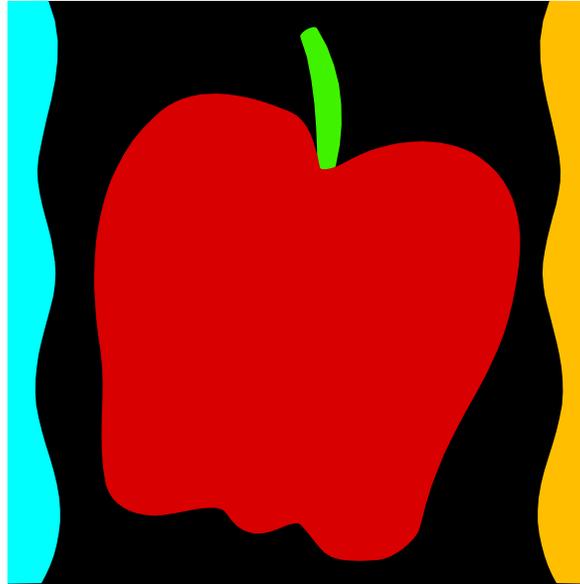


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# Healthier Kansas Menus



## **WEEK 2 – DAILY PRODUCTION RECORDS**

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

Updated December 2010

# Healthier Kansas Menus – WEEK 2 – 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:

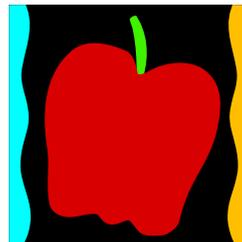
- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 234 Fort Scott
- 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	
Hamburger on a Bun Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar	Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas	Chili Whole Grain Corn Chips Celery & Cucumbers Cinnamon Roll Orange Smiles	Pork Rib on a Bun Tri-Tater Corn Fresh Kiwi Cherry Crisp	Macaroni & Cheese Smokies Seasoned Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	<b>Elementary</b>	<b>Secondary</b>
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Calories 776	907
<u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich	<u>Alternate Entrée:</u> Turkey & Cheese Sub	<u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	<u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun	<u>Alternate Entrée:</u> Yogurt & Muffin Plate	Cholesterol (Mg) 57	60
					Sodium (Mg) 1433	1691
					Fiber (G) 8.67	11.52
					Iron (Mg) 5.29	6.26
					Calcium (Mg) 484.2	524.2
					Vitamin A (IU) 3255	4427
					Vitamin C (Mg) 37.59	59.58
					Protein (G) 30.33	34.22
					Carbohydrate (G) 110.21	131.61
					Total Fat (G) 25.81	29.65
					Saturated Fat (G) 6.53	7.46



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Whole Wheat Rolls	877	61
	Rice Crispy Bars	82	51
Tuesday	Whole Wheat Rolls	877	61
	Strawberries & Bananas	124	36
Wednesday	Chili	128	9
	Celery & Cucumbers	126	28
	Cinnamon Rolls	127	57
Thursday	Whole Wheat Buns	877	61
	Cherry Crisp	121	41
Friday	Macaroni & Cheese	118	15
	Whole Wheat Bread	107	53

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 2 – Monday

Menu Item	Purchasing & Preparation	Serving
Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase a Child Nutrition (CN) labeled, pre-cooked, oven-ready hamburger patty that provides 2 oz M/MA; no more than 16 gm of fat; and no more than 500 mg sodium per serving.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> <li>• Purchase a 1.5 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> </ul>	K-12: 1 each
Lettuce & Tomato	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for ingredient amounts needed.</li> <li>• Handle produce using gloved hands. May estimate serving size of lettuce using weighed portions as samples. Wash and slice large tomatoes. Cut in ¼” slices.</li> <li>• <b>CCP: Maintain at 41°F or below for cold service.</b></li> </ul>	K-12: .28 oz lettuce 1 tomato slice
Sweet Potato Fries	<ul style="list-style-type: none"> <li>• Purchase ovenable sweet potato fries. 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-6: 2.2 oz 7-12: 3.3 oz
Fruit Cocktail	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight.</li> <li>• Wipe can tops clean before opening. Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> <li>• Serve with slotted utensil.</li> </ul>	K-12: 3 oz spoodle
Rice Crispy Bar	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 82, Rice Crispy Bars.</li> </ul>	K-12: 1 piece cut 8 x 4
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint
Catsup	<ul style="list-style-type: none"> <li>• Purchase bulk or individual packets (9 gm or 12 gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1 fl oz servings.</li> </ul>	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"> <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 2 - Tuesday:** Defrost strawberries under refrigeration. **Wednesday:** Defrost ground beef under refrigeration.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 2 – MONDAY**

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

**Date:** \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
<b>Total Meals</b>			

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

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			
Hamburger on a Bun	877	1 each	2.0		1.66*	1 each	2.0		1.66*			
Lettuce & Tomato		.28 oz lettuce 1 slice tomato		.25		.28 oz lettuce 1 slice tomato		.25				
Sweet Potato Fries		2.2 oz		.33		3.3 oz		.50				
Fruit Cocktail		3 oz spoodle		.38		3 oz spoodle		.38				
Rice Crispy Bar	82	1 each			.50	1 each			.50			
Milk		½ pint				½ pint						
Catsup		1 fl oz				1.5 fl oz						
Mustard		1 tsp				1 tsp						
Alternate Entrée												
Fruit Choice												
<b>Lunch Component Total</b>			<b>2.0</b>	<b>.96</b>	<b>2.16</b>		<b>2.0</b>	<b>1.13</b>	<b>2.16</b>	*G/B units shown for purchased bun. HKM Recipe 877 provides 2.2 G/B units.		

## Purchasing, Preparation & Serving Instructions

### Week 2 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Chicken Nuggets	<ul style="list-style-type: none"> <li>• Purchase Child Nutrition (CN) labeled, pre-cooked nuggets providing 2 oz M/MA and 1 unit G/B; no more than 16 gm of fat; and no more than 500 mg sodium per serving.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: Serve 2 oz M/MA following manufacturer's CN label (usually 5 nuggets per serving).
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Prepared from dehydrated potatoes. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Do not add margarine.</li> <li>• 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-6: #12 scoop. 7-12: #8 scoop.
Broccoli Florets, Fresh	<ul style="list-style-type: none"> <li>• Purchase fresh broccoli florets, ready to serve. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wash broccoli. Cover and refrigerate until serving.</li> </ul>	K-6: .6 oz EP 7-12: .9 oz EP
Wheat Roll, 51%	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-6: 1 each 7-12: 1 <b>or</b> 2 each
Strawberries & Bananas	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 124, Strawberries &amp; Bananas. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts needed.</li> <li>• Cover and refrigerate until serving.</li> </ul>	K-12: 3 oz spoodle
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint
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

Continued on next page

## Purchasing, Preparation & Serving Instructions

### Week 2 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41 ° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Jelly	<ul style="list-style-type: none"> <li>• Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: 1 PC each or 1 Tbsp

**Pre-preparation for Week 2 - Wednesday:** Chill oranges.

## **Notes**

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 2 – TUESDAY**

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

**Date:** \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
<b>Total Meals</b>			

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

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 Nuggets		5 each*	2.0		1.0	5 each*	2.0		1.0			
Mashed Potatoes		#12 scoop		.33		#8 scoop		.50				
Broccoli Florets, Fresh		.6 oz EP		.25		.9 oz EP		.38				
Wheat Roll (2 oz)	877	1 each			2.2	1-2 each			4.4			
Strawberries & Bananas	124	3 oz spoodle		.49		3 oz spoodle		.49				
Milk		½ pint				½ pint						
Gravy		1 fl oz				1 fl oz						
Ranch Dressing, Reduced Fat		1 fl oz				1 fl oz						
Jelly		1 each				1 each						
Alternate Entree												
Fruit Choice												
<b>Lunch Component Total</b>			<b>2.0</b>	<b>1.07</b>	<b>3.2</b>		<b>2.0</b>	<b>1.37</b>	<b>5.4</b>	*Or number needed to make 2 oz M/MA + 1 G/B		

## Purchasing, Preparation & Serving Instructions Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Chili	<ul style="list-style-type: none"> <li>Purchase 80/20 ground beef. Prepare HKM Recipe 128, Chili.</li> </ul>	K-6: 6 oz spoodle 7-12: 8 oz spoodle
Whole Grain Corn Chips	<ul style="list-style-type: none"> <li>Purchase whole grain corn chips, 6 lb 4 oz for 100 servings.</li> <li>May be pre-portioned. Weigh a sample.</li> <li>May serve as part of the entrée or serve separately.</li> <li>Serve with gloved hands or tongs.</li> </ul>	K-12: 1 oz
Celery & Cucumbers	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 126, Celery &amp; Cucumbers.</li> </ul>	K-12: .8 oz celery & 1 oz cucumber
Cinnamon Rolls	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 127, Whole Wheat Cinnamon Rolls.</li> </ul>	K-12: 1 each
Orange Wedges or Smiles, #113	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase oranges size #113.</li> <li>Handle with gloved hands. Rinse.</li> <li>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.</li> <li>Cover and refrigerate.</li> </ul>	K-6: ½ orange 7-12: 1 orange
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint
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 2 - Thursday:** Chill kiwi.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 2 – WEDNESDAY**    Preparation Site: \_\_\_\_\_    Date: \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
<b>Total Meals</b>			

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

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			
Chili	128	6 oz spoodle	3.14	.29		8 oz spoodle	4.0	.38				
Whole Grain Corn Chips		1 oz			1.1	1 oz			1.1			
Celery & Cucumbers	126	.8 oz celery 1 oz cucumber		.43		.8 oz celery 1 oz cucumber		.43				
Cinnamon Rolls	127	1 each			2.0	1 each			2.0			
Orange Smiles		½ orange		.30		1 orange		.60				
Milk		½ pint				½ pint						
Ranch Dressing, Reduced Fat		1 fl oz				1 fl oz						
Alternate Entrée												
Fruit Choice												
<b>Lunch Component Total</b>			<b>3.14</b>	<b>1.02</b>	<b>3.1</b>		<b>4.0</b>	<b>1.41</b>	<b>3.1</b>			

## Purchasing, Preparation & Serving Instructions

### Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving
Pork Rib on a Bun	<ul style="list-style-type: none"> <li>Purchase a Child Nutrition (CN) labeled, pre-cooked rib pattie that provides 2 oz M/MA; no more than 16 gm of fat; and no more than 500 mg of sodium per serving.</li> <li>Prepare according to manufacturer's instructions.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> <li>Purchase a 1.5 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> </ul>	K-12: 1 each
Tri-Tater	<ul style="list-style-type: none"> <li>Purchase 2.0 – 2.25 oz triangle-shaped hash-brown potato patties. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Follow manufacturer's directions for baking and holding. Batch cook.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-6: 1 each 7-12: 2 each
Corn	<ul style="list-style-type: none"> <li>Purchase frozen or canned. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Wipe tops of cans clean before opening.</li> <li>Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-6: 2 oz spoodle 7-12: 3 oz spoodle
Kiwi, Fresh	<ul style="list-style-type: none"> <li>Purchase medium, whole kiwi, size #39. 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> </ul>	K-6: ½ each 7-12: 1 each
Cherry Crisp	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 121, Cherry Crisp, Whole Wheat.</li> </ul>	K-12: 1 piece cut 5 x 7
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint
BBQ Sauce or Catsup	<ul style="list-style-type: none"> <li>Purchase bulk or individual packets (9 gm or 12 gm). Purchase 1 #10 can or .8 gallons for every 100 1 fl oz servings.</li> </ul>	K-6: Limit to 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC 7-12: Limit to 1.5 fl oz <b>or</b> 3 Tbsp <b>or</b> 3 PC

**Pre-preparation for Week 2 - Friday:** Chill apples.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 2 – THURSDAY**    Preparation Site: \_\_\_\_\_

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

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
<b>Total Meals</b>			

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

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			
Pork Rib on a Bun	877	1 each	2.0		1.66	1 each	2.0		1.66			
Tri-Tater		1 each		.25		2 each		.50				
Corn		2 oz spoodle		.25		3 oz spoodle		.38				
Kiwi, Fresh		1/2 each		.18		1 each		.38				
Cherry Crisp	121	1 piece cut 5x7		.36	.75	1 piece cut 5x7		.36	.75			
Milk		½ pint				½ pint						
BBQ Sauce or Catsup		1 fl oz				1.5 fl oz						
Alternate Entrée												
Fruit Choice												
<b>Lunch Component Total</b>			<b>2.0</b>	<b>1.04</b>	<b>2.41</b>		<b>2.0</b>	<b>1.62</b>	<b>2.41</b>			

## Purchasing, Preparation & Serving Instructions

### Week 2 - Friday

Menu Item	Purchasing & Preparation	Serving
Macaroni & Cheese	Prepare HKM Recipe 118, Macaroni & Cheese.	K-6: #8 scoop 7-12: #6 scoop
Smokies/Cocktail Sausages	<ul style="list-style-type: none"> <li>• Purchase Child Nutrition (CN) labeled cocktail sausages that provide 2 oz M/MA; no more than 18 gm of fat; and no more than 800 mg of sodium per serving.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: Serve number needed to make 1 oz M/MA (usually 3 each)
Seasoned Peas	<ul style="list-style-type: none"> <li>• Purchase frozen or canned. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wipe tops of cans clean before opening.</li> <li>• Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li>• May add pepper or other non-sodium seasonings.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-6: 2 oz spoodle 7-12: 3 oz spoodle
Baby Carrots, 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.</li> <li>• Cover and refrigerate until serving. Weigh or count number needed per portion.</li> </ul>	K-6: 1.3 oz 7-12: 2 oz
Whole Wheat Bread	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	K-12: 1 – 2 slices purchased; ½ – 1 slice HKM Recipe 107
Apples, Fresh	<ul style="list-style-type: none"> <li>• Purchase apples, size #125-138. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>• Dip in lemon, orange or pineapple juice or antioxidant solution to preserve color.</li> <li>• Cover and refrigerate until serving.</li> </ul>	K-6: 1/2 apple each 7-12: 1 apple each
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint

## Purchasing, Preparation & Serving Instructions

### Week 2 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41 °F or below if school prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Jelly	<ul style="list-style-type: none"> <li>• Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings.</li> </ul>	K-12: 1 each <b>or</b> 1 Tbsp

**Pre-preparation for Week 3 - Monday:** Chill grapes.

## **Notes**

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 2 – FRIDAY**

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

**Date:** \_\_\_\_\_

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
<b>Total Meals</b>			

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

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			
Macaroni & Cheese	118	#8 scoop	1.0		.93	#6 scoop	1.33		1.24			
Smokies		3 each*	1.0			3 each*	1.0					
Seasoned Peas		2 oz spoodle		.25		3 oz spoodle		.38				
Baby Carrots		1.3 oz		.25		2 oz		.38				
Whole Wheat Bread	107	.9-2.0 oz			2.0	.9-2.0 oz			2.0			
Apple Wedges		½ apple		.5		1 apple		1.0				
Milk		½ pint				½ pint						
Ranch Dressing, Reduced Fat		1 fl oz				1 fl oz						
Jelly		1 each				1 each						
Alternate Entrée												
Fruit Choice												
<b>Lunch Component Total</b>			<b>2.0</b>	<b>1.0</b>	<b>2.93</b>		<b>2.33</b>	<b>1.76</b>	<b>3.24</b>	* Or number needed to make 1 oz M/MA.		
<b>Week 2 Lunch Totals</b>			<b>11.14</b>	<b>5.09</b>	<b>13.80</b>		<b>12.33</b>	<b>7.29</b>	<b>16.31</b>			

## Fruit & Vegetable Order Guide Week 2

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 2 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	Lettuce, Iceberg, shredded	.28 oz	1.75 lb	.28 oz	1.75 lb
	Tomato, large, fresh, AP	¼” slice	5.81 lb	¼” slice	5.81 lb
	Sweet Potato Fries, frozen, AP	2.2 oz EP	14.44 lb	3.3 oz EP	21.63 lb
	Fruit Cocktail, canned, light syrup or juice	3 oz spoodle	3.3 #10 cans	3 oz spoodle	3.3 #10 cans
Tuesday	Mashed Potatoes, dehydrated	#12 scoop	½ #10 can or 2.69 lb	#8 scoop	¾ #10 can or 4 lb
	Broccoli Florets, fresh, EP or	.6 oz EP	3.5 lb	.9 oz EP	5.25 lb
	Broccoli, Spears, fresh, EP or		5.9 lb		8.8 lb
	Broccoli Spears, fresh, untrimmed, AP		10.3 lb		15.4 lb
	Strawberries & Bananas:	3 oz spoodle		3 oz spoodle	
	Strawberries, frozen, sweetened		12 lb		12 lb
	Bananas, fresh, AP		17.25 lb		17.25 lb
Applesauce, canned, sweetened		4.5 cups		4.5 cups	

## Fruit & Vegetable Order Guide

### Week 2, 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	Chili:	6 oz spoodle entrée		8 oz spoodle entrée	
	Tomato Juice		2.2–46 fl oz cans		2.9–46 fl oz cans
	Pinto Beans, canned		4.5 #10 cans		6 #10 cans
	Tomato Puree		.8 #10 cans		1 #10 can
	Celery & Cucumbers:	.8 oz celery 1 oz cucumber		.8 oz celery 1 oz cucumber	
	Celery, fresh, AP		6.13 lb		6.13 lb
	Cucumbers, fresh, AP		7 lb		7 lb
Oranges, fresh, whole, #113	½ orange	50 each	1 orange	100 each	
Thursday	Tri-Tater, frozen, 2.0 oz each	1 each	100 each (12.5 lb)	2 each	200 each (25 lb)
	Corn, frozen or Corn, canned	2 oz spoodle 2 oz spoodle	9.1 lb 2.6 #10 cans	3 oz spoodle 3 oz spoodle	13.65 lb 3.9 #10 cans
	Kiwi, fresh, 33-39 count	½ each	50 each	1 each	100 each
	Cherries, canned in water	1 piece cut 5 x 7	3 #10 cans	1 piece cut 5 x 7	3 #10 cans
	Peas, frozen or Peas, canned	2 oz spoodle	10.5 lb 2.8 #10 cans	3 oz spoodle	15.75 lb 4.2 #10 cans
Friday	Baby Carrots, fresh, EP	1.3 oz	7.8 lb	2 oz	11.7 lb
	Apples, fresh, #125 – #138	½ apple	50 each	1 apple	100 each

## Fruit & Vegetable Order Guide

### Week 2, continued

<b>Alternate Entrée: Chef Salad with Spinach &amp; Bread Stick</b> Must be offered at least one day during the week to meet the HealthierUS School Challenge.		
<b>Fruit or Vegetable</b>	<b>K-12 Portion Size</b>	<b>Amount to Order per 10 Servings</b>
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**