salad Mix	<ul style="list-style-type: none"> • Purchase a pre-prepared salad mix containing mostly iceberg, some romaine with shredded carrots and cabbage. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Broccoli	<ul style="list-style-type: none"> • Purchase ready-to-use trimmed broccoli florets. • Handle with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. • Note: Friday, 9-12 menu, credits as Other Veg. 	K-12: 1/4 cup
Red & Orange Bell Pepper	<ul style="list-style-type: none"> • Purchase red and orange bell peppers. Wash, trim and cut peppers into strips. • Handle with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Water Chestnuts	<ul style="list-style-type: none"> • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Fruit Cocktail	<ul style="list-style-type: none"> • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/4 cup 9-12: 1/2 cup
Banana	<ul style="list-style-type: none"> • Purchase 150 count bananas. 	K-12: 1 each

Pre-preparation for Tuesday/Thursday: Chill fruit cocktail and black beans. Thaw frozen strawberries, if not using fresh.

Purchasing, Preparation & Serving Instructions

Fruit & Vegetable Bar – Spring Cycle – Tuesday & Thursday

Menu Item	Purchasing & Preparation	Serving
Spinach	<ul style="list-style-type: none"> • Purchase ready to use spinach leaves, chop into pieces. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Salad Mix	<ul style="list-style-type: none"> • Purchase a pre-prepared salad mix containing mostly iceberg, some romaine with shredded carrots and cabbage. • Handle salad with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Broccoli	<ul style="list-style-type: none"> • Purchase ready-to-use trimmed broccoli florets. • Handle with gloved hands, tongs or serving utensils. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Red & Orange Bell Pepper	<ul style="list-style-type: none"> • Purchase red and orange bell peppers. • Handle with gloved hands, tongs or serving utensils. • Wash, trim and cut peppers into strips. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Black Beans	<ul style="list-style-type: none"> • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1/4 cup
Fruit Cocktail	<ul style="list-style-type: none"> • Chill overnight. Wipe tops of cans clean before opening. • Open, drain and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/4 cup 9-12: 1/2 cup
Strawberries, fresh or frozen	<ul style="list-style-type: none"> • Purchase fresh strawberries. Wash strawberries. Handle with gloved hands, tongs or serving utensils. OR • Purchase frozen sweetened strawberries. Thaw overnight before service. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-8: 1/4 cup 9-12: 1/2 cup

Pre-preparation for Wednesday/Friday: Chill fruit cocktail and water chestnuts.