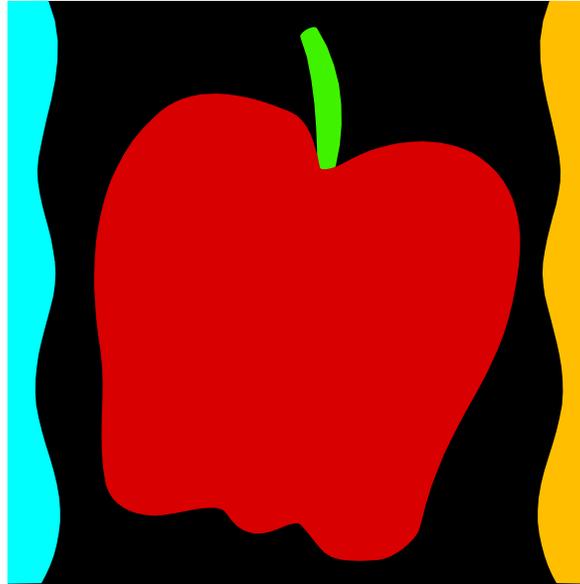

Healthier Kansas Menus



WEEK 1 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education - 2009

Updated December 2010

Healthier Kansas Menus – WEEK 1 – DAILY PRODUCTION RECORDS



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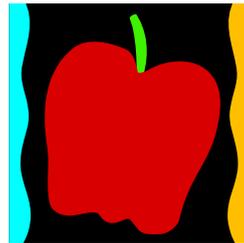
- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 234 Fort Scott
- USD 308 Hutchinson
- USD 364 Marysville
- USD 503 Parsons

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat or 1% milk.
 Reduced fat dressing is served with salads and fresh vegetables.
 Fruit choices and alternate entrees are not included in the analysis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Pumpkin Bar Fruit Choice Milk Choice <u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich	Chicken Wrap Lettuce & Tomato Spanish Rice Steamed Carrots Tropical Fruit Fruit Choice Milk Choice <u>Alternate Entrée:</u> Turkey & Cheese Sub	Spaghetti w/ Meat Sauce Garden Spinach Salad French Garlic Bread Sliced Peaches Fruit Choice Milk Choice <u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	Taco Salad Whole Grain Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pineapple Rings Fruit Choice Milk Choice <u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun	Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges Fruit Choice Milk Choice <u>Alternate Entrée:</u> Yogurt & Muffin Plate	Elementary Calories Cholesterol (Mg) 735 Sodium (Mg) 72 Fiber (G) 1308 Iron (Mg) 7.50 Calcium (Mg) 5.05 Vitamin A (IU) 463.9 Vitamin C (Mg) 3634 Protein (G) 28.63 Carbohydrate (G) 32.27 Total Fat (G) 104.22 Saturated Fat (G) 21.69 5.78	Secondary 857 75 1500 10.14 6.57 494.8 4/22 44.65 35.88 125.73 24.83 6.49



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Pig in a Blanket	30	17
	Pumpkin Bars	45	49
Tuesday	Chicken Wrap	158	7
Wednesday	Spaghetti & Meat Sauce	170	19
	Garden Spinach Salad	164	34
	Whole Wheat French Garlic Bread	163	59
Thursday	Taco Meat (for Taco Salad)	76	23
	Tomato Salsa	129	37
	Whole Wheat Cinnamon Puff	46	55
Friday	Chicken & Noodles	152	5
	Whole Wheat Rolls	877	61

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

The five alternate entrees included in *Healthier Kansas Menus* are: *purchased Whole Wheat Peanut Butter and Jelly (PBJ) Sandwich, Turkey & Cheese Sub (HKM Recipe 144, page 25), Chef Salad with Spinach & Bread Stick (HKM Recipe 189, page 3), Hot Ham & Cheese on a Bun, (HKM Recipe 48, page 11) and Yogurt & Muffin Plate (HKM Recipe 190, page 26).

*The purchased PBJ Sandwich choice must provide a minimum of one (1) ounce meat/meat alternate and one (1) unit of whole grain bread, and no more than 16 grams of fat per serving. If the PBJ sandwich is school-made, it must contain two (2) tablespoons of peanut butter and whole grain bread.

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	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 1 – Monday

Menu Item	Purchasing & Preparation	Serving
Pig in a Blanket	<ul style="list-style-type: none"> Prepare Pig in a Blanket, HKM Recipe 30. Purchase hot dogs, 8 per lb with each hot dog providing 2 oz M/MA; no more than 16 gm of fat, and no more than 800 mg of sodium per serving. 	K-12: Serve 1 each.
Potato Wedges	<ul style="list-style-type: none"> Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Follow manufacturer's directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. Weigh out each portion size indicated and use as a sample. CCP: Hold for hot service at 135° F or above. 	K-6: 1.5 oz EP (baked) 7-12: 3 oz EP (baked)
Broccoli w/Cheese	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time. After cooking, sprinkle with 5 oz shredded cheddar or American cheese per 6 lbs broccoli. CCP: Hold for hot service at 135°F or above. 	K-6: 2 oz spoodle 7-12: 3 oz spoodle
Apples, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. Cover and refrigerate until serving. 	K-6: 1/2 apple each 7-12: 1 apple each
Pumpkin Bar	<ul style="list-style-type: none"> Prepare Pumpkin Bar, HKM Recipe 45. Glaze the bars close to serving time. 	K-12: 6 x 10 cut piece
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
Catsup	<ul style="list-style-type: none"> Purchase bulk or individual packets (9 gm or 12 gm). If bulk, purchase 1 #10 can or .8 gallons for every 100 1 fl oz servings. 	K-6: Limit to 1 fl oz or 2 Tbsp or 2 PC 7-12: Limit to 1.5 fl oz or 3 Tbsp or 3 PC
Mustard	<ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. 	K-12: 1 tsp

Pre-preparation for Week 1 – Tuesday: Chill Tropical fruit. **Wednesday:** Defrost ground beef under refrigeration.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 1 – MONDAY

Preparation Site: _____

Date: _____

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

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group	K-6		
Age/Grade Group	7-12		
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Age/Grade Group: K-6				Age/Grade Group: 7-12				Amount Prepared	Amount Leftover	Production Notes
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Pig in a Blanket	30	1 each	2.0		2.2	1 each	2.0		2.2			
Potato Wedges		1.5 oz EP		.25		3 oz EP		.50				
Broccoli w/Cheese		2 oz spoodle		.25		3 oz spoodle		.38				
Apple, Fresh		1/2 apple		.50		1 apple		1.0				
Pumpkin Bar	45	1 each			1.0	1 each			1.0			
Milk		½ pint				½ pint						
Catsup		1 fl oz				1.5 fl oz						
Mustard		1 tsp				1 tsp						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.0	1.0	3.2		2.0	1.88	3.2			

Purchasing, Preparation & Serving Instructions Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Chicken Wrap	<ul style="list-style-type: none"> • Prepare Chicken Wrap, HKM Recipe 158. • Purchase precooked, breaded, tender-shaped chicken patties providing 2 oz M/MA and $\frac{3}{4}$ to 1 unit G/B; no more than 16 gm of fat and 700 mg sodium per serving. Purchase chicken patties with whole grain breading if tortilla is not whole grain. • Purchase an 8" - 10" tortilla (whole grain if possible) weighing at least 1.5 oz. If whole wheat, first ingredient on label is whole wheat. 	K-12: 1 each
Lettuce & Tomato Mix	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. Mix lettuce and tomato together. May be pre-portioned. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: .75 oz
Spanish Rice	<ul style="list-style-type: none"> • Prepare from mix with no more than 450 mg of sodium per 1/2 cup serving. • CCP: Hold for hot service at 135°F or above. 	K-6: #12 scoop 7-12: #8 scoop
Carrots, frozen, sliced	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time. • CCP: Hold for hot service at 135°F or above. 	K-6: 2 oz spoodle 7-12: 3 oz spoodle
Tropical Fruit, canned, light syrup or juice	<ul style="list-style-type: none"> • Purchase a canned product that includes papaya and/or mango. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • 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-6: 2 oz spoodle 7-12: 3 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: $\frac{1}{2}$ pint
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> • 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 portion. • CCP: Refrigerate and serve at 41 °F or below if school prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 1 – Wednesday: Defrost ground beef under refrigeration. Chill peaches.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 1 – TUESDAY

Preparation Site: _____

Date: _____

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

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group	K-6		
Age/Grade Group	7-12		
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			
Chicken Wrap	158	3 strips* + 1.5 oz tortilla + .33 oz cheese	2.33		2.42	3 strips* + 1.5 oz tortilla + .33 oz cheese	2.33		2.42			
Lettuce & Tomato Mix		.75 oz		.25		.75 oz		.25				
Spanish Rice		#12 scoop			.66	#8 scoop			1.0			
Carrots, frozen		2 oz spoodle		.25		3 oz spoodle		.38				
Tropical Fruit, canned		2 oz spoodle		.25		3 oz spoodle		.38				
Milk		½ pint				½ pint						
Ranch Dressing, Reduced fat		1 fl oz				1 fl oz						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.33	.75	3.08		2.33	1.01	3.42	*Or number needed to make 2 M/MA + 1 G/B		

Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Spaghetti & Meat Sauce	<ul style="list-style-type: none"> • Prepare Spaghetti & Meat Sauce, HKM Recipe 170. • Purchase 80/20 raw ground beef. • Purchase canned spaghetti sauce with no more than 2 gm of fat and 700 mg sodium per ½-cup serving. 	K-12: 8 oz spoodle or measure 1 cup serving and estimate portions.
Garden Spinach Salad	<ul style="list-style-type: none"> • Prepare Garden Spinach Salad, HKM Recipe 164. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts of individual ingredients needed. • Handle salad with gloved hands, tongs or serving utensils. • May estimate serving sizes using measured portions as samples. 	K-12: 1.2 oz
French Garlic Bread	<ul style="list-style-type: none"> • Prepare Whole Wheat French Garlic Bread, HKM Recipe 163. 	K-6: ½ slice 7-12: 1 slice
Sliced Peaches, light syrup	<ul style="list-style-type: none"> • Purchase sliced peaches packed in light syrup. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • 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. Level utensil when serving. 	K-6: 2 oz spoodle 7-12: 3 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
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> • 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 portion. • CCP: Refrigerate and serve at 41° F or below if school prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 1 – Thursday: Defrost ground beef under refrigeration. Chill pineapple rings.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 1 – WEDNESDAY Preparation Site: _____ Date: _____

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

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group	K-6		
Age/Grade Group	7-12		
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			
Spaghetti & Meat Sauce	170	8 oz spoodle	2.0	.39	1.68	8 oz spoodle	2.0	.39	1.68			
Garden Spinach Salad	164	1.2 oz		.50		1.2 oz		.50				
French Garlic Bread	163	1/2 slice			1.5	1 slice			3			
Peaches, sliced, canned		2 oz spoodle		.25		3 oz spoodle		.38				
Milk		½ pint				½ pint						
Ranch Dressing, Reduced Fat		1 fl oz				1 fl oz						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.0	1.14	3.18		2.0	1.27	4.68			

Purchasing, Preparation & Serving Instructions

Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving
Taco Salad	<p>Taco Meat:</p> <ul style="list-style-type: none"> Prepare Taco Meat, HKM Recipe 76. Purchase 80/20 raw ground beef. <p>Lettuce/Tomato Mix:</p> <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. Mix lettuce and tomato together. May pre-portion. CCP: Refrigerate and hold at 41° F or below for cold service. Salads may be pre-assembled or partially assembled before serving. If students self-serve this item, pre-portion the meat and cheese or monitor self-serve portion sizes closely. 	<p>K-6: #16 scoop 7-12: #12 scoop</p> <p>K-6: 1.5 oz. 7-12: 2.25 oz</p> <p>K-12: Top with .5 oz shredded cheese</p>
Whole Grain Corn Tortilla Chips	<ul style="list-style-type: none"> Purchase whole grain corn tortilla chips with no more than 50 mg sodium per oz. Restaurant style usually has less sodium. Purchase 6 lb 4 oz for 100 servings. May be pre-portioned. May serve as part of the entrée or serve separately. Weigh a sample. Serve with gloved hands or tongs. 	K-12: 1 oz
Picante Sauce or 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. 	K-12: 1 oz spoodle or 1 oz ladle or 2 Tbsp
Refried Beans	<ul style="list-style-type: none"> Purchase canned or dried refried beans with no more than 400 mg of sodium per ½ cup prepared. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. For dried beans, prepare according to manufacturer’s directions. For canned beans, wipe top of cans before opening. CCP: Hold for hot service at 135°F or above. 	K-6: #16 scoop 7-12: #12 scoop
Cinnamon Puff	<ul style="list-style-type: none"> Prepare Whole Wheat Cinnamon Puff, HKM Recipe 46. 	K-12: 1 each

Continued on next page.

Purchasing, Preparation & Serving Instructions

Week 1 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Pineapple slices	<ul style="list-style-type: none"> • Purchase pineapple packed in juice, medium slices, approximately 60 slices/can. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • 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 a clean, gloved hand or slotted serving utensil. 	<p>K-6: 2 slices each. 7-12: 3 slices each.</p>
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. 	<p>K-12: ½ pint</p>

Pre-preparation for Week 1 – Friday: Defrost chicken under refrigeration. Chill oranges.

Notes

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 1 – THURSDAY Preparation Site: _____

Date: _____

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

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group	K-6		
Age/Grade Group	7-12		
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			
Taco Meat	76	#16 scoop	1.5			#12 scoop	2.0					
Lettuce/Tomato Mix		1.5 oz		.5		2.25 oz		.75				
Cheese, Cheddar, shredded		.5 oz	.5			.5 oz	.5					
Whole Grain Corn Tortilla Chips		1 oz			1.1	1 oz			1.1			
Salsa		1 fl oz		.13		1 fl oz		.13				
Refried Beans		#16 scoop		.25		#12 scoop		.33				
Cinnamon Puff (2oz)	46	1 each			2.2	1 each			2.2			
Pineapple Rings, med,		2 slices		.29		3 slices		.44				
Milk		½ Pint				½ pint						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.0	1.17	3.3		2.5	1.65	3.3			

Purchasing, Preparation & Serving Instructions Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving
Chicken & Noodles	<ul style="list-style-type: none"> Prepare Chicken & Noodles, HKM Recipe 152. Purchase chicken base with no more than 750 mg of sodium per cup prepared. Purchase dry, enriched egg noodles and frozen pulled or diced cooked chicken with no skin and no added salt. CCP: Hold for hot service at 135°F or above. 	K-12: 8 oz spoodle
Mashed Potatoes	<ul style="list-style-type: none"> Purchase dehydrated mashed potatoes. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Do not add margarine. Add salt only if the product has less than 50 mg of sodium per 1/2 cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. CCP: Hold for hot service at 135°F or above. 	K-6: #12 scoop 7-12: #8 scoop
Green Beans, canned	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wipe can tops clean before opening. Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. 	K-6: 2 oz spoodle 7-12: 3 oz spoodle
Wheat Roll	<ul style="list-style-type: none"> Prepare Whole Wheat Rolls, Bread Sticks and Buns, 51%, HKM Recipe 877. 	K-6: 1 each 7-12: 1 or 2 each
Orange Wedges or Smiles	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #113. Handle with gloved hands. Rinse. Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half. Cover and refrigerate. 	K-6: 1/2 orange 7-12: 1 orange
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 PC each or 1 Tbsp

Pre-preparation for Week 2 - Monday: Chill fruit cocktail.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 1 – FRIDAY

Preparation Site: _____

Date: _____

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

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group	K-6		
Age/Grade Group	7-12		
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			
Chicken & Noodles	152	8 oz spoodle	2.0		1.5	8 oz spoodle	2.0		1.5			
Mashed Potatoes		#12 scoop		.33		#8 scoop		.50				
Green Beans		2 oz spoodle		.25		3 oz spoodle		.38				
Wheat Roll (2 oz)	877	1 each			2.2	1-2 each			4.4			
Orange Wedges		½ orange		.30		1 orange		.60				
Milk		½ pint				½ pint						
Jelly		1 each				1 each						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.0	.88	3.7		2.0	1.48	5.9			
Week 1 Lunch Components			10.33	4.94	16.46		10.83	7.29	20.5			

Fruit & Vegetable Order Guide Week 1

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-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-6 Portion Size	K-6 Amount to Order per 100 Servings	7-12 Portion Size	7-12 Amount to Order per 100 Servings
Monday	Potato Wedges, frozen, ovenable, unseasoned	1.5 oz EP	9.5 lb	3 oz EP	19 lb
	Broccoli, frozen, chopped	2 oz spoodle	10.5 lb	3 oz spoodle	15.75 lb
	Apples, fresh #125 – 138	½ apple	50 each	1 apple	100 each
	Pumpkin, canned (for Pumpkin Bars)	1 each cut 6 x 10	.66 #10 can	1 each cut 6 x 10	.66 #10 can
Tuesday	Lettuce/Tomato Mix:	.75 oz			
	Lettuce, shredded, EP		3.5 lb EP (4.69 lb AP)		3.5 lb EP (4.69 lb AP)
	Tomato, fresh, AP		1.25 lb		1.25 lb
	Carrots, frozen sliced	2 oz spoodle	10.2 lb	3 oz spoodle	15.3 lb
	Tropical Fruit, with papaya and/or mango, canned in juice or light syrup	2 oz spoodle	2.2 #10 cans	3 oz spoodle	3.3 #10 cans

Fruit & Vegetable Order Guide

Week 1, continued

Day	Fruit or Vegetable	K-6 Portion Size	K-6 Amount to Order per 100 Servings	7-12 Portion Size	7-12 Amount to Order per 100 Servings
Wednesday	Spaghetti Sauce, canned	1 cup entrée	3.25 #10 cans	1 cup entrée	3.25 #10 cans
	Garden Spinach Salad:	1.2 oz		1.2 oz	
	Lettuce, Iceberg, shredded, AP		3 lb		3 lb
	Spinach, fresh, AP		3.25 lb		3.25 lb
	Tomato, fresh, diced AP		1.31 lb		1.31 lb
	Carrots, fresh, shredded AP		.94 lb		.94 lb
	Cucumber, fresh, AP		.88 lb		.88 lb
Peaches, cling, canned, sliced, light syrup or juice, drained	2 oz spoodle	2.8 #10 cans	3 oz spoodle	4.2 #10 cans	
Thursday	Lettuce/Tomato Mix:	1.5 oz		2.25 oz	
	Lettuce, shredded, EP		7 lb EP (10.38 lb AP)		10.5 lb EP (13.94 lb AP)
	Tomato, fresh, AP		2.94 lb		4.44 lb
	Picante Sauce or	1 fl oz	.8 gallons (100 fl oz)	1 fl oz	.8 gallons (100 fl oz)
	Tomato, crushed, salsa-ready canned (for Tomato Salsa)		1 #10 cans		1 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		2 oz		2 oz
	Refried Beans, canned or	#16 scoop	2.1 #10 cans	#12 scoop	2.8 #10 can
	Refried Beans, dried		4.94 lb		6.5 lb
Pineapple Rings, in juice, 60/can, drained	2 slices	3.4 #10 cans	3 slices	5 #10 cans	
Friday	Mashed Potatoes, dehydrated	#12 scoop	½ #10 can or 2.69 lb	#8 scoop	¾ #10 can or 4 lb
	Green Beans, canned, drained	2 oz spoodle	2.3 #10 cans	3 oz spoodle	3.5 #10 cans
	Oranges, fresh, whole, #113	½ orange	50 each	1 orange	100 each

Fruit & Vegetable Order Guide

Week 1, continued

Alternate Entrée: Chef Salad with Spinach & Bread Stick

Must be offered at least one day during the week to meet the HealthierUS School Challenge.

Fruit or Vegetable	K-12 Portion Size	Amount to Order per 10 Servings
Chef Salad w/Spinach:	1 cup	
Spinach, fresh, partially trimmed, AP		10 oz
Salad Mix, pre-packaged, w/lettuce, cabbage & carrots, AP		12 .5 oz
Garbanzo Beans, canned, drained	¼ cup	2½ cups

Notes