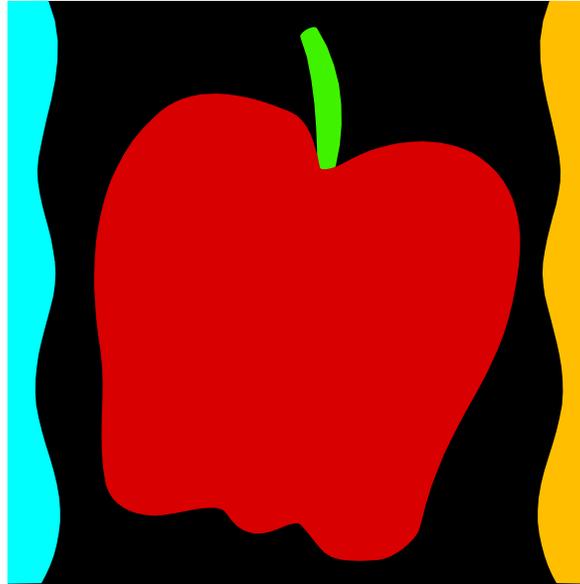


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# **Healthier Kansas Menus**



## **WEEK 4 – DAILY PRODUCTION RECORDS**

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

Updated December 2010

# Healthier Kansas Menus – WEEK 4 – 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:

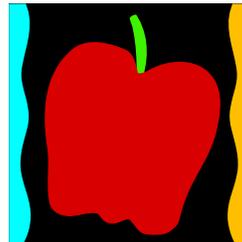
- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 234 Fort Scott
- 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	
Beef & Bean Burrito Lettuce & Tomato Mexican Corn Salsa & Whole Grain Corn Tortilla Chips Honey Apple Crisp  Fruit Choice Milk Choice  <u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich	Stromboli Green Beans Fresh Carrots Strawberry Shortcake  Fruit Choice Milk Choice  <u>Alternate Entrée:</u> Turkey & Cheese Sub	BBQ Beef on a Bun Cheesy Potatoes Baked Beans Orange Smiles Oatmeal Cookie  Fruit Choice Milk Choice  <u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	Turkey & Cheese Sub Romaine Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks  Fruit Choice Milk Choice  <u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun	Country Style Beef Pattie Mashed Potatoes & Gravy California Blend Vegetables Wheat Roll & Jelly Banana  Fruit Choice Milk Choice  <u>Alternate Entrée:</u> Yogurt & Muffin Plate	<b>Elementary</b> Calories 764 Cholesterol (Mg) 53 Sodium (Mg) 1482 Fiber (G) 8.23 Iron (Mg) 4.90 Calcium (Mg) 496.6 Vitamin A (IU) 2496 Vitamin C (Mg) 28.33 Protein (G) 30.84 Carbohydrate (G) 113.30 Total Fat (G) 22.22 Saturated Fat (G) 7.23	<b>Secondary</b> 855 54 1637 10.47 5.65 514.0 3161 38.93 33.03 131.73 23.72 7.58



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Tomato Salsa	129	37
	Honey Apple Crisp	39	45
Tuesday	Stromboli Squares	181	21
Wednesday	BBQ Beef on a Bun	135	1
	Whole Wheat Bun	877	61
	Cheesy Potatoes	176	176
	Baked Beans	188	39
	Oatmeal Cookie	37	47
Thursday	Turkey & Cheese Sub	144	25
	Whole Wheat Bun	877	61
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 4 – Monday

Menu Item	Purchasing & Preparation	Serving
Beef & Bean Burrito	<ul style="list-style-type: none"> <li>Purchase a Child Nutrition (CN) labeled, pre-cooked product that provides 2 oz M/MA and 2 units G/B; no more than 18 gm of fat; and no more than 700 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> </ul>	K-12: 1 each
Lettuce & Tomato Mix	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for ingredient amounts needed.</li> <li>Handle produce with gloved hands. Mix lettuce and tomato together. May be pre-portioned.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: .75 oz
Mexican Corn	<ul style="list-style-type: none"> <li>Purchase frozen or canned Mexican corn or plain corn. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>If using plain corn, clean, seed and dice one fresh green pepper and one fresh red pepper for each 20 lb. frozen corn or 5 #10 cans used. Add to corn just before end point of cooking.</li> <li>Wipe tops of cans clean before opening. Batch cook close to serving time by steaming or by cooking in stock pot with minimal liquid.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-6: 2 fl oz spoodle 7-12: 3 fl oz spoodle
Whole Grain Corn Tortilla Chips	<ul style="list-style-type: none"> <li>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.</li> <li>May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-12: .75 oz
Picante Sauce or Salsa	<ul style="list-style-type: none"> <li>Purchase salsa that is as low in sodium as possible or prepare following HKM Recipe 129, Tomato Salsa. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> </ul>	K-12: 1 fl oz spoodle
Honey Apple Crisp	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 39, Honey Apple Crisp.</li> </ul>	K-12: 1 piece cut 6 x 8
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

**Pre-preparation for Week 4 – Tuesday:** Slice turkey ham if not pre-sliced. Bake cake for Strawberry Shortcake. Thaw strawberries.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 4 – 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 #	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			
Beef & Bean Burrito		1 each	2.0		2.0	1 each	2.0		2.0			
Lettuce & Tomato Mix		.75 oz		.25		.75 oz		.25				
Mexican Corn		2 oz spoodle		.25		3 oz spoodle		.38				
Whole Grain Corn Tortilla Chips		.75 oz			.83	.75 oz			.83			
Salsa		1 oz spoodle		.13		1 oz spoodle		.13				
Honey Apple Crisp	39	1 each		.25	.81	1 each		.25	.81			
Milk		½ pint				½ pint						
Alternate Entrée												
Fruit Choice												
<b>Lunch Component Total</b>			<b>2.0</b>	<b>.88</b>	<b>3.64</b>		<b>2.0</b>	<b>1.01</b>	<b>3.64</b>			

## Purchasing, Preparation & Serving Instructions

### Week 4 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Stromboli Squares	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 181, Stromboli Squares.</li> </ul>	K-12: 1 each
Green Beans, canned	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Wipe can tops 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 fl oz spoodle 7-12: 3 fl oz spoodle
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. Cover and refrigerate until serving.</li> <li>Weigh or count number needed per portion.</li> </ul>	K-6: 1.3 oz 7-12: 2 oz
Strawberry Shortcake	<ul style="list-style-type: none"> <li>Purchase white cake mix (4.5 – 5 lb packages) prepared with water (no oil or eggs) and that provides no more than 5 gm of fat per 1.75 oz serving.</li> <li>Purchase frozen, sweetened strawberries. Thaw. Top cake with strawberries as students are served or if pre-portioning, do so near the time of service.</li> <li>Purchase ready-to- whip or frozen whipped topping. Using pastry tube or 2 spoons, garnish each portion with 1 tbsp whipped topping.</li> </ul>	K-12: 1.75 oz portion cake K-12: 2 oz fl oz spoodle strawberries K-12 (optional): 1 Tbsp whipped topping.
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 portion.</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 4 - Wednesday:** Chill oranges.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 4 – 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			
Stromboli Squares	181	1 each	2.0		2.8	1 each	2.0		2.8			
Green Beans		2 oz spoodle		.25		3 oz spoodle			.38			
Carrots, Fresh		1.3 oz		.25		2 oz			.38			
<i>Strawberry Shortcake:</i> White Cake		1.75 oz			.65	1.75 oz			.65			
Sliced Strawberries, thawed		2 oz spoodle		.25		2 oz spoodle			.25			
Whipped Topping (optional)		1 Tbsp				1 Tbsp						
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>2.0</b>	<b>.75</b>	<b>3.45</b>		<b>2.0</b>	<b>1.01</b>	<b>3.45</b>			

## Purchasing, Preparation & Serving Instructions Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving
BBQ Beef on a Bun	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 135, BBQ Beef on a Bun.</li> <li>Purchase BBQ sauce with no more than 500 mg sodium per fl oz.</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: #8 scoop  K-12: 1 bun
Cheesy Potatoes	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 176, Cheesy Potatoes. Purchase light sour cream (no more than 3 gm fat per oz)</li> </ul>	K-12: #8 scoop
Baked Beans	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 188, Baked Beans or purchase baked beans, vegetarian.</li> </ul>	K-6: #16 scoop 7-12: #8 scoop
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. 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.</li> </ul>	K-6: 1/2 orange 7-12: 1 orange
Oatmeal Cookie	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 37, Oatmeal Cookies.</li> </ul>	K-12: 1 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

**Pre-preparation for Week 4 – Thursday:** Slice turkey, if needed. Chill peaches.

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 4 – 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			
BBQ Beef on a Bun (1.5 oz bun)	135 877	#8 scoop + 1 bun	2		1.66	#8 scoop + 1 bun	2		1.66			
Cheesy Potatoes	176	#8 scoop	.4	.25		#8 scoop	.4	.25				
Baked Beans	188	#16 scoop		.25		#8 scoop		.50				
Orange Smiles		½ orange		.30		1 orange		.60				
Oatmeal Cookie	37	1 each			.71	1 each			.71			
Milk		1/2 pint				1/2 pint						
Alternate Entrée												
Fruit Choice												
<b>Lunch Component Total</b>			<b>2.4</b>	<b>.80</b>	<b>2.37</b>		<b>2.4</b>	<b>1.35</b>	<b>2.37</b>			

## Purchasing, Preparation & Serving Instructions

### Week 4 - Thursday

Menu Item	Purchasing & Preparation	Serving
Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 700 mg of sodium per 2 oz serving.</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
Romaine Lettuce & Tomato	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>• Handle produce using gloved hands. May estimate serving size of romaine 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: .5 oz EP romaine lettuce + 1 tomato slice
Oven Fries, straight cut	<ul style="list-style-type: none"> <li>• Purchase frozen, straight cut, ovenable, unseasoned French fries. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Follow manufacturer’s directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings.</li> <li>• Weigh out each portion size indicated and use as a sample.</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
Sliced Peaches, light syrup	<ul style="list-style-type: none"> <li>• Purchase sliced peaches packed in light syrup. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. 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. Level utensil when serving.</li> </ul>	K-6: 2 fl oz spoodle 7-12: 3 fl oz spoodle
Graham Snacks	<ul style="list-style-type: none"> <li>• Purchase individual bags of American-made graham-type snacks or animal crackers (weighing at least .9 oz) or purchase bulk graham crackers.</li> </ul>	K-12: .9 oz

## Purchasing, Preparation & Serving Instructions

### Week 4 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
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
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>• Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings.</li> </ul>	K-12: 1 fl oz or 2 Tbsp
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 gallons for every 100 1 fl oz servings.</li> </ul>	K-6: Limit to 1 fl oz <i>or 2 Tbsp or 2 PC</i> 7-12: Limit to 1.5 fl oz <i>or 3 Tbsp or 3 PC</i>

**Pre-preparation for Week 4 - Friday:** None

## **Notes**

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 4 – 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			
Turkey & Cheese Sub	144	1 each	2.0		1.66	1 each	2.0		1.66			
Romaine Lettuce & Tomato		.5 oz romaine 1 slice tomato		.38		.5 oz romaine 1 slice tomato		.38				
Oven Fries, Straight Cut		2.2 oz		.50		3.3 oz		.75				
Peaches, sliced, canned		2 oz spoodle		.25		3 oz spoodle		.38				
Graham Snacks		.9 oz			1	.9 oz			1			
Milk		½ pint				½ pint						
Salad Dressing: mayo type, reduced-fat		1 fl oz				1 fl oz						
Catsup		1 fl oz				1.5 fl oz						
Alternate Entrée												
Fruit Choice												
<b>Lunch Component Total</b>			<b>2.0</b>	<b>1.13</b>	<b>2.66</b>		<b>2.0</b>	<b>1.51</b>	<b>2.66</b>			

## Purchasing, Preparation & Serving Instructions Week 4 - Friday

Menu Item	Purchasing & Preparation	Serving
Country Style Beef Pattie	<ul style="list-style-type: none"> <li>• Purchase a Child Nutrition (CN) labeled, pre-cooked, breaded beef pattie that provides at least 2 oz M/MA and 1 unit of G/B; no more than 18 gm of fat; and no more than 800 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> </ul>	K-12: 1 each
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Purchase dehydrated mashed potatoes. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• 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.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-6: #12 scoop 7-12: #8 scoop
California Blend Vegetables	<ul style="list-style-type: none"> <li>• Purchase a California Blend Vegetable that contains at least ¼ cup broccoli and carrots per 3 oz serving. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Batch cook close to serving time by steaming or by cooking in stock pot with minimal liquid.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 3 fl oz spoodle
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 or 2 each
Banana	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Use gloved hands. Dip cut ends in lemon, orange or pineapple juice or antioxidant solution to preserve color.</li> </ul>	K-6: 1/2 banana 7-12: 1 banana
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

Continued on next page

## Purchasing, Preparation & Serving Instructions

### Week 4 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Gravy (optional)	<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
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 PC each or 1 Tbsp

**Pre-preparation for Week 1 - Monday:** Defrost hot dogs under refrigeration. Chill apples.

## **Notes**

## Healthier Kansas Menus – DAILY PRODUCTION RECORDS

**WEEK 4 – 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			
Country Style Beef Pattie		1 each	2.0		1.0	1 each	2.0		1.0			
Mashed Potatoes		#12 scoop		.33		#8 scoop			.50			
California Blend Vegetables		3 oz spoodle		.38		3 oz spoodle			.38			
Wheat Roll (2 oz)	877	1 each (2oz)			2.2	1-2 each			4.4			
Banana		½ each		.25		1 each			.50			
Milk		1/2 pint				1/2 pint						
Gravy		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>.96</b>	<b>3.2</b>		<b>2.0</b>	<b>1.38</b>	<b>5.4</b>			
<b>Week 4 Lunch Components</b>			<b>10.4</b>	<b>4.52</b>	<b>15.32</b>		<b>10.4</b>	<b>6.26</b>	<b>17.52</b>			

## Fruit & Vegetable Order Guide Week 4

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 4 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/Tomato Mix:	.75 oz		.75 oz	
	Lettuce, shredded, EP		3.5 lb (4.69 lb AP)		3.5 lb (4.49 lb AP)
	Tomato, fresh, AP		1.25 lb		1.25 lb
	Mexican Corn, frozen or	2 oz spoodle	9.13 lb	3 oz spoodle	13.75 lb
	Mexican Corn, canned		2.6 #10 cans		3.9 #10 cans
	If using plain corn purchase: Corn, frozen		9.1 lb		13.65 lb
	Green Pepper, fresh		½ medium pepper		¾ medium pepper
	Red Pepper, fresh		½ medium pepper		¾ medium pepper
	Picante Sauce or	1 fl oz	.8 gallons (100 fl oz)	1 fl oz	.8 gallons (100 fl oz)
	Tomato, crushed, salsa-ready, canned (salsa)		1 #10 can		1 #10 can
Jalapeno Peppers, canned (salsa)		2 oz		2 oz	
Apples, canned in water (Apple Crisp)	1 each cut 6 x 8	2.1 #10 cans	1 each cut 6 x 8	2.1 #10 cans	

## Fruit & Vegetable Order Guide

### Week 4, 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
Tuesday	Green Beans, canned, drained	2 oz spoodle	2.3 #10 cans	3 oz spoodle	3.5 #10 cans
	Carrots, fresh, Baby EP	1.3 oz	7.8 lb	2 oz	11.7 lb
	Strawberries, frozen, sweetened	2 oz spoodle	14.1 lb	2 oz spoodle	14.1 lb
Wednesday	Hash Browns, frozen (Cheesy Potatoes)	#8 scoop	12.5 lb	#8 scoop	12.5 lb
	Beans, baked, vegetarian, canned	2 oz spoodle	2 #10 cans	4 oz spoodle	4 #10 cans
	Oranges, fresh, whole, #113	½ orange	50 each	1 orange	100 each
Thursday	Lettuce, Romaine	.5 oz EP	3.2 lb AP	.5 oz EP	3.2 lb AP
	Tomato, large, fresh, AP	¼" slice	5.81 lb	¼" slice	5.81 lb
	French Fries, frozen, straight cut, ovenable, unseasoned.	2.2 oz	14.4 lb	3.3 oz	21.6 lb
	Peaches, cling, canned, sliced, light syrup or juice, drained	2 oz spoodle	2.8 #10 cans	3 oz spoodle	4.2 #10 cans
Friday	Mashed Potatoes, dehydrated	#12 scoop	½ #10 can or 2.69 lb	#8 scoop	¾ #10 can or 4 lb
	California Blend Vegetables (carrots, broccoli, cauliflower), frozen	3 oz spoodle	14.25 lb	3 oz spoodle	14.25 lb
	Banana, fresh, AP	½ each	50 each	1 each	100 each

## Fruit & Vegetable Order Guide

### Week 4, 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**