
Healthier Kansas Menus



WEEK 3 – DAILY PRODUCTION RECORDS

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

Updated December 2010

Healthier Kansas Menus – WEEK 3 – 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:

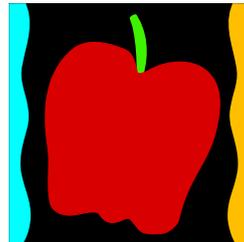
- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 234 Fort Scott
- 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	
Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Pudding	Sausage Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Banana	Taco Burger on a Bun Lettuce & Tomato Refried Beans Black Bean & Corn Salsa w/ Whole Grain Corn Tortilla Chips Sliced Pears Chocolate Chip Cookie	Italian Pasta Bake Green Pepper Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly Applesauce Royal Brownie	Chicken Pattie Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly Orange Wedges	Elementary	Secondary
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Calories 753	899
<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) 58	58
					Sodium (Mg) 1438	1609
					Fiber (G) 8.21	10.34
					Iron (Mg) 5.06	6.19
					Calcium (Mg) 531.5	555.0
					Vitamin A (IU) 2377	3078
					Vitamin C (Mg) 30.13	46.95
					Protein (G) 32.64	35.19
					Carbohydrate (G) 105.01	131.97
					Total Fat (G) 22.93	26.63
					Saturated Fat (G) 6.42	7.07



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Hot Ham & Cheese on a Bun	48	11
	Whole Wheat Bun	877	61
Tuesday	Tossed Salad with Romaine	74	38
	Whole Wheat Bread Stick: Garlic Variation	877	61
Wednesday	Taco Meat	76	23
	Whole Wheat Bun	877	61
	Black Bean & Corn Salsa	81	27
	Chocolate Chip Cookie	1079	43
Thursday	Italian Pasta Bake	67	13
	Whole Wheat Bread	107	53
	Royal Brownies	62	52
Friday	Whole Wheat Roll	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 3 – Monday

Menu Item	Purchasing & Preparation	Serving
Hot Ham & Cheese on a Bun	<ul style="list-style-type: none"> • Purchase ham containing no more than 11% fat or 4.5 gm per 1.8 oz serving. • Prepare HKM Recipe 48, Hot Ham & Cheese on Whole Wheat Bun. Batch cook as necessary. • Purchase a 1.5 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. 	K-12: 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. • CCP: Hold for hot service at 135 ° F or above. • Weigh out each portion size indicated and use as a sample. 	K-6: 1.5 oz EP (baked) 7-12: 3 oz EP (baked)
Broccoli Florets, Fresh	<ul style="list-style-type: none"> • Purchase fresh broccoli florets, ready to serve. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash broccoli. • Cover and refrigerate until serving. 	K-6 .6 oz EP 7-12: .9 oz EP
Grapes, Fresh	<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 smaller clusters. • Cover and refrigerate until serving. • Weigh out each portion size indicated and use as a sample. 	K-6: 1.5 oz EP 7-12: 2.3 oz EP
Chocolate Pudding	<ul style="list-style-type: none"> • Purchase canned pudding with no more than 6 gm fat per ½ cup serving or prepare pudding from a mix. • Wipe can tops before opening. • Refrigerate until serving. 	K-6: #12 scoop 7-12: #8 scoop
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

Continued on next page.

Purchasing, Preparation & Serving Instructions

Week 3 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
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 portions. • CCP: Refrigerate and serve at 41 °F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp
Catsup	<ul style="list-style-type: none"> • 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. 	K-6: 1 fluid oz or 2 Tbsp or 2 PC. 7-12: 1.5 fluid ozs or 3 Tbsp or 3 PC.

Pre-preparation for Week 3 – Tuesday: None. **Wednesday:** Thaw ground beef under refrigeration.

Notes

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 3 – 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 #	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			
Hot Ham & Cheese on a Bun (1.5oz)	48 877	1 each	2.0		1.66	1 each	2.0		1.66			
Potato Wedges		1.5 oz EP		.38		3 oz EP			.75			
Broccoli Florets, fresh		.6 oz EP		.25		.9 oz EP			.38			
Grapes, fresh		1.5 oz EP		.25		2.3 oz EP			.38			
Chocolate Pudding		#12 scoop				#8 scoop						
Milk		½ pint				½ pint						
Ranch Dressing, Reduced Fat		1 fl oz				1 fl oz						
Catsup		1 fl oz				1.5 fl oz						
Alternate Entree												
Fruit Choice												
Lunch Component Total			2.0	.88	1.66		2.0	1.51	1.66			

Purchasing, Preparation & Serving Instructions

Week 3 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Sausage Pizza	<ul style="list-style-type: none"> Purchase a pre-prepared sausage pizza that provides 2 oz M/MA, 2 G/B; no more than 16 gm of fat; and no more than 900 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
Tossed Salad with Romaine	<ul style="list-style-type: none"> Prepare HKM Recipe 74, Tossed Salad with Romaine. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	K-12: 1 oz
Garlic Bread Stick	<ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns: Garlic Bread Stick Variation. 	K-6: 1 each 7-12: 1 or 2 each
Marinara Sauce	<ul style="list-style-type: none"> Purchase marinara sauce containing less than 700 mg sodium per ½ cup serving. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	K-6: 2 fl oz spoodle 7-12: 3 fl oz spoodle
Banana	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Use gloved hands. Dip cut ends in lemon, orange or pineapple juice or antioxidant solution to preserve color. 	K-6: ½ banana 7-12: 1 banana
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 per 100 1 fl oz serving. CCP: Hold and serve school-prepared ranch dressing at 41 ° F or less. 	K-12: 1 fl oz or 2 Tbsp

Pre-preparation for Week 3 - Wednesday: Chill Pears. **Thursday:** Thaw ground beef under refrigeration.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 3 – 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			
Sausage Pizza, purchased		1 piece	2.0	.13	2.0	1 piece	2.0	.13	2.0			
Tossed Salad with Romaine	74	1 oz		.52		1 oz		.52				
Garlic Bread Stick (2 oz)	877	1 each			2.2	1 or 2 each			4.4			
Marinara Sauce		2 oz spoodle		.25		3 oz spoodle		.38				
Banana		½ each		.25		1 each		.50				
Milk		½ pint				½ pint						
Ranch Dressing, reduced fat		1 fl oz				1 fl oz						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.0	1.15	4.2		2.0	1.53	6.4			

Purchasing, Preparation & Serving Instructions Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Taco Burger on a Bun	<ul style="list-style-type: none"> • Prepare HKM Recipe 76, Taco Meat. • Purchase a 1.5 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. 	K-12: #16 scoop
Cheese, shredded	<ul style="list-style-type: none"> • Purchase 3 lb 2 oz for 100 .5 oz servings. 	K-12: .5 oz
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
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 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
Black Bean & Corn Salsa	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Prepare HKM Recipe 81, Black Bean & Corn Salsa. 	K-12: 2 oz spoodle
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 4 lb 11 oz for 100 servings. • May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. 	K-12: .75 oz
Sliced Pears, light syrup or juice	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase sliced pears packed in light syrup or juice. • Chill cans overnight. Wipe tops clean before opening. Cover and refrigerate until serving. • Serve with slotted utensil. Level utensil when serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K- 6: 2 oz spoodle 7-12: 3 oz spoodle

Purchasing, Preparation & Serving Instructions

Week 3 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Chocolate Chip Cookie	<ul style="list-style-type: none"> • Prepare HKM Recipe 1079, Chocolate Chip Cookies, Whole Wheat. 	K-12: 1 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 – Thursday: Chill Applesauce.

Notes

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 3 – 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			
Taco Burger on 1.5 oz Whole Wheat Bun	76 877	#16 scoop + 1 bun	1.5		1.66	#16 scoop + 1 bun	1.5		1.66			
Cheese, shredded		.5 oz	.5			.5 oz	.5					
Lettuce & Tomato Mix		.75 oz		.25		.75 oz		.25				
Refried Beans		#16 scoop		.25		#12 scoop		.33				
Black Bean & Corn Salsa	81	2 oz spoodle		.25		2 oz spoodle		.25				
Whole Grain Corn Tortilla Chips		.75 oz			.83	.75 oz			.83			
Sliced Pears		2 oz spoodle		.25		3 oz spoodle		.38				
Chocolate Chip Cookie	1079	1 each			.58	1 each			.58			
Milk		½ pint				½ pint						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.0	1.00	3.07		2.0	1.21	3.07			

Purchasing, Preparation & Serving Instructions

Week 3 - Thursday

Menu Item	Purchasing & Preparation	Serving
Italian Pasta Bake	<ul style="list-style-type: none"> Prepare HKM Recipe 67, Italian Pasta Bake. Purchase 80/20 raw ground beef; beef base with no more than 1200 mg sodium per cup prepared broth. 	K-12: 6 oz spoodle
Green Pepper Strips & Baby Carrots	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Use gloved hands. Green Peppers: Rinse, trim and cut peppers into sticks. Cover and refrigerate until serving. Weigh out each portion size indicated and use as a sample. 	K-6: Peppers: .8 oz 7-12: Peppers: 1.6 oz K-6: Carrots: 1.3 oz 7-12: Carrots: 2 oz
Whole Wheat Bread	<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 HKM Recipe 107, Whole Wheat Bread. 	K-12: 1 - 2 slices purchased; ½ - 1 slice HKM Recipe 107
Applesauce, sweetened	<ul style="list-style-type: none"> 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. 	K-6: 2 oz spoodle 7-12: 3 oz spoodle
Royal Brownie, no frosting	<ul style="list-style-type: none"> Prepare HKM Recipe 62, Royal Brownies or purchase a brownie mix (4.5 – 5 lb package) that is prepared with water (no oil or eggs) and provides no more than 5 gm of fat per 2 oz serving. May dust with powdered sugar before serving. 	<u>Royal Brownies:</u> K-12: 1 each <u>Brownie from Mix:</u> K-12: Cut into 2 oz portions
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 portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served. 	K-12: 1 fl oz or 2 Tbsp
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 ea or 1 Tbsp

Pre-preparation for Week 3 - Friday: Chill oranges.

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 3 – 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			
Italian Pasta Bake	67	6 oz spoodle	2.26	.36	.93	6 oz spoodle	2.26	.36	.93			
Green Pepper Strips		.8 oz EP		.13		1.6 oz EP		.25				
Baby Carrots		1.3 oz EP		.25		2 oz EP		.38				
Whole Wheat Bread	107	.9-2.0 oz			2.0	.9-2.0 oz			2.0			
Applesauce		2 oz spoodle		.25		3 oz spoodle		.38				
Royal Brownie	62	1 each			.5	1 each			.5			
Milk		1/2 pint				1/2 pint						
Ranch Dressing, Reduced Fat		1 fl oz				1 fl oz						
Jelly		1 each				1 each						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.26	.99	3.43		2.26	1.37	3.43			

Purchasing, Preparation & Serving Instructions Week 3 - Friday

Menu Item	Purchasing & Preparation	Serving
Chicken Pattie	<ul style="list-style-type: none"> • Purchase a Child Nutrition (CN) labeled, pre-cooked chicken patty that provides 2 oz M/MA, 1 G/B; no more than 16 gm of fat; and no more than 700 mg sodium per serving. • Prepare according to manufacturer's instructions. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
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 ½ 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
Orange Wedges or Smiles, #113	<ul style="list-style-type: none"> • Purchase oranges, size #113. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • 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: ½ orange 7-12: 1 orange
Wheat Roll, 51%	<ul style="list-style-type: none"> • Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. 	K-6: 1 each 7-12: 1 or 2 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

Purchasing, Preparation & Serving Instructions

Week 3 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Gravy	<ul style="list-style-type: none"> • Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 fl oz
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 4 - Monday: None.

Notes

Healthier Kansas Menus – DAILY PRODUCTION RECORDS

WEEK 3 – 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 Pattie		1 each	2.0		1.0	1 each	2.0		1.0			
Mashed Potatoes		#12 scoop		.33		#8 scoop			.50			
Green Beans		2 oz spoodle		.25		3 oz spoodle			.38			
Orange Wedges, Fresh		1/2 orange		.30		1 orange			.60			
Wheat Roll	877	1 each			2.2	1-2 each			4.4			
Milk		1/2 pint				1/2 pint						
Gravy		1 fl oz				1 fl oz						
Jelly		1 each				1 each						
Alternate Entrée												
Fruit Choice												
Lunch Component Total			2.0	.88	3.2		2.0	1.48	5.4			
Week 3 Lunch Components			10.26	4.90	15.56		10.26	7.1	19.96			

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 3 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 Florets, fresh EP or	.6 oz EP	3.5 lb	.9 oz EP	5.31 lb
	Broccoli, Spears, fresh EP or		5.9 lb		8.8 lb
	Broccoli Spears, fresh untrimmed, AP		10.3 lb		15.4 lb
	Grapes, fresh, AP	1.5 oz	9.6 lb	2.3 oz	14.4 lb
Tuesday	Tossed Salad with Romaine:	1 oz		1 oz	
	Salad Mix, EP		3.75 lb		3.75 lb
	Romaine Lettuce, AP		3.5 lb		3.5 lb
	Marinara Sauce, canned	2 oz spoodle	2.1 #10 cans	3 oz spoodle	3.15 #10 cans
	Banana, fresh, AP	½ each	50 each	1 each	100 each

Fruit & Vegetable Order Guide

Week 3, 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	Tomato Paste, canned (Taco Meat)	#16 scoop	.25 #10 cans	#16 scoop	.25 #10 cans
	Lettuce/Tomato Mix:	.75 oz		.75 oz	
	Lettuce, shredded, EP		3.5 lb (4.69 lb AP)		3.5 lb (4.69 lb AP)
	Tomato, fresh, AP		1.25 lb		1.25 lb
	Refried Beans, canned or	#16 scoop	2.1 #10 cans	#12 scoop	2.8 # 10 cans
	Refried Beans, dried		4.94 lb		6.5 lb
	Black Bean & Corn Salsa:	2 oz spoodle		2 oz spoodle	
	Black Beans, canned		1.33 #10 cans		1.33 #10 cans
	Corn, frozen		3.75 lb		3.75 lb
	Green Pepper, fresh, AP		15 oz		15 oz
	Red Sweet Pepper, fresh, AP		15 oz		15 oz
	Red Onion, fresh, AP		5 oz		5 oz
Pears, sliced, canned	2 oz spoodle	3.4 #10 cans	3 oz spoodle	5.1 #10 cans	
Thursday	Italian Pasta Bake	6 oz spoodle		6 oz spoodle	
	Tomato Paste		½ #10 can		½ #10 can
	Tomatoes, canned		1 #10 can		1 #10 can
	Green Pepper, fresh, AP	.8 oz	5.2 lb	1.6 oz	10.3 lb
	Baby Carrots, fresh, EP	1.3 oz	7.8 lb	2 oz	11.7 lb
	Applesauce, canned, sweetened	2 oz spoodle	2.2 #10 cans	3 oz spoodle	3.3 #10 cans
	Applesauce, canned, sweetened (Brownie)	1 each, cut 10 x 10	.37 #10 cans	1 each, cut 10 x 10	.37 #10 cans
	Pears, sliced, canned in juice or light syrup, drained	2 oz spoodle	3.4 #10 cans	3 oz spoodle	5.1 #10 cans

Fruit & Vegetable Order Guide

Week 3, 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
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

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