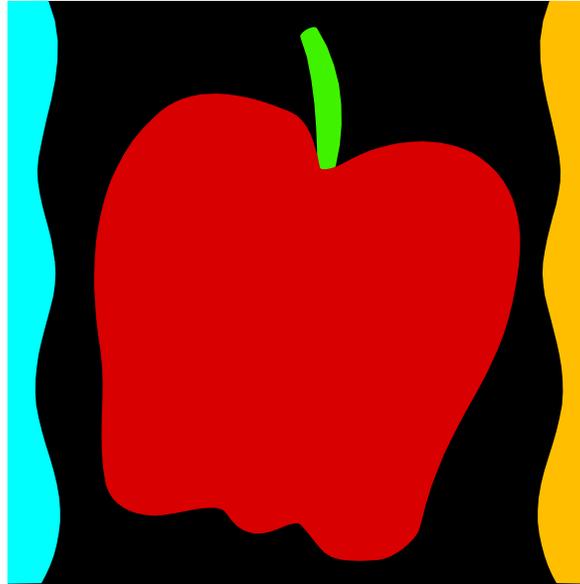

Healthier Kansas Menus - Breakfast



WEEK 3 - DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education - 2010

Healthier Kansas Menus - Breakfast – WEEK 3 – DAILY PRODUCTION RECORDS



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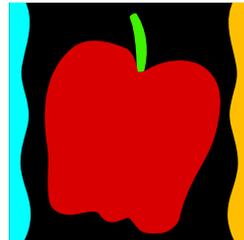
- *School Nutrition* magazine, November 2009, www.schoolnutrition.org
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- Kansas Pork Board, www.pork.org
- USD 201 Washington County
- USD 320 Wamego

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages		
Oatmeal Breakfast Round Banana Milk Choice	Whole Grain Waffles with Syrup Sausage Links Mandarin Oranges Milk Choice	Breakfast Sundae Raisins Fruit Juice Choice Milk Choice	Whole Grain Cheese Pizza Fresh Mixed Fruit Cup Milk Choice	Breakfast Bake with Tomato Salsa Whole Wheat Toast Grapes Milk Choice	K-12	Target	
					Calories	591	554
					Cholesterol (Mg)	42	75
					Sodium (Mg)	643	1000
					Fiber (G)	6.26	2.50
					Iron (Mg)	3.28	2.99
					Calcium (Mg)	498.7	253.85
					Vitamin A (IU)	1123	971
					Vitamin C (Mg)	22.51	12.50
					Protein (G)	21.32	9.59
					Carbohydrate (G)	102.63	0.00
					Total Fat (G)	11.87	18.47
					Saturated Fat (G)	3.47	6.16



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM - B Recipe Page Number
Monday	None		
Tuesday	Granola (pre-prep)	B-168	15
Wednesday	Breakfast Sundae	B-124	12
Thursday	Fresh Mixed Fruit Cup	183	31
Friday	Breakfast Bake	B-192	7
	Tomato Salsa	129	34

Recipe numbers reference the *Healthier Kansas Menus- Breakfast Recipes* booklet and KSDE's Nutri-Kids nutritional analysis of these menus.

Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM - B	Healthier Kansas Menus - Breakfast	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	F/V	fruit/vegetable
mg	milligram	G/B	grain/bread

* 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
Oatmeal Breakfast Round	<ul style="list-style-type: none"> • Purchase CN label whole grain (first ingredient listed is whole grain) product providing 2 G/B minimum. • Serve at room temperature 	K-12: 1 each
Banana	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands. Wash bananas. 	K-12: 1 banana each
Milk	<ul style="list-style-type: none"> • Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 3 -

Tuesday: Chill mandarin oranges in refrigerator.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 3 – MONDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Oatmeal Breakfast Round		1 each			2.0							
Banana		1 each		.5								
Milk		½ pint										
Breakfast Component Total				.5	2.0							

Purchasing, Preparation & Serving Instructions Week 3 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Whole Grain Waffle	<ul style="list-style-type: none"> Purchase whole grain (first ingredient listed is whole wheat) heat and serve waffles (at least 1.1 oz each). 	K-12: 2 waffles
Sausage Links	<ul style="list-style-type: none"> Purchase .5 oz portion CN labeled sausage product with no more than 20% fat or 10 gm per 1 oz serving. Prepare according to manufacturer's directions. CCP: Hold at 135° F or above. 	K-12: 2 each
Mandarin Oranges, canned	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase mandarin oranges packed in light syrup or juice. Chill cans overnight. Wipe can tops clean before opening. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. Serve with slotted utensil. 	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint
Pancake or Waffle Syrup	<ul style="list-style-type: none"> Purchase 1 oz packets or purchase in bulk. If bulk, purchase 12.5 cups per 100 1 fl oz servings. 	K-12: 1 PC each or 1 fl oz

Pre-preparation for Week 3 -

Wednesday: Prepare Granola HKM Recipe B-168 to be used in Breakfast Sundae HKM Recipe B-124.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 3 – TUESDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Whole Grain Waffles		2 each			2.0							
Sausage Links		2 each	.5									
Mandarin Oranges		4 oz spoodle		.5								
Milk		½ pint										
Syrup		1 fl oz										
Breakfast Component Total			.5	.5	2.0							

Purchasing, Preparation & Serving Instructions Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Breakfast Sundae	<ul style="list-style-type: none"> • Prepare Breakfast Sundae, HKM Recipe B-124. • Refer to <i>Fruit & Vegetable Order Guide</i> for fruit amount needed. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 1 piece cut 6 X 4 or individual 1 cup serving
Raisins	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase 1.5 oz packages or purchase in bulk. If bulk, portion into 1.5 oz portions prior to service. 	K-12: 1.5 oz
Fruit Juice Choice	<ul style="list-style-type: none"> • Offer variety of 2-3 choices of 100% full strength juice (apple, grape, orange and pineapple used for analysis). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 fl oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 3 -

Thursday: Chill fruit cocktail for Fresh Mixed Fruit Cup Recipe 183 in refrigerator.

Friday: Defrost chopped ham under refrigeration.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 3 – WEDNESDAY Preparation Site: _____ Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Breakfast Sundae	B-124	1 piece	1.0	.50	1.0							
Raisins		1.5 oz		.25								
Fruit Juice, Assorted		4 fl oz		.50								
Milk		½ pint										
Breakfast Component Total			1.0	1.25	1.0							

Purchasing, Preparation & Serving Instructions Week 3 – Thursday

Menu Item	Purchasing & Preparation	Serving
Whole Grain Cheese Pizza	<ul style="list-style-type: none"> • Purchase a CN labeled Whole Grain Cheese Pizza that provides 2 oz M/MA, 2 G/B; no more than 11 gm fat; and no more than 570 mg sodium per serving. • Heat in oven according to manufacturer’s instructions. • CCP: Hold for hot service at 135° F or above. 	K-12: 1 piece
Fresh Mixed Fruit Cup	<ul style="list-style-type: none"> • Prepare Fresh Mixed Fruit Cup recipe, HKM Recipe 183. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Refrigerate and hold for cold service at 41° F or below. 	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> • Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 3 -

Friday: Prepare and chill Breakfast Bake recipe, if desired.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 3 – THURSDAY Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Whole Grain Cheese Pizza		1 piece	2.0		2.0							
Fresh Mixed Fruit Cup	183	4 oz		.56								
Milk		1/2 pint										
Breakfast Component Total			2.0	.56	2.0							

Purchasing, Preparation & Serving Instructions Week 3 – Friday

Menu Item	Purchasing & Preparation	Serving
Breakfast Bake	<ul style="list-style-type: none"> • Prepare Breakfast Bake, HKM Recipe B-192. Purchase ham containing no more than 11% fat or 2.5 gm per 1 oz serving. • CCP: Hold for hot service at 135° F or above. 	K-12: 1 piece cut 4 x 4
Picante Sauce or Tomato Salsa	<ul style="list-style-type: none"> • Purchase salsa that is as low in sodium as possible or prepare following Tomato Salsa, HKM recipe 129. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • May be served, self-serve or pre-portioned for service. • CCP: Refrigerate until served. Hold for cold service at 41° F or below. 	K-12: 1 oz spoodle or 1 oz ladle or 2 Tbsp
Whole Wheat Toast	<ul style="list-style-type: none"> • Purchase sliced, whole wheat bread; .9 – 1.1 oz per slice (first ingredient listed is whole wheat) or prepare following HKM Recipe 107, Whole Wheat Bread. 	K-12: 1 slice purchased; ½ slice HKM Recipe 107
Grapes	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash grapes. Remove from stems or separate out into small clusters. • Cover and refrigerate until serving. • Weigh out portion and use as a sample. 	K-12: 3 oz EP
Milk	<ul style="list-style-type: none"> • Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint
Jelly	<ul style="list-style-type: none"> • Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. 	K-12: 1 each or 1 Tbsp

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 3 – FRIDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA oz	F/V Cup	G/B unit	Serving Size	M/MA oz	F/V cup	G/B unit			
Breakfast Bake	B-192	1 piece	2.08	.35								
Tomato Salsa	129	1 fl oz		.13								
Toast, Whole Wheat		.9 oz			1.0							
Grapes, Seedless		3 oz		.50								
Milk		1/2 pint										
Jelly		1 Tbsp										
Breakfast Component Total			2.08	.98	1.0							

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 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-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.
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-12 Portion Size	K-12 Amount to Order per 100 Servings
Monday	Banana, fresh, 100-120 count	1 Banana	100 each
Tuesday	Mandarin Oranges, canned	4 oz spoodle	4.2 #10 cans
Wednesday	Breakfast Sundae:	1 piece cut 6 X 4 or individual 1 cup serving	
	Canned Fruit or		5.33 #10 or
	Fresh Fruit		17 lb
	Raisins	1.5 oz.	9 lb + 6 oz
Thursday	Fresh Mixed Fruit:	4 oz spoodle	
	Apples, fresh, AP		6 lb + 4 oz
	Bananas, Fresh, AP		10 lb + 4 oz
	Fruit Cocktail, canned		2 #10 can
Friday	Breakfast Bake:	1 piece cut 4 x 4	
	Onion, fresh, chopped fine		7 oz
	Hash Browns, frozen, shredded		18 lb + 12 oz
	Picante Sauce or	1 fl oz	.8 gallon (100 fl oz)
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)		1 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		2 oz
	Grapes, fresh AP	3 oz EP	19 lb + 4 oz

Notes