

---

# **At-Risk Afterschool Meals Cycle Menu**



## **INTRODUCTION**

---

Child Nutrition & Wellness, Kansas State  
Department of Education

*Released Summer 2018*



This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

---

**For further information about this publication, please contact:** Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, [www.kn-eat.org](http://www.kn-eat.org).

---

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

---

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

# Acknowledgements

We gratefully recognize the contributions of the following At-Risk Afterschool Meals program professionals and students whose assistance was essential in developing *At-Risk Afterschool Meals Menu Cycle*.

## *Staff and Students Who Tested Menus*

- Cherry Street Youth Center - Chanute, Kansas
- Boys and Girls Club of Topeka - Topeka, Kansas

# Introduction

## *Healthy Menus that Students will Love*

*At-Risk Afterschool Meals Cycle Menus* provide a variety of familiar and nutritious foods that students will love along with just enough new and unusual menu items to keep it interesting. Students are introduced to good-tasting, healthy foods. Menus were well accepted by students in a variety of age grades.

*Healthier Kansas Menus with Alternate Entrées* meet all Healthy Hunger Free Kids Act (HHFKA) menu planning requirements when the menus, recipes, food specifications, production records, and serving practices are followed. The menu cycles have been redesigned to include two different entrée choices each day. Main entrée and alternate entrée options are offered each day to provide a variety of choice for students. The nutrient analysis reflects all menu items that are available to students. Students should be encouraged to choose and try *all* of the planned menu items.

## *Planning Tools that Food Service will Love*

Whether the food service director/manager is new to the job or a seasoned veteran in menu planning, the *At-Risk Afterschool Meals Menu Cycles* can be a time saving tool. The resources included are:

- 2-Week Cold Cycle Menu
- 2-Week Hot Cycle Menu
- 4-Week Snack Cycle Menu
- Recipes with menu planning component information and HACCP instructions
- Daily Production Records for each cycle menu
- Weekly shopping list including all ingredients from each cycle menu

# **Tips for Using At-Risk Afterschool Meals Cycle Menu**

## *Follow the Menus, but Adapt as Needed*

Keep it simple by following menus as planned, but feel free to make changes based on the preferences of students in your school and/or availability of items in your region of the state. Substitutions of an item in the cycle menu might be made for a local or fruit/vegetable in season, a more affordable and available option, or one that is a student favorite!

Note that changes in menu items, recipes or portion sizes require corresponding changes in the Calendar Menu, Production Records and Weekly Shopping List. When changes are made in the menus, recipes or serving sizes, the component information must be re-calculated. When pre-prepared products are included, they should meet the standards indicated in the recipes. Always be sure to re-calculate the production record component information to ensure that the daily and weekly components requirements are met.

## *Use the Resources*

### **2 or 4 Week Menu Calendars**

Download the calendar. Make changes if needed. Add the site name, month, dates and any other site-specific information before printing.

### **Recipe Book**

Recipes identify HACCP processes, component contributions, serving size(s) and instructions.

### **Production Records**

Daily Production Records are designed to be printed and placed in three-ring binders for use at each serving site.

Menu item substitutions or additions must be noted on the production record. The kitchen manager must complete the number of meals served, the amount of each food item prepared and the amount leftover. Printed copies of completed Production Records are required daily.

Tab – “Recipes”

# Healthier Kansas Menus – RECIPES

## At-Risk Afterschool Meals

---

<b>Main Dish</b>	<b>Recipe Number</b>
Baked Beef and Sausage Penne	300
BBQ Pulled Pork Sandwich	301
Bean Taco Salad	302
Beef & Broccoli with Rice	303
Blueberry Oat Muffin	28
Buffalo Chicken Sandwich	305
Cheese & Ham Cracker Stacks	306
Chicken Caesar Sub Sandwich	307
Chicken Santa Fe Wrap	308
Cilantro Pork Salad Wrap	309
Fruit and Yogurt Parfait	310
Grilled Cheese Sandwich	311
Hamburger	312
Hawaiian Chicken Wrap	313
Mandarin Chicken Rice Bowl	314
Mexican Seasoning Mix	79
Peanut Butter & Jelly Sandwich	315
Seasoned Brown Rice	142

<b>Main Dish</b>	<b>Recipe Number</b>
Sliced Turkey Cobb Salad	316
Sloppy Joe on Bun	123
Sweet & Sassy Chicken	317
Taco Salad Beans	318
Tuna Salad Sandwich	320
<b>Vegetable</b>	<b>Recipe Number</b>
Creamy Cole Slaw	20
Fiesta Corn	321
Garden Salad	164
Glazed Carrots	322
Roasted Cauliflower	323
Summer Fruit Salad	119

# Baked Beef Sausage Penne

**Main Dish**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 300**  
 Modified by KSDE from the Lunch Box

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, 80/20	1 lb 7 oz		2 lb 14 oz		1. Brown ground beef and Italian sausage. Chop into ¼ to ½-inch pieces as it browns. Drain. <b>Heat to 165°F or above for at least 15 seconds.</b> 2. Add spaghetti sauce. <b>Hold for hot service at 135°F or higher.</b> 3. Chop red peppers. Add garlic, salt and peppers to meat mixture. 4. Bring water to boil. Add dry noodles to water and bring back to a boil. Cook noodles for approximately 6 minutes, or until they are just under done. Pasta will finish cooking when baked in the oven. 5. In a large bowl, mix pasta, meat and sauce mixture, parmesan cheese, and first mozzarella ingredient. 6. Place in pan(s) and cover with foil. Heat in 350°F oven for approximately 25 minutes or until it reaches 165°F. 7. Remove foil and add remaining cheese. 8. Cook in oven for another 10 minutes uncovered. <b>Hold for hot service at 135°F or higher.</b>
Sausage, Italian, fresh or frozen (no more than 35% fat)	1 lb 11 oz		3 lb 6 oz		
Spaghetti sauce, canned		2 ⅞ cups		4 ¼ cups	
Pepper, bell, red	15 oz		1 lb 14 oz		
Garlic, powder		¼ tsp		½ tsp	
Salt		1 tsp		2 tsp	
Penne noodle, whole grain, dry	1 lb 1 ½ oz		2 lb 3 oz		
Cheese, parmesan	2 oz		4 oz		
Cheese, mozzarella, shredded	7 ½ oz		15 oz		
Cheese, mozzarella, shredded	8 oz		1 lb		

Continue on next page...



# Baked Beef Sausage Penne

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> 2.0 oz M/MA, ⅛ cup Vegetable, 0.5 oz eq Grains	<b>Notes:</b>
------------------------------	--	---------------

## Nutrients Per Serving

Calories	317	Vitamin A	642 IU	Iron	1.77 mg
Protein	17.3 gm	Vitamin C	23.9 mg	Calcium	36.1 mg
Carbohydrate	19.2 gm	Fiber	1.34 gm	Cholesterol	60.4 mg
Fat	18.6 gm	% Fat	52.95%	Sodium	580.9 mg
Saturated Fat	8.3 gm	% Saturated Fat	23.67%		

# BBQ Pulled Pork Sandwich

Main Dish  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 301

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Pulled pork, precooked, frozen, CN labeled to provide 2 oz eq M/MA per 4 oz serving.	6 lb 4 oz		12 lb 8 oz		<ol style="list-style-type: none"> <li>1. Thaw pork under refrigeration.</li> <li>2. Conventional oven: preheat oven to 350°F.</li> <li>3. Remove pork from package and place in large baking pan. Cover pan with foil and heat for 40-50 minutes or until heated through, stirring occasionally.</li> <li>4. Assemble sandwich: Portion 4 oz of heated (or amount needed to meet 2 oz eq M/MA) onto bun for service.</li> </ol> <p><b>Heat to 135°F or higher for 15 seconds.</b></p> <p><b>Hold for hot service at 135°F or higher.</b></p> <p><b>Barbecue Sauce:</b> If purchasing an un-sauced product, or if more sauce is desired - Combine all ingredients in bowl, mix well, and store in refrigerator. Serve 2 Tbsp (1oz) per sandwich.</p>
	(or amount to provide 2 oz eq M/MA)				
	* If CN labeled product is not available, see optional note below.				
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	
<b>Barbecue Sauce:</b>					
Catsup		3 cups		1 qt 2 cups	
Sugar, brown, packed		1 ½ cups		3 cups	
Mustard, yellow prepared		¾ cup		1 ½ cups	
Liquid smoke		1 fl oz		2 fl oz	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz equivalent M/MA, 1 oz eq Grains	<b>Notes:</b> *Optional: 2 lb + 6 oz shredded, pre-cooked pork or 4 lb raw Pork Shoulder, Boston Butt, fresh or frozen, without bone, ¼-inch trim may be substituted for each 25 servings.
<b>Nutrients Per Serving</b>		
Calories 328	Vitamin A 26.8 IU	Iron 1.6 mg
Protein 18.5 gm	Vitamin C 2.33 mg	Calcium 19.7 mg
Carbohydrate 32.8 gm	Fiber 1.2 gm	Cholesterol 71.1 mg
Fat 14.4 gm	% Fat 39.42%	Sodium 521.9 mg
Saturated Fat 5.4 gm	% Saturated Fat 14.87%	

# Bean Taco Salad

**Main Dish**

**Healthier Kansas Recipe 302**

**HACCP: #1 No Cook**

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Taco salad beans, HKM Recipe 318		1 qt 2 ¼ cups		3 qt ½ cup	1. Prepare taco beans according to HKM recipe 318. 2. Wash and chop romaine lettuce and tomatoes. 3. Assemble salad: 1 cup chopped romaine lettuce, ¼ cup taco beans, ⅛ cup diced tomatoes, and ¼ cup shredded cheese.  <b>Hold for cold service at 41° F or lower.</b>
Lettuce, romaine, fresh, untrimmed, AP	3 lb 4 oz		6 lb 8 oz		
Tomatoes, large, AP	1 lb 10 oz		3 lb 5 oz		
Cheese, cheddar, shredded	13 oz		3 lb 2 oz		
Tortilla chips, whole grain-rich	1 lb 9 oz		3 lb 2 oz		

<b>Serving Size</b> 1 salad	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
--------------------------------	--	---------------

## Nutrients Per Serving

Calories	365	Vitamin A	6102 IU	Iron	2.6 mg
Protein	15.1 gm	Vitamin C	9.8 mg	Calcium	291.0 mg
Carbohydrate	38.3 gm	Fiber	6.8 gm	Cholesterol	28.1 mg
Fat	17.6 gm	% Fat	43.41%	Sodium	458.6 mg
Saturated Fat	8.6 gm	% Saturated Fat	21.10%		

# Beef and Broccoli with Rice

**Main Dish**

**Healthier Kansas Recipe 303**

**HACCP: #2 Same Day Service**

Modified by KSDE from the School Nutrition Magazine

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, chuck roast, fresh or frozen	5 lb 2 oz		10 lb 4 oz		<ol style="list-style-type: none"> <li>1. Trim the meat and slice into ½-inch pieces. Mince garlic and ginger. Toss the meat with garlic, ginger, 1st soy sauce and vinegar listed ingredients in large bowl and let marinate in refrigerator for at least 30 minutes.</li> <li>2. Heat oil in skillet. Add the marinated meat slices and sear, letting crust form on the meat.</li> <li>3. Combine the water with remaining soy sauce and vinegar, the Garam masala or curry powder and the brown sugar in a bowl. Whisk together. Add sauce mixture to seared meat. Cover and simmer for 60 minutes or until meat is tender.</li> <li>4. Mix cornstarch with water and add to meat to thicken the sauce. Simmer for at least five minutes before combining. <b>Heat to 145°F or higher for 15 seconds.</b></li> <li>5. Prepare the brown rice according to package instructions. <b>Hold at 135°F or higher.</b></li> <li>6. Cut broccoli into bite-sized florets. Steam the broccoli until tender, about 5-7 minutes. Add to meat and sauce mixture.</li> <li>7. Combine all ingredients for service. <b>Hold at 135°F or higher.</b></li> <li>8. Serve as heaping 8 oz spoodle.</li> </ol>
Garlic, minced		½ cup		1 cup	
Ginger, minced		½ cup		1 cup	
Soy sauce, low sodium		¾ cup		1 ½ cups	
Vinegar, cider		½ cup		1 cup	
Oil, olive		1 ⅛ cups		2 ⅓ cups	
<b>Soy meat sauce</b>					
Water		½ gallon		1 gallon	
Soy sauce, low sodium		1 cup		2 cups	
Vinegar, cider		¾ cup		1 ½ cups	
Garam masala or Curry powder		1 tsp		2 tsp	
Sugar, brown		¾ cup		1 ½ cups	
Cornstarch		½ cup + 2 Tbsp		1 ¼ cups	
Water		⅛ cup		¼ cup	
Rice, brown, long-grain, dry	1 lb 9 oz		3 lb 2 oz		
Broccoli, raw AP	5 lb 2 oz		10 lb 4 oz		
Onion, green *optional		1 cup		2 cups	

<b>Serving Size</b>	<b>Crediting Information</b>	<b>Notes:</b>
¾ cup Meat & Broccoli; ½ cup rice	2 oz M/MA, ½ cup Vegetable, 1 oz eq Grains	

## Nutrients Per Serving

Calories	455	Vitamin A	631.5 IU	Iron	3.4 mg
Protein	24.4 gm	Vitamin C	84.6 mg	Calcium	85.4 mg
Carbohydrate	41.7 gm	Fiber	3.73 gm	Cholesterol	64.1 mg
Fat	22.0 gm	% Fat	43.51%	Sodium	600 mg
Saturated Fat	6.3 gm	% Saturated F	12.44%		

# Blueberry Oat Muffin, Whole Grain

Grains

Healthier Kansas Recipe 28

HACCP: Non-Hazardous/Other

(USD 349 Stafford, modified)

Ingredients	28 Servings		57 Servings		Directions
	Weight	Measure	Weight	Measure	
Applesauce, canned, unsweetened		2 ¼ cups		4 ½ cups	<ol style="list-style-type: none"> <li>1. Beat applesauce, eggs, oil, and sugar until smooth.</li> <li>2. Combine oats, baking powder, baking soda, cinnamon, and flour. Add to applesauce mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened.</li> <li>3. Add blueberries and mix on low speed (10-15 seconds) or by hand to incorporate into the batter.</li> <li>4. Portion #20 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner.</li> <li>5. Bake until lightly browned. Conventional oven: 375°F for 16-20 minutes Convection oven: 350°F for 12-16 minutes</li> </ol>
Egg, whole, raw, large		3 each		5 each	
Oil, soybean, salad or cooking	3 oz	¾ cup	6 oz	¾ cup	
Milk, Lowfat, fluid, 1%	4 ½ oz	½ cup + 1 Tbsp	9 oz	1 ⅛ cups	
Sugar, granulated	5 ¼ oz	1 ¼ cups	10 ½ oz	1 ½ cups	
Oats, rolled, dry	9 ¼ oz		1 lb 2 ½ oz		
Baking Powder	1 oz		2 oz		
Baking Soda	¼ oz		½ oz		
Cinnamon, ground		2 ¼ tsp		1 ½ Tbsp	
Flour, whole wheat	9 oz		1 lb 2 oz		
Blueberries, frozen, unsweetened	10 oz		1 lb 4 oz		

<b>Serving Size</b> 1 muffin	<b>Crediting Information</b> 1 oz eq Grains + 0.125 cup fruit	<b>Notes:</b>
---------------------------------	--	---------------

## Nutrients Per Serving

Calories	134	Vitamin A	35.0 IU	Iron	1.0 mg
Protein	3.4 gm	Vitamin C	0.5 mg	Calcium	77.0 mg
Carbohydrate	21.4 gm	Fiber	2.6 gm	Cholesterol	14.8 mg
Fat	4.2 gm	% Fat	28.12%	Sodium	180.9 mg
Saturated Fat	0.7 gm	% Saturated Fat	4.79%		

# Buffalo Chicken Sandwich

Main Dish

Healthier Kansas Recipe 305

HACCP: #2 Same Day Service

Modified by KSDE from Charles County Public Schools, Maryland

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	2 lb 6 oz		4 lb 11 oz		<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration.</li> <li>2. Make buffalo sauce. Combine the BBQ sauce, hot sauce, ranch, vinegar, Worcestershire sauce, and garlic powder in sauce pot. Bring to a simmer while stirring with a whisk.</li> <li>3. As soon as liquid begins to bubble on the sides of the pot. Pour sauce into pan with chicken and cover with foil.</li> <li>4. Bake covered in conventional oven at 350°F for until chicken reaches temperature. <b>Heat to 165°F or above for at least 15 seconds.</b></li> <li>5. Assemble sandwich: Portion 1.5 oz of chicken and one cheese slice onto bun for service.</li> </ol>
Cheese, slice, American	12 ½ oz	25 - ½ oz slices	1 lb 9 oz	50 - ½ oz slices	
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	
Buffalo Sauce:					
BBQ sauce		1 cup		2 cups	
Hot sauce		½ cup		1 cup	
Ranch dressing		½ cup		1 cup	
Vinegar, white		1 Tbsp		2 Tbsp	
Worcestershire sauce		¼ tsp		½ tsp	
Garlic powder		⅛ tsp		¼ tsp	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz M/MA, 1 oz eq Grains	<b>Notes:</b>
-----------------------------------	---	---------------

## Nutrients Per Serving

Calories	256	Vitamin A	70.1 IU	Iron	1.5 mg
Protein	16.5 gm	Vitamin C	3.8 mg	Calcium	29.4 mg
Carbohydrate	20.1 gm	Fiber	1.2 gm	Cholesterol	49.8 mg
Fat	12.2 gm	% Fat	43.02%	Sodium	373.1 mg
Saturated Fat	4.1 gm	% Saturated Fat	14.35%		

# Cheese and Ham Cracker Stacks with Cottage Cheese

Main Dish

Healthier Kansas Recipe 306

HACCP: #1 No Cook

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Ham, cooked, water added, sliced	15 oz		1 lb 14 oz		<ol style="list-style-type: none"> <li>1. Slice ham into 0.6 oz slices and divide those slices into four pieces.</li> <li>2. Slice ½ oz cheese slices into four pieces.</li> <li>3. Assemble plate: Place each ingredient on plate. 4 pieces of sliced ham, 4 pieces of sliced cheese, ¼ cup cottage cheese, and 0.8 oz or approximately 7 crackers.</li> </ol>
Cheese, American, Slices	13 oz	25 - ½ oz slices	1 lb 9 oz	50 - ½ oz slices	
Cottage cheese, low-fat		6 ¼ cups		12 ½ cups	
Crackers, whole wheat	1 lb 4 oz	approx. 175 each	2 lb 8 oz	approx. 350 each	

<b>Serving Size</b> 1 plate	<b>Crediting Information</b> 2 oz M/MA, 1 oz eq Grains	<b>Notes:</b>
--------------------------------	---	---------------

## Nutrients Per Serving

Calories	212	Vitamin A	23.2 IU	Iron	1.0 mg
Protein	15.0 gm	Vitamin C	0 mg	Calcium	42.6 mg
Carbohydrate	18.7 gm	Fiber	2.3 gm	Cholesterol	24.1 mg
Fat	8.8 gm	% Fat	37.40%	Sodium	633.6 mg
Saturated Fat	3.5 gm	% Saturated Fat	14.95%		

# Chicken Caesar Sub Sandwich

Main Dish

Healthier Kansas Recipe 307

HACCP: #1 No Cook

Modified by KSDE from Iowa Gold Star Recipe

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	3 lb 2 oz		6 lb 4 oz		1. Thaw chicken under refrigeration. 2. Combine dressing and lettuce in a bowl. 3. Drain thawed chicken. 4. Assemble sub sandwich: Lay ½ cup of lettuce in the sub bread. Top with ¼ cup (2 oz) chicken. Sprinkle with 1 Tbsp shredded cheese. <b>Hold for cold service at 41°F or lower.</b>  * Optional: substitute the sub bread for a whole grain-rich tortilla that credits as at least 1 oz eq Grains.
Caesar dressing		2 ⅓ cups		4 ⅔ cups	
Parmesan, shredded		1 ⅝ cups		3 ⅞ cups	
Lettuce, romaine, AP	1 lb 9 oz	12 ½ cups	3 lb 5 oz	25 cups	
Hamburger bun, whole wheat, purchased at least 1 oz eq Grains each*		25 each		50 each	

<b>Serving Size</b> 1 flat bread	<b>Crediting Information</b> 2 oz M/MA, ¼ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
-------------------------------------	--	---------------

## Nutrients Per Serving

Calories	333	Vitamin A	4303.6 IU	Iron	2.3 mg
Protein	20.8 gm	Vitamin C	4.3 mg	Calcium	116.7 mg
Carbohydrate	17.1 gm	Fiber	2.3 gm	Cholesterol	59.4 mg
Fat	20.2 gm	% Fat	53.91%	Sodium	510.3 mg
Saturated Fat	4.2 gm	% Saturated Fat	11.73%		



# Chicken Santa Fe Wrap

**Main Dish**

**Healthier Kansas Recipe 308**

**HACCP: #1 No Cook**

Modified by KSDE from Ohio Department of Education

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	3 lb		6 lb		<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration overnight.</li> <li>2. Combine salsa and ranch dressing.</li> <li>3. In a separate bowl, combine lettuce, tomatoes, corn and cheese. Toss with dressing mixture until evenly coated.</li> <li>4. Drain thawed chicken.</li> <li>5. Assemble wrap: Arrange ¼ cup (2 oz) chicken in the middle of a tortilla. Lay 1 cup of lettuce mixture on top and fold the wrap into a burrito.</li> </ol> <p><b>Hold for cold service at 41°F or lower.</b></p>
Salsa, canned		½ cup		1 cup	
Ranch dressing, chipotle flavored		½ cup		1 cup	
Lettuce, romaine, chopped, AP	1 lb 4 oz		2 lb 8 oz		
Tomato, fresh, chopped, AP	2 lb		4 lb		
Corn, frozen kernels	1 lb 4 oz		2 lb 8 oz		
Cheese, cheddar, shredded	4 oz	1 cup	8 oz	2 cups	
Tortilla, whole wheat, 8", 2 oz equivalent Grains each		25 each		50 each	

<b>Serving Size</b> 1 wrap	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 2 oz eq Grains	<b>Notes:</b>
-------------------------------	--	---------------

## Nutrients Per Serving

Calories	287	Vitamin A	2435.8 IU	Iron	2.3 mg
Protein	21.3 gm	Vitamin C	7.5 mg	Calcium	153.7 mg
Carbohydrate	29.6 gm	Fiber	4.5 gm	Cholesterol	50.9 mg
Fat	10.6 gm	% Fat	33.27%	Sodium	440.7 mg
Saturated Fat	3.7 gm	% Saturated Fat	11.70%		

# Cilantro Pork Salad Wrap

**Main Dish**

**Healthier Kansas Recipe 309**

**HACCP: #2 Same Day Service**

Modified by KSDE from Idaho Chef Designed Recipes

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Pulled pork, precooked, frozen CN labeled to provide 1.5 oz equivalent M/MA per 3 oz serving.	4 lb 11 oz		9 lb 6 oz		<ol style="list-style-type: none"> <li>1. Thaw pork under refrigeration.</li> <li>2. Preheat conventional oven to 350°F. Combine drained tomatoes, drained beans, salsa and cumin (for meat).</li> <li>3. Remove pork from package and place in large baking pan. Pour tomato and bean mixture over top. Cover pan with foil and heat for 40-50 minutes or until heated through, stirring occasssionally. <b>Heat to 135°F or higher for 15 seconds.</b></li> <li>4. Prepare the brown rice according to package instructions and add cumin (for rice). <b>Hold at 135°F or higher.</b></li> <li>5. Prepare dressing in a blender or food processor. Puree cilantro (stems included), vegetable oil, lime juice, orange juice, salt, and garlic powder.</li> <li>6. Rinse and chop romaine. Toss with cilantro dressing and shredded cheese.</li> <li>7. Assemble wrap: Place warm tortilla on tray. Top with 1/8 cup rice, 1/3 cup meat mixture, 1/2 cup dressed lettuce mixture.</li> </ol>
	<i>(or amount to provide 1.5 oz eq M/MA)</i>				
	<i>* If CN labeled product is not available, see optional note below.</i>				
Tomatoes, canned, diced	1 lb 14 oz		3 lb 12 oz		
Beans, pinto, canned	2 lb 5 oz	3 1/8 cups	4 lb 8 oz	6 1/4 cups	
Salsa, canned		3 1/8 cups		6 1/4 cups	
Cumin (for meat)		1 Tbsp		1/8 cup	
Rice, brown, long-grained, dry	10 oz		1 lb 4 oz		
Cumin (for rice)		1 Tbsp		1/8 cup	
<b>Cilantro dressing:</b>					
Cilantro, fresh		1/8 cup		1/4 cup	
Oil, vegetable		1/8 cup		1/4 cup	
Lime juice		1/8 cup		1/4 cup	
Orange juice		1/8 cup		1/4 cup	
Salt		1/2 tsp		1 tsp	
Garlic powder		1 tsp		2 tsp	
Lettuce, romaine, AP	1 lb 10 oz		3 lb 4 oz		
Cheese, mozzarella, shredded	14 oz		1 lb 12 oz		
Tortilla, whole wheat, 8", 2 oz equivalent Grains		25 each		50 each	

**Continue on next page...**

# Cilantro Pork Salad Wrap

					8. Note: to avoid tortillas ripping or cracking, warm tortillas in the oven or microwave right before wrap assembly. Do not overcook.
--	--	--	--	--	---

<b>Serving Size</b> 1 cilantro pork salad wrap	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 2 oz eq Grains	<b>Notes:</b> <i>*Optional:</i> 2 lb + 6 oz shredded, pre-cooked pork or 4 lb raw Pork Shoulder, Boston Butt, fresh or frozen, without bone, ¼-inch trim may be substituted for each 25 servings.
<b>Nutrients Per Serving</b>		
Calories 462	Vitamin A 2960.8 IU	Iron 3.8 mg
Protein 23.6 gm	Vitamin C 6.5 mg	Calcium 146.4 mg
Carbohydrate 55.7 gm	Fiber 6.7 gm	Cholesterol 67.3 mg
Fat 17.9 gm	% Fat 34.89%	Sodium 867.7 mg
Saturated Fat 8.4 gm	% Saturated Fat 16.41%	

# Fruit and Yogurt Parfait

**Main Dish**

**Healthier Kansas Recipe 310**

**HACCP: #1 No Cook**

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fruit, fresh, frozen or canned in light syrup or 100% juice		3 qt ½ cup		1 gallon + 2 qts 1 cup	1. Assemble parfait with fruit and yogurt in one cup and cereal in different cup. Recommend layering ¼ cup yogurt, ¼ cup fruit, ¼ cup yogurt and ¼ cup fruit. Measure 1 cup cereal per cup. Portioning cereal separately from the fruit and yogurt will help keep the product fresh and crunchy. 2. Serve with 1 cheese stick per person. <b>Hold for cold service at 41°F or lower.</b>
Yogurt, no more than 3.83g sugar per 1 oz	6 lb 4 oz	3 qt ½ cup	12 lb 8 oz	1 gallon + 2 qts 1 cup	
Cereal, dry, ready-to-eat, no more than 6g sugar per 1 oz		1 gallon + 2 qts 1 cup		3 gallons + 2 cups	
Cheese stick	1 lb 9 oz	25 - 1 oz sticks	3 lb 2 oz	50 - 1 oz sticks	

<b>Serving Size</b> 1 parfait	<b>Crediting Information</b> 2 oz M/MA, ½ cup Fruit, 1 oz eq Grains	<b>Notes:</b>
----------------------------------	--	---------------

## Nutrients Per Serving

Calories	343	Vitamin A	1379.4 IU	Iron	8.2 mg
Protein	14.2 gm	Vitamin C	16.9 mg	Calcium	458.2 mg
Carbohydrate	57.4 gm	Fiber	3.5 gm	Cholesterol	21.2 mg
Fat	7.0 gm	% Fat	18.38%	Sodium	406.0 mg
Saturated Fat	3.7 gm	% Saturated Fat	9.65%		

# Grilled Cheese Sandwich with Little Sausage Links

Main Dish

Healthier Kansas Recipe 311

HACCP: #2 Same Day Service

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cheese, American, slices	1 lb 9 oz	25-1 oz slice	3 lb 2 oz	50-1 oz slice	<ol style="list-style-type: none"> <li>1. Soften or melt butter. Line pan with parchment paper. Butter half of the bread slices, approx. 1 tsp per slice) and place butter side down on parchment paper.</li> <li>2. Place 1 oz of cheese on each piece of bread. Top with the remaining slices of bread. Spread the remaining butter on the outside of the top piece of bread.</li> <li>3. Preheat oven to 350°F. Bake sandwiches uncovered for about 8-10 minutes, or until cheese is melted and bread is toasted golden brown.</li> <li>4. Place little sausages in pan with water. Cover with plastic wrap and cook to temperature following manufacturer's instructions.</li> </ol> <p><b>Hold for hot service at 135°F or higher.</b></p>
Bread slice, whole wheat, purchased, weighing 1 oz each		50 slices		100 slices	
Butter, unsalted		1 cup		2 cups	
Sausage, mini link, fully cooked, CN label to provide 1 oz M/MA per 3 links	1 lb 9 oz	75 each <i>(or amount to provide 1 oz eq M/MA)</i>	3 lb 3 oz	150 each	

<b>Serving Size</b> 1 sandwich + 3 links	<b>Crediting Information</b> 2 oz M/MA, 2 oz eq Grains	<b>Notes:</b>
---	---	---------------

## Nutrients Per Serving

Calories	357	Vitamin A	227.3 IU	Iron	1.0 mg
Protein	11.0 gm	Vitamin C	2.3 mg	Calcium	41.9 mg
Carbohydrate	18.1 gm	Fiber	1.2 gm	Cholesterol	65.1 mg
Fat	27.2 gm	% Fat	68.67%	Sodium	681.2 mg
Saturated Fat	13.0 gm	% Saturated Fat	32.83%		

# Hamburger on Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 312

Modified by KSDE from the icn.org

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw	4 lb 4 oz		8 lb 8 oz		<ol style="list-style-type: none"> <li>Combine raw beef, onion flakes, black pepper and salt. Divide raw mixture into 2.72 oz balls. Shape burger patties.</li> <li>Grill burger patties. <b>Heat to 160°F for at least 15 seconds.</b></li> <li>Assemble sandwich: place 1 burger patty into one hamburger bun.</li> </ol>
Dehydrated onion flakes	½ oz		1 oz		
Pepper, black, ground		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	

<b>Serving Size</b> 1 Sandwich	<b>Crediting Information</b> 2 oz equivalent M/MA, 1 oz eq Grains	<b>Notes:</b>
-----------------------------------	--	---------------

## Nutrients Per Serving

Calories	388	Vitamin A	27.4 IU	Iron	3.5 mg
Protein	32.7 gm	Vitamin C	2.8 mg	Calcium	34.5 mg
Carbohydrate	15.1 gm	Fiber	1.3 gm	Cholesterol	108.7 mg
Fat	21.2 gm	% Fat	49.11%	Sodium	305.6 mg
Saturated Fat	7.8 gm	% Saturated Fat	18.10%		

# Hawaiian Chicken Wrap

**Main Dish**

**Healthier Kansas Recipe 313**

**HACCP: #1 No Cook**

Modified by KSDE from School Nutrition Magazine

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	3 lb 2 oz		6 lb 4 oz		<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration over night.</li> <li>2. Prepare the dressing: combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder and chili powder. Mix well and refrigerate.</li> <li>3. Prepare wrap filling: combine the shredded broccoli, carrots, spinach and crushed pineapple. Mix in the dressing. Add the chicken.</li> <li>4. Assemble wrap: portion <math>\frac{2}{3}</math> cup filling onto the center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half. Two halves equals one serving.</li> </ol>
Mayonnaise, Reduced Calorie	8 oz		1 lb		
Vinegar, white		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	
Sugar, granulated	8 oz		1 lb		
Poppy seeds	$\frac{1}{2}$ oz	1 $\frac{1}{2}$ Tbsp	1 oz	3 Tbsp	
Onion powder	$\frac{1}{2}$ oz	$\frac{1}{8}$ cup	1 oz	$\frac{1}{4}$ cup	
Garlic powder	$\frac{1}{2}$ oz	2 Tbsp	1 oz	3 $\frac{1}{2}$ Tbsp	
Chili powder	$\frac{1}{2}$ oz	$\frac{1}{8}$ cup	1 oz	$\frac{1}{4}$ cup	
Broccoli, fresh, slaw, EP	1 lb 8 oz		3 lb		
Carrots, fresh, shredded, EP	1 lb		2 lb		
Spinach, fresh, chopped	7 oz		13 oz		
Pineapple, canned, crushed	11 oz		1 lb 5 oz		
Tortilla, whole wheat, 8", 2 oz equivalent Grains		25 each		50 each	

<b>Serving Size</b> 1 wrap - $\frac{2}{3}$ cup filling	<b>Crediting Information</b> 2 oz M/MA, $\frac{1}{2}$ cup Vegetable, 2 oz eq Grains	<b>Notes:</b>
---	--	---------------

## Nutrients Per Serving

Calories	311	Vitamin A	4627.1 IU	Iron	2.4 mg
Protein	20.9 gm	Vitamin C	27.0 mg	Calcium	147.1 mg
Carbohydrate	39.5 gm	Fiber	4.9 gm	Cholesterol	49.2 mg
Fat	8.9 gm	% Fat	25.89%	Sodium	415.5 mg
Saturated Fat	2.9 gm	% Saturated Fat	8.39%		

# Mandarin Chicken Rice Bowl

Main Dish  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 314  
Modified by KSDE from Idaho Chef Designed Recipe

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
<b>Mandarin Chicken Sauce</b>					<p><b>Mandarin Chicken &amp; Sauce:</b></p> <ol style="list-style-type: none"> <li>In sauce pot, combine sugar, soy sauce, lemon juice, oil, garlic, and ginger. Heat over medium heat until sugar is dissolved. Bring to boil.</li> <li>Combine cornstarch and water and add to sauce pot. Reduce heat and simmer 4-6 minutes or until sauce thickens. Pour over chicken and stir to coat.</li> <li>Heat chicken and sauce mixture.</li> </ol> <p><b>Heat to 165°F or higher for at least 15 seconds.</b></p> <ol style="list-style-type: none"> <li>Cook rice according to package instructions. While rice is cooking, clean and chop green onion and celery.</li> <li>Remove cooked rice from sauce pot and scramble eggs in that pot. Add back to the cooked eggs the cooked rice, green onion, frozen peas, celery, salt and soy sauce. Stir well. Cover and heat vegetables through.</li> <li>Drain canned carrots and green beans.</li> <li>Clean and chop cabbage.</li> <li>Steam green beans, carrots, and red cabbage for 5-7 minutes or until tender.</li> <li>Combine heated vegetables and rice mixture.</li> </ol> <p><b>Hold at 135°F or higher.</b></p> <p><b>Hold all for hot service at 135°F or higher.</b></p> <ol style="list-style-type: none"> <li>Assemble dish: Serve heaping 1 cup fried rice and vegetables. Top with 1.75 oz of chicken.</li> </ol>
Sugar, granulated		¾ cup		1 ½ cup	
Soy sauce, low-sodium		⅔ cup		1 ⅓ cup	
Lemon Juice		2 ½ Tbsp		⅓ cup	
Vegetable Oil		2 ½ Tbsp		⅓ cup	
Garlic, minced		1 Tbsp		2 Tbsp	
Ginger, minced		1 Tbsp		2 Tbsp	
Water		½ cup		1 cup	
Cornstarch		1 Tbsp + 1 tsp		2 ½ Tbsp	
Chicken, cooked, diced, unbreaded	2 lb 12 oz		5 lb 8 oz		
Rice, brown, long-grain, dry	1 lb 9 oz		3 lb 2 oz		
Green onion, fresh, AP	4 oz		8 oz		
Celery, fresh, whole, AP	2 oz		4 oz		
Egg, whole, fresh, raw, large		6 each		10 each	
Peas, green, frozen	1 lb 8 oz		2 lb 12 oz		
Salt		1 tsp		2 tsp	
Soy sauce, low-sodium		½ cup + 2 Tbsp		1 ¼ cup	
Carrots, canned	2 lb 6 oz	2 ½ - 15 oz can	4 lb 11 oz	5 - 15 oz can	
Green beans, canned	2 lb 6 oz	2 ½ - 15 oz can	4 lb 11 oz	5 - 15 oz can	
Cabbage, red, shredded, AP	1 lb 2 oz		2 lb 4 oz		

Continue on next page...



# Mandarin Chicken Rice Bowl

<b>Serving Size</b> 1 Mandarin Chicken Bowl	<b>Crediting Information</b> 2 oz equivalent M/MA, ½ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
--	---	---------------

## Nutrients Per Serving

Calories	301	Vitamin A	3881.1 IU	Iron	2.2 mg
Protein	20.6 gm	Vitamin C	16.1 mg	Calcium	58.7 mg
Carbohydrate	39.1 gm	Fiber	4.5 gm	Cholesterol	78.6 mg
Fat	6.8 gm	% Fat	20.32%	Sodium	670.2 mg
Saturated Fat	1.7 gm	% Saturated Fat	4.94%		

# Mexican Seasoning Mix

Seasoning

Healthier Kansas Recipe 79

HACCP: Non-Hazardous/Other

(USDA G-01A modified)

Ingredients	4 Cups				Directions
	Weight	Measure	Weight	Measure	
Chili powder		1 <sup>3</sup> / <sub>4</sub> cups			<ol style="list-style-type: none"> <li>Mix all ingredients together well.</li> <li>Store in an airtight container in a cool, dry place.</li> <li>Use <sup>1</sup>/<sub>4</sub> cup + 3 Tbsp per 10 lbs of ground beef, adjusting to taste.</li> </ol>
Cumin, ground		1 <sup>1</sup> / <sub>3</sub> cups			
Paprika		<sup>1</sup> / <sub>4</sub> cup 3 Tbsp			
Onion Powder		<sup>1</sup> / <sub>4</sub> cup 3 Tbsp			

<b>Yield:</b> 1 quart		
--------------------------	--	--

# Peanut Butter and Jelly Sandwich and Cheese Stick

Main Dish

Healthier Kansas Recipe 315

HACCP: #1 No Cook

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Bread, whole wheat, 1 oz eq Grains per slice		50 slices		100 slices	1. Assemble sandwich: use 2 Tbsp peanut butter and 1 Tbsp of jelly between two pieces of bread. 2. Serve with one cheese stick per person. <b>Hold for cold service at 41°F or lower.</b>
Peanut butter	1 lb 15 oz	3 ⅛ cup	3 lb 14 oz	1 qt 2 ¼ cup	
Jelly, assorted flavors		1 ½ cups 1 Tbsp		3 cups 2 Tbsp	
Cheese stick	1 lb 9 oz	25 - 1 oz sticks	3 lb 2 oz	50 - 1 oz sticks	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz M/MA, 2 oz eq Grains	<b>Notes:</b>
-----------------------------------	---	---------------

## Nutrients Per Serving

Calories	438	Vitamin A	183.7 IU	Iron	1.8 mg
Protein	18.1 gm	Vitamin C	2.5 mg	Calcium	229.7 mg
Carbohydrate	37.4 gm	Fiber	3.6 gm	Cholesterol	16.4 mg
Fat	25.1 gm	% Fat	51.52%	Sodium	468.7 mg
Saturated Fat	6.8 gm	% Saturated Fat	14.03%		

# Sliced Turkey Cobb Salad

Main Dish

Healthier Kansas Recipe 316

HACCP: #1 No Cook

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Egg, whole, fresh, raw, large		13 each		25 each	<p>1. Hard boil the eggs. Put the eggs in a pan of cold water. Bring to boil and then cook for additional 2 minutes while simmering. Turn the heat off. Cover the pan and let stand for 11 minutes. Run cold water over cooked eggs. Peel the eggs, slice in half and chill.</p> <p>2. Dice turkey ham into medium dice.</p> <p>3. Rinse and chop lettuce, green onion, tomatoes, and cucumbers.</p> <p>4. Assemble salad: 1 cup of lettuce topped with ½ hard boiled egg, 1.4 oz diced turkey ham, 1 Tbsp cheese, 1 Tbsp green onion, 2 Tbsp each tomatoes and cucumber. Finish salad with 2 Tbsp dressing. Serve salad with crackers.</p> <p><b>Hold for cold service at 41° F or lower.</b></p>
Turkey ham, slice	2 lb 4 oz		4 lb 8 oz		
Cheese, cheddar, shredded	6 ¼ oz	1 ½ cups + 1 Tbsp	12 ½ oz	3 ⅞ cups	
Lettuce, romaine, fresh, untrimmed, AP	2 lb 6 oz		4 lb 12 oz		
Green onion, AP	8 oz		1 lb		
Tomatoes, large, AP	1 lb 10 oz		3 lb 5 oz		
Cucumber, sliced, AP	1 lb		2 lb		
Savory snack crackers, whole grain-rich	1 lb 4 oz		2 lb 8 oz		
Dressing, red french		3 ⅞ cups		1 qt 2 ¼ cups	

<b>Serving Size</b> 1 salad	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
--------------------------------	--	---------------

## Nutrients Per Serving

Calories	389	Vitamin A	4427.5 IU	Iron	2.4 mg
Protein	16.2 gm	Vitamin C	8.0 mg	Calcium	100.2 mg
Carbohydrate	32.3 gm	Fiber	4.0 gm	Cholesterol	127.3 mg
Fat	22.7 gm	% Fat	52.52%	Sodium	882.0 mg
Saturated Fat	5.1 gm	% Saturated Fat	11.69%		

# Sweet and Sassy Chicken

**Main Dish**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 317**  
 Modified by KSDE from USDA Recipe D-67

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, breast, cooked, 2 oz portions	3 lb 2 oz	25 each	6 lb 4 oz	50 each	1. Preheat conventional oven to 375°F. 2. Place chicken portions on a sheet pan lined with parchment paper and lightly coated with pan release spray. 3. Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken. 4. <b>Heat to 165°F or higher for at least 15 seconds</b> and chicken is light brown in color. 5. Garnish with parsley. <b>Hold hot for service at 135°F or higher.</b>
Honey	2 oz	¼ cup	4 oz	½ cup	
Dijon mustard	1 oz	⅛ cup	2 oz	¼ cup	
Orange juice		⅛ cup		¼ cup	
Parsley, dried		1 ½ tsp		1 Tbsp	

<b>Serving Size</b> 1 chicken breast	<b>Crediting Information</b> 2 oz M/MA	<b>Notes:</b>
---	---	---------------

## Nutrients Per Serving

Calories	111	Vitamin A	1.1 IU	Iron	0.7 mg
Protein	15.0 gm	Vitamin C	0.5 mg	Calcium	0.7 mg
Carbohydrate	5.0 gm	Fiber	0.0 gm	Cholesterol	40.0 mg
Fat	4.0 gm	% Fat	32.46%	Sodium	320.7 mg
Saturated Fat	1.0 gm	% Saturated Fat	8.12%		

# Sloppy Joe on Bun

## Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 123

(USD 512 Shawnee Mission)

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground, 80/20, raw	4 lb + 6 oz		8 lb + 12 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef.</li> <li>2. Chop celery and bell pepper.</li> <li>3. Add shredded cabbage, onions, chopped celery, chopped green pepper and water. Cook until vegetables are tender. <b>Heat to 135° F for at least 15 seconds.</b></li> <li>4. Stir in the catsup, brown sugar, lemon juice, vinegar, Worcestershire sauce, mustard, and pepper. Simmer for 10 minutes or until cabbage is tender. <b>Hold at 135° F or higher until service.</b></li> <li>5. Portion ½ cup on each 1 oz bun.</li> </ol>
Cabbage, shredded, RTE	10 oz		1 lb + 4 oz		
Onions, dehydrated	¾ oz		1½ oz		
Celery, AP	7 oz		14 oz		
Green bell pepper, AP	5 oz		10 oz		
Water					
Catsup		2 ⅝ cups		1 qt + 1¼ cups	
Brown sugar, packed		½ cup + 1½ Tbsp		1 ⅛ cup + 1 Tbsp	
Lemon juice	3 oz		6 oz		
Vinegar, white	1 ¾ oz		3 ½ oz		
Worcestershire sauce	1 ¾ oz		3 ½ oz		
Mustard, yellow		3 Tbsp		⅜ cup	
Pepper, black		2 ¼ tsp		1 ½ Tbsp	
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz M/MA, ¼ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
-----------------------------------	--	---------------

## Nutrients Per Serving

Calories	315	Vitamin A	264.2 IU	Iron	2.6 mg
Protein	19.3 gm	Vitamin C	15.1 mg	Calcium	45.3 mg
Carbohydrate	29.1 gm	Fiber	1.8 gm	Cholesterol	59.3 mg
Fat	12.7 gm	% Fat	36.21%	Sodium	290.3 mg
Saturated Fat	4.4 gm	% Sat Fat	12.71%		

# Taco Salad Beans

Meat/Meat Alternate

Healthier Kansas Recipe 318

HACCP: #2 Same Day Service

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Bean, red kidney, canned		2/3 - #10 can		1 1/3 - #10 can	1. Open and heat undrained beans in sauce pot over medium heat. 2. Add remaining ingredients and mix well. If preparing with purchased seasoning mix, use amount indicated on the package. <b>Heat to 155°F for at least 15 seconds.</b> <b>Cool to 41° F or lower within 4 hours.</b>  <b>Hold for cold service at 41° F or lower.</b>
Onion, dehydrated flakes	3/4 oz		1.3 oz		
Pepper, black, ground		1 1/4 tsp		2 1/2 tsp	
Tomato paste		1 cup		2 cups	
Mexican seasoning mix (see HKM recipe 79) OR purchased Mexican seasoning blend		1/8 cup 1 Tbsp		1/4 cup 2 Tbsp	
Salt		1 tsp		2 tsp	
Sugar, brown, packed		1 Tbsp 1 tsp		1/8 cup 2 tsp	
Water	as needed	2 2/3 cups	as needed	1 qt 1 1/3 cups	

<b>Serving Size</b> 1/4 cup	<b>Crediting Information</b> 1 oz M/MA	<b>Notes:</b>
--------------------------------	---	---------------

## Nutrients Per Serving

Calories	94	Vitamin A	363.6 IU	Iron	1.5 mg
Protein	5.6 gm	Vitamin C	3.3 mg	Calcium	47.1 mg
Carbohydrate	17.1 gm	Fiber	4.1 gm	Cholesterol	0.0 mg
Fat	0.9 gm	% Fat	8.20%	Sodium	252.1 mg
Saturated Fat	0.2 gm	% Saturated Fat	1.41%		

# Thai Beef and Noodles

**Main Dish**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 319**  
 Modified by KSDE from School Nutrition Magazine

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, chuck roast, boneless, marinated, fresh or frozen	4 lb 8 oz		9 lb		1. Thaw beef in the refrigerator over night. 2. Slice beef into approximately 1 inch strips. 3. In a bowl, combine the water, peanut butter, lime juice, soy sauce, and crushed red pepper. Set aside. 4. Cook pasta according to the package instructions. <b>Hold at 135°F until service.</b> 5. Mince garlic and ginger. 6. Heat oil in skillet. Add the meat slices and cook, letting crust form on the meat. When cooked through, add the water, garlic, and ginger. Deglaze the pan and heat until the garlic and ginger are translucent, about 4 minutes. <b>Heat to 145°F or higher for 15 seconds.</b> 7. Stir the peanut butter mixture into the beef mixture. Continue until the entire mixture is heated through, stirring occasionally and adding water as needed for desired consistency. 8. Chop red pepper. 9. Serve ½ cup pasta, 2 oz eq M/MA of beef mixture, and ⅓ cup shredded carrots and ⅓ cup chopped red pepper.
Water		1 cup		2 cups	
Peanut butter		¾ cup		1 ½ cups	
Lime juice		¾ cup		¾ cup	
Soy sauce, low sodium		½ cup		1 cup	
Crushed red pepper		1 tsp		1 tsp	
Spaghetti noodles, whole wheat, dry	1 lb 9 oz		3 lb 2 oz		
Garlic, fresh		¼ cup		½ cup	
Ginger, fresh		¼ cup		½ cup	
Oil, olive		½ cup		1 cup	
Water		1 cup		2 cups	
Peppers, red bell, AP	1 lb 6 oz		2 lb 12 oz		
Carrots, shredded		3 ⅓ cups		6 ⅓ cups	

<b>Serving Size</b> 1 Thai Beef Bowl	<b>Crediting Information</b> 2 oz M/MA, ¼ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
---	--	---------------

## Nutrients Per Serving

Calories	352	Vitamin A	3108.0 IU	Iron	3.1 mg
Protein	22.4 gm	Vitamin C	33.4 mg	Calcium	36.1 mg
Carbohydrate	27.0 gm	Fiber	4.2 gm	Cholesterol	56.3 mg
Fat	18.5 gm	% Fat	47.35%	Sodium	256.2 mg
Saturated Fat	5.4 gm	% Saturated Fat	13.90%		



# Tuna Salad Sandwich

**Main Dish**

**HACCP: #1 No Cook**

**Healthier Kansas Recipe 320**

Modified by KSDE from ICN recipe F-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tuna, canned in water, chunk style, drained		66.5 oz can		2 - 66.5 oz cans	1. Drain and flake tuna. Chop celery. 2. Combine tuna, celery, pickle relish, carrots, mayonnaise, and dry mustard. Mix well until blended. <b>Hold for cold service at 41°F or lower.</b> 3. Assemble sandwich: Portion ½ cup tuna salad on 1 slice of bread. Top with second slice of bread. Cover. Refrigerate until service.
Celery, fresh, AP	1 lb 4 oz		2 lb 7 oz		
Pickle relish, sweet, undrained	4 ¾ oz	½ cup	8 ¾ oz	1 cup	
Carrots, fresh, shredded, AP	12 oz		1 lb 8 oz		
Mayonnaise, low-fat	1 lb 6 oz	2 ¾ cups	2 lb 11 oz	1 qt 1 ½ cups	
Mustard, dry, ground		¾ tsp		1 ½ tsp	
Bread, whole wheat, 1 oz eq Grains per slice		50 slices		100 slices	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz M/MA, ¼ cup Vegetable, 2 oz eq Grains	<b>Notes:</b>
-----------------------------------	--	---------------

## Nutrients Per Serving

Calories	225	Vitamin A	2432.6 IU	Iron	1.9 mg
Protein	17.5 gm	Vitamin C	3.9 mg	Calcium	39.4 mg
Carbohydrate	22.2 gm	Fiber	2.1 gm	Cholesterol	24.6 mg
Fat	7.5 gm	% Fat	30.04%	Sodium	420.3 mg
Saturated Fat	1.3 gm	% Saturated Fat	5.32%		

# Creamy Cole Slaw

**Vegetable**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 20**  
 Adapted from Iowa Gold Star Recipes

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, green, shredded, ready to use	3 lb		6 lb		1. Shred carrots and mix with cabbage in large bowl. Toss lightly to mix. 2. In a small bowl, combine mayo, sugar, celery seed, dry mustard and vinegar. 3. Pour dressing over cabbage/carrot mixture. Mix thoroughly. 4. Cover and refrigerate until ready to use. Mix lightly before serving. <b>Cool to 41°F or lower within 4 hours.</b> <b>Hold for cold service at 41°F or lower.</b>
Carrots, fresh, AP	6 oz		12 oz		
<b>Slaw dressing:</b>					
Mayo, reduced calorie	14 oz	1 cup	1 lb 12 oz	2 cups	
Sugar, granulated		2 Tbsp		¼ cup	
Celery seed		2 tsp		1 Tbsp + 1 tsp	
Dry mustard		1 tsp		2 tsp	
Vinegar, white		2 Tbsp		¼ cup	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
------------------------------	---	---------------

## Nutrients Per Serving

Calories	58	Vitamin A	1197.23 IU	Iron	0.35 mg
Protein	0.86 gm	Vitamin C	20.35 mg	Calcium	27.16 mg
Carbohydrate	7.47 gm	Fiber	1.57 gm	Cholesterol	3.81 mg
Fat	3.16 gm	% Fat	48.8%	Sodium	32.27 mg
Saturated Fat	0.55 gm	% Saturated Fat	8.5%		

# Fiesta Corn

**Vegetable**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 321**  
 Modified by KSDE from Food.com

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, frozen, whole kernel	3 lb 8 oz		7 lb		1. Preheat oven to 350°F. 2. Spray pan with pan release spray. Chop peppers into a small dice. Combine corn, peppers, chilies, butter and water in pan. 3. Cover with foil and bake until heated through. 4. Add additional water, if needed. <b>Hold for hot service at 135°F or higher.</b>
Peppers, green or red bell, AP	1 lb 6 oz		2 lb 12 oz		
Chilies, green, canned	5 oz		10 oz		
Butter, unsalted, cut into 1-inch pats		¼ cup		½ cup	
Water		1 cup		2 cups	
Pan release spray	as needed		as needed		

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
------------------------------	---	---------------

## Nutrients Per Serving

Calories	78	Vitamin A	280.1 IU	Iron	0.4 mg
Protein	2.2 gm	Vitamin C	26.1 mg	Calcium	7.9 mg
Carbohydrate	14.6 gm	Fiber	1.9 gm	Cholesterol	4.9 mg
Fat	2.4 gm	% Fat	27.52%	Sodium	25.7 mg
Saturated Fat	1.2 gm	% Saturated Fat	14.23%		

# Glazed Carrots

Vegetable  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 322

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter		½ cup		1 cup	1. Combine butter, sugar, salt, and pepper in saucepan. Heat over medium heat until butter is melted and sugar is dissolved. 2. Drain carrots and add to mixture. Cover and simmer over medium heat until carrots are heated through. Stir often. <b>Hold for hot service at 135°F or higher.</b>
Sugar, brown, packed		½ cup		1 cup	
Salt		1 tsp		2 tsp	
Pepper, black, ground		½ tsp		1 tsp	
Carrots, canned, sliced, drained		1 ½ - #10 cans		3 - #10 cans	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
------------------------------	---	---------------

## Nutrients Per Serving

Calories	77	Vitamin A	12464 IU	Iron	0.8 mg
Protein	0.8 gm	Vitamin C	3.0 mg	Calcium	32.6 mg
Carbohydrate	10.5 gm	Fiber	1.7 gm	Cholesterol	9.8 mg
Fat	3.9 gm	% Fat	45.52%	Sodium	362.3 mg
Saturated Fat	2.3 gm	% Saturated Fat	27.27%		

# Garden Salad

Vegetable  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 164  
(Team Nutrition Modified)

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, partly trimmed fresh, AP	1 lb 10 oz		3 lb 4 oz		1. Handle all produce with clean gloved hands or clean utensils. 2. Rinse and trim spinach and lettuce, if not purchased ready-to-eat. 3. Chop lettuce and spinach. Rinse, core and dice tomatoes. Rinse, peel and grate carrots. Rinse, peel (or score) and chop cucumbers. 4. Toss all ingredients together. <b>Hold for cold service at 41°F or lower.</b>
Lettuce, romaine, AP	1 lb 10 oz		3 lb 4 oz		
Tomatoes, fresh, AP	6 oz		11 oz		
Carrots, fresh, AP	4 oz		8 oz		
Cucumber, fresh, AP	4 oz		7 oz		

<b>Serving Size</b> 1 cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
------------------------------	---	---------------

## Nutrients Per Serving

Calories	15	Vitamin A	6101.3 IU	Iron	1.12 mg
Protein	1.32 gm	Vitamin C	10.64 mg	Calcium	41.55 mg
Carbohydrate	2.82 gm	Fiber	1.48 gm	Cholesterol	0 mg
Fat	0.23 gm	% Fat	13.61%	Sodium	28.96 mg
Saturated Fat	0.04 gm	% Saturated Fat	2.07%		

# Roasted Cauliflower

Vegetable  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 323  
Modified by KSDE from the Food Network

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cauliflower, fresh, whole, AP	4 lb 2 oz	12 ½ cups	8 lb 3 oz	25 cups	1. Rinse and chop cauliflower into edible florets. 2. Toss in oil, salt, and black pepper. 3. Arrange on to baking sheets and roast in the oven. a. Conventional Oven: 450°F for 30 minutes. b. Convection Oven: 425°F for 25 minutes. <b>Hold for hot service at 135°F or higher.</b>
Oil, olive	2 oz	¼ cup	4 oz	½ cup	
Salt		1 tsp		2 tsp	
Pepper, black		1 tsp		2 tsp	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
------------------------------	---	---------------

## Nutrients Per Serving

Calories	38	Vitamin A	0.5 IU	Iron	0.3 mg
Protein	1.4 gm	Vitamin C	35.8 mg	Calcium	16.8 mg
Carbohydrate	3.8 gm	Fiber	1.5 gm	Cholesterol	0.0 mg
Fat	2.4 gm	% Fat	56.31%	Sodium	115.4 mg
Saturated Fat	0.4 gm	% Saturated Fat	9.41%		

# Summer Fruit Salad

**Fruit**  
**HACCP: #1 No Cook**

**Healthier Kansas Recipe 119**  
(Ohio Dept. of Education)

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh, AP	1 lb		2 lb		1. With gloved hands, wash berries, slice strawberries, and cut bananas into chunks. 2. Toss with 100% pineapple juice to keep from browning and refrigerate until serving. <b>Hold for cold service at 41°F or lower.</b>
Bananas, fresh, AP	1 lb 4 oz		2 lb 8 oz		
Blueberries, fresh, AP	8 oz		1 lb		
Pineapple juice, 100%		¾ cup		¾ cup	

<b>Serving Size</b> ¼ cup	<b>Crediting Information</b> ¼ cup Fruit	<b>Notes:</b>
------------------------------	---	---------------

## Nutrients Per Serving

Calories	66	Vitamin A	43.56 IU	Iron	0.34mg
Protein	0.9 gm	Vitamin C	27.79 mg	Calcium	10.14 mg
Carbohydrate	16.74 gm	Fiber	2.36 gm	Cholesterol	0 mg
Fat	0.33 gm	% Fat	4.44%	Sodium	1.15 mg
Saturated Fat	0.06 gm	% Saturated Fat	0.84%		

# Seasoned Brown Rice

Grains

Healthier Kansas Recipe 142

HACCP: #2 Same Day Service

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rice, brown, long-grain, dry	1 lb 11 oz		3 lb 6 oz		1. Spray pan with pan release spray. Use pan that will hold at least 25 cups for 50 servings or 12½ cups for 25 servings. Combine rice, spices, and water in pans. 2. Cover pans with foil. 3. Bake: * Conventional oven: 350°F for 40-45 minutes. * Convection oven: 325°F for 30-35 minutes. 4. Fluff when ready to serve. Serve hot. <b>Hold at 135°F or higher.</b>
Pepper, black, ground	¾ tsp			1 ½ tsp	
Salt	2 Tbsp			¼ cup	
Garlic powder	2 Tbsp			¼ cup	
Water	2 lb 12 oz	1 qt 1 ½ cups	5 lb 8 oz	2 qt 3 cups	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> 1 oz eq Grains	<b>Notes:</b>
------------------------------	--	---------------

## Nutrients Per Serving

Calories	117	Vitamin A	0.38 IU	Iron	0.51 mg
Protein	2.58 gm	Vitamin C	0.01 mg	Calcium	10.09 mg
Carbohydrate	24.38 gm	Fiber	1.15 gm	Cholesterol	0 mg
Fat	0.91 gm	% Fat	6.99%	Sodium	569.84 mg
Saturated Fat	0.18 gm	% Saturated Fat	1.42%		



This page intentionally left blank

Tab – “Hot Meal Menu Cycle”

# Kansas At-Risk Afterschool Meals Hot Menu

---

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	BBQ Pulled Pork Sandwich Glazed Carrots Applesauce Milk	Mandarin Chicken Rice Bowl Pineapple Tidbits Milk	Hamburger Roasted Cauliflower Grapes Milk	Sweet and Sassy Chicken Seasoned Brown Rice Garden Salad Fruit Cocktail Milk	Sloppy Joe on Bun Broccoli Sliced Peaches Milk
Week 2	Grilled Cheese Sandwich with Little Sausage Links Cole Slaw Pear Halves Milk	Cilantro Pork Salad Wrap Strawberries Milk	Beef & Broccoli with Rice Orange Slices Milk	Buffalo Chicken Sandwich Fiesta Corn Apple Slices Milk	Baked Beef & Sausage Penne Breadstick Green Beans Grapes Milk

This page intentionally left blank

# Lunch or Supper

# Food Production Record

Week 1

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

## MONDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	BBQ pulled pork sandwich	1 serving - 4 oz or amount needed for 2 oz eq M/MA			HKM 301	
3. Vegetable	Glazed carrots	½ cup			HKM 322	
4. Fruit	Applesauce	¼ cup				
5. Bread/Grain	BBQ pulled pork sandwich - bun	1 each (1 oz eq each)				
Other foods:						

## TUESDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Mandarin chicken bowl - chicken	1.75 oz			HKM 314	
3. Vegetable	Mandarin chicken bowl - green onion, celery, peas, carrots, green beans, red cabbage	½ cup				
4. Fruit	Pineapple tidbits	¼ cup				
5. Bread/Grain	Mandarin chicken bowl - fried rice	½ cup				
Other foods:						

# Lunch or Supper

# Food Production Record

Week 1

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**WEDNESDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Hamburger	1 patty			HKM 312	
3. Vegetable	Roasted cauliflower	½ cup			HKM 323	
4. Fruit	Grapes	¼ cup				
5. Bread/Grain	Hamburger - bun	1 each (1 oz eq each)				
Other foods:	Optional toppings: lettuce, tomato, ketchup, pickle					

**THURSDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Sweet & Sassy chicken	1 each (2 oz M/MA each)			HKM 317	
3. Vegetable	Garden salad	1 cup			HKM 164	
4. Fruit	Fruit cocktail	¼ cup				
5. Bread/Grain	Seasoned brown rice	½ cup			HKM 142	
Other foods:						

# Lunch or Supper

# Food Production Record

Week 1

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**FRIDAY**

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Sloppy Joe	½ cup (1 serving) - 2 oz eq M/MA / ¼ cup Veg			HKM 123	
3. Vegetable	Broccoli	¼ cup				
4. Fruit	Peaches	¼ cup				
5. Bread/Grain	Sloppy Joe - bun	1 each (1 oz eq each)				
Other foods:						

This page intentionally left blank



# Week 1 Hot Cycle Menu

## Shopping List

---

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings. Please remember to round up decimals to be sure you have enough servings and in the event a meat yield is less than anticipated.

Items	Amount
<b>Meat</b>	
Pulled Pork, precooked, frozen, CN labeled to provide 2 oz eq M/MA per 4 oz serving	12 lb 8 oz
Beef, ground 80/20, raw	17 lb 4 oz
Chicken, breast, cooked, 2 oz portions	6 lb 4 oz or 50 each
Chicken, cooked, diced, unbreaded	5 lb 8 oz
<b>Fruit</b>	
Applesauce	3 quarts + ½ cup
Fruit Cocktail, canned	
Grapes, fresh	4 lb 13 oz
Lemon Juice	1 cup + 2 Tbsp
Orange Juice	¼ cup
Peaches, canned	1 - #10 can
Pineapple, tidbits, canned	1 - #10 can
<b>Vegetables</b>	
Broccoli, fresh, RTE	1 lb 12 oz
Cabbage, red, shredded, AP	3 lb 8 oz
Carrots, canned	24 lb 6 oz or approx 3 ¾ #10 cans
Carrots, fresh, AP	8 oz
Cauliflower, fresh, whole, AP	8 lb 3 oz or 25 cups
Celery, fresh, whole, AP	1 lb + 2 oz
Cucumber, fresh, AP	7 oz
Garlic, fresh	2 Tbsp
Ginger, fresh	2 Tbsp
Green Beans, canned	5 - 15 oz can
Green Onion, fresh, AP	8 oz
Lettuce, romaine, AP	3 lb 4 oz
Peas, green, frozen	2 lb 12 oz
Pepper, green bell, AP	10 oz
Spinach, partly trimmed, fresh AP	3 lb 4 oz
Tomatoes, fresh, AP	11 oz

Items	Amount
<b>Grains/Bread</b>	
Hamburger Bun, whole wheat, weighing 1 oz each	150 each
Rice, brown, long-grain, dry	6 lb 8 oz
<b>Dairy</b>	
Egg, whole, fresh, raw, large	10 each
Milk	250 - ½ pints or 15 gallons + 2 qts + 2 cups
<b>Condiments / Spices / Other</b>	
Butter	1 cup
Catsup	2 qt 3 ¼ cups
Cornstarch	2 ½ Tbsp
Dehydrated Onion Flakes	2 ½ oz
Dijon Mustard	2 oz or ¼ cup
Garlic Powder	¼ cup
Honey	4 oz or ½ cup
Liquid Smoke	2 fl oz
Mustard, yellow prepared	1 ⅞ cups
Oil, olive	½ cup
Parsley, dried	1 Tbsp
Pepper, black	3 Tbsp + 2 tsp
Salt	¼ cup + 2 Tbsp + 2 tsp
Soy Sauce, low sodium	2 ⅝ cups
Sugar, brown, packed	5 cups + 3 Tbsp
Sugar, granulated	1 ½ cup
Vegetable Oil	⅓ cup
Vinegar, white	3 ½ oz
Water	1 gallon
Worcestershire Sauce	3 ½ oz

# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

## MONDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Grilled cheese Sausage links	1 oz cheese 3 links			HKM 311	
3. Vegetable	Cole slaw	½ cup			HKM 20	
4. Fruit	Pear	¼ cup				
5. Bread/Grain	Grilled cheese - bread	2 slices bread (1 oz eq per slice)				
Other foods:						

## TUESDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Cilantro pork salad wrap - pork, cheese	1 wrap - 1.5 oz eq M/MA pork ½ oz cheese			HKM 309	
3. Vegetable	Pork wrap - salsa, pinto beans & tomatoes Lettuce	2 Tbsp ⅛ cup ½ cup				
4. Fruit	Strawberries	¼ cup				
5. Bread/Grain	Pork wrap - tortilla, rice	1 each (2 oz eq per wrap) ⅛ cup				
Other foods:	Pork wrap - cilantro dressing	1 ½ Tbsp				

# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**WEDNESDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Beef & Broccoli	1 serving - ¾ cup beef & broccoli			HKM 303	
3. Vegetable	Beef & Broccoli - broccoli					
4. Fruit	Orange slices	½ each orange				
5. Bread/Grain	Beef & Broccoli - rice	½ cup				
Other foods:						

**THURSDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Buffalo chicken sandwich - chicken, sliced cheese	1 sandwich - 1.5 oz eq M/MA 1 - ½ oz slice			HKM 305	
3. Vegetable	Fiesta corn	½ cup				HKM 321
4. Fruit	Apple slices	¼ cup				
5. Bread/Grain	Buffalo chicken sandwich - bun	1 each (1 oz eq each)				
Other foods:						

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**FRIDAY**

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Baked beef and sausage penne	1 serving - ½ cup			HKM 300	
3. Vegetable	Baked penne - red pepper & tomato sauce Green beans		½ cup			
4. Fruit	Grapes	¼ cup				
5. Bread/Grain	Baked penne - penne pasta Breadstick	1 serving 1 each				
Other foods:						

This page intentionally left blank

# Week 2 Hot Cycle Menu

## Shopping List

---

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings. Please remember to round up decimals to be sure you have enough servings and in the event a meat yield is less than anticipated.

Item	Amount
<b>Meat</b>	
Beef, chuck roast, fresh or frozen	10 lb 4 oz
Chicken, cooked, diced	4 lb 11 oz
Ground Beef, 80/20	2 lb 14 oz
Pulled Pork, precooked, frozen, CN labeled to provide 1.5 oz eq M/MA per 3 oz serving	9 lb 6 oz
Sausage, Italian, fresh or frozen (no more than 35% fat)	3 lb 6 oz
Sausage, mini link, fully cooked, CN label to provide 1 oz M/MA per 3 links	3 lb 3 oz or 150 each
<b>Fruit</b>	
Apples, fresh, sliced	3 lb 7 oz
Grapes, fresh	4 lb 13 oz
Lime Juice	1 cup
Orange Juice	1 cup
Oranges, whole, sliced	25 whole
Pears, canned, halves	1 - #10 can
Strawberries, fresh	4 lb 13 oz
<b>Vegetables</b>	
Beans, canned, cut	2 ½ - #10 cans
Beans, pinto, canned	4 lb 8 oz or 6 ¼ cups
Broccoli, raw AP	10 lb 4 oz
Cabbage, green, shredded, ready to use	6 lb
Carrots, fresh, AP	12 oz
Chilies, green, canned	10 oz
Corn, frozen, whole kernel	7 lb
Garlic, minced	1 cup
Ginger, minced	1 cup
Lettuce, romaine, AP	3 lb 4 oz
Onion, green *optional	2 cups
Pepper, bell, red	1 lb 14 oz
Peppers, green or red bell, AP	2 lb 12 oz
Salsa, canned	6 ¼ cups
Spaghetti Sauce, canned	4 ¼ cups
Tomatoes, canned, diced	3 lb 12 oz

Item	Amount
<b>Grains/Bread</b>	
Bread Slice, whole wheat, purchased weighing 1 oz each	100 slices
Breadstick, whole wheat, purchased weighing 1 oz each	50 each
Hamburger Bun, whole wheat, weighing 1 oz each	50 each
Penne Noodle, whole grain, dry	2 lb 3 oz
Rice, brown, long-grain, dry	4 lb 6 oz
Tortilla, whole wheat, 8", 2 oz equivalent Grains	50 each
<b>Dairy</b>	
Butter, unsalted	2 ½ cups
Cheese, American, slices	3 lb 2 oz or 50 - 1 oz slice
Cheese, American, slices	1 lb 9 oz or 50 - ½ oz slices
Cheese, mozzarella, shredded	3 lb 11 oz
Cheese, parmesan	4 oz
Milk	250 - ½ pints or 15 gallons + 2 qts + 2 cups
<b>Condiments / Spices / Other</b>	
BBQ Sauce	2 cups
Celery Seed	1 Tbsp + 1 tsp
Cilantro, fresh	¼ cup
Cornstarch	1 ¼ cups
Cumin, ground	¼ cup
Dry Mustard	2 tsp
Garam Masala or Curry Powder	2 tsp
Garlic Powder	1 Tbsp
Hot Sauce	1 cup
Mayo, reduced calorie	1 lb 12 oz or 2 cups
Oil, olive	2 ⅓ cups
Oil, vegetable	1 cup
Pan Release Spray	as needed
Ranch Dressing	1 cup
Salt	1 Tbsp + 1 tsp
Soy Sauce, low sodium	3 ½ cups
Sugar, brown	1 ½ cups
Sugar, granulated	¼ cup
Vinegar, cider	2 ½ cups
Vinegar, white	¼ cup + 2 Tbsp
Water	1 gallon + 2 cups
Worcestershire Sauce	½ tsp



Tab – “Cold Meal Menu Cycle”

# Kansas At-Risk Afterschool Meals Cold Menu

---

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hawaiian Chicken Wrap Pear Halves Milk	Sliced Turkey Cobb Salad with Savory Snack Crackers Fruit Cocktail Milk	Peanut Butter & Jelly Sandwich Cheese Stick Celery & Cucumber Grapes Milk	Chicken Caesar Sub Sandwich Baby Carrots Apple Slices Milk	Fruit & Yogurt Parfait Cheese Stick Broccoli Milk
Week 2	Chicken Santa Fe Wrap Applesauce Milk	Yogurt & Blueberry Oat Muffin Plate Cheese Stick Baby Carrots Kiwi Milk	Tuna Salad Sandwich Green Pepper Strips Fresh Orange Slices Milk	Bean Taco Salad Fruit Salad Milk	Cheese & Ham Cracker Stacks Cottage Cheese Broccoli Pineapple Milk

This page intentionally left blank

# Lunch or Supper

# Food Production Record

Week 1

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

## MONDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Hawaiian chicken wrap	1 wrap - 3/8 cup filling			HKM 313	
3. Vegetable	Hawaiian wrap - broccoli, carrots, spinach					
4. Fruit	Pears	1/4 cup				
5. Bread/Grain	Hawaiian wrap - tortilla	1 each (2 oz eq per wrap)				
Other foods:						

## TUESDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Cobb salad - egg, turkey ham, cheddar cheese	1/2 each egg 1.4 oz turkey 1 Tbsp cheese			HKM 316	
3. Vegetable	Cobb salad - lettuce, green onion, tomatoes, cucumber	1 cup 1 Tbsp 2 Tbsp 2 Tbsp				
4. Fruit	Fruit cocktail	1/4 cup				
5. Bread/Grain	Cobb salad - savory snack crackers	0.8 oz (1 oz eq Grains)				
Other foods:	Dressing, french	2 Tbsp				

# Lunch or Supper

# Food Production Record

Week 1

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**WEDNESDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Peanut butter & jelly sandwich Cheese stick	2 Tbsp 1 oz			HKM 315	
3. Vegetable	Celery Cucumber	¼ cup ¼ cup				
4. Fruit	Grapes	¼ cup				
5. Bread/Grain	Peanut butter & jelly sandwich - bread	2 slices bread (1 oz eq per slice)				
Other foods:	Jelly Optional: Salad dressing	1 Tbsp 1 oz				

**THURSDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Chicken Caesar sub sandwich	2 oz chicken			HKM 307	
3. Vegetable	Sub sandwich - lettuce Baby carrots	½ cup ¼ cup				
4. Fruit	Apple slices	¼ cup				
5. Bread/Grain	Chicken Caesar sub sandwich - bun	1 each (1 oz eq each)				
Other foods:						

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**FRIDAY**

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup			HKM 310	
2. Meat/Meat Alternate	Parfait - yogurt Cheese stick	½ cup 1 oz				
3. Vegetable	Broccoli	½ cup				
4. Fruit	Parfait - fruit	½ cup				
5. Bread/Grain	Parfait - cereal	1 cup				
Other foods:						

This page intentionally left blank

# Week 1 Cold Cycle Menu

## Shopping List

---

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings. Please remember to round up decimals to be sure you have enough servings and in the event a meat yield is less than anticipated.

Item	Amount
<b>Meat</b>	
Chicken, cooked, diced	12 lb 8 oz
Turkey Ham, slice	4 lb 8 oz
<b>Fruit</b>	
Apples, fresh, sliced	3 lb 7 oz
Grapes, fresh	4 lb 13 oz
Fruit, fresh, frozen or canned in light syrup or 100% juice	1 gallon + 2 qts 1 cup
Fruit Cocktail, canned	1.1 - #10 can
Pears, canned, sliced	1 - #10 can
Pineapple, canned, crushed	1 lb 5 oz
<b>Vegetables</b>	
Broccoli, fresh, RTE	1 lb 12 oz
Broccoli, fresh, slaw, EP	3 lb
Carrots, fresh, AP	7 lb 13 oz
Carrots, fresh, shredded, EP	2 lb
Celery, fresh, whole, AP	4 lb 2 oz
Cucumber, sliced, AP	6 lb 1 oz
Green Onion, AP	1 lb
Lettuce, romaine, AP	8 lb 1 oz
Spinach, fresh, chopped	13 oz
Tomatoes, large, AP	3 lb 5 oz
<b>Grains/Bread</b>	
Bread, whole wheat, 1 oz eq grains per slice	100 slices
Cereal, dry, ready-to-eat, no more than 6g sugar per 1 oz	3 gallons + 2 cups
Hamburger bun, whole wheat, weighing 1 oz each	50 each
Savory snack crackers, whole grain-rich	2 lb 8 oz
Tortilla, whole wheat, 8", 2 oz eq grains	50 each



Item	Amount
<b>Dairy</b>	
Cheese Stick	6 lb 4 oz or 100 - 1 oz sticks
Cheese, cheddar, shredded	12 ½ oz or 3 ⅛ cups
Egg, whole, fresh, raw, large	25 each
Milk	250 - ½ pints or 15 gallons + 2 qts + 2 cups
Parmesan, shredded	8 ⅓ oz or 3 ⅛ cups
Yogurt, no more than 3.83g sugar per 1 oz	12 lb 8 oz or 1 gallon + 2 qts 1 cup
<b>Condiments / Spices / Other</b>	
Caesar Dressing	4 ⅔ cups
Chili Powder	1 oz or ¼ cup
Dressing, red French	1 qt 2 ¼ cups
Jelly, assorted flavors	3 cups 2 Tbsp
Garlic Powder	1 oz or 3 ½ Tbsp
Mayonnaise, reduced calorie	1 lb
Onion Powder	1 oz or ¼ cup
Peanut Butter	3 lb 14 oz or 1 qt 2 ¼ cup
Poppy Seeds	1 oz or 3 Tbsp
Sugar, granulated	1 lb
Vinegar, white	1 ½ cups

# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

## MONDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Chicken Santa Fe wrap - chicken & cheese	1 wrap ¼ cup chicken			HKM 308	
3. Vegetable	Santa Fe wrap - salsa, lettuce, tomato, corn	1 cup filling				
4. Fruit	Applesauce	¼ cup				
5. Bread/Grain	Santa Fe wrap - tortilla	1 each (2 oz eq per wrap)				
Other foods:						

## TUESDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Yogurt Cheese stick	½ cup 1 oz				
3. Vegetable	Baby carrots	½ cup				
4. Fruit	Kiwi	1 each				
5. Bread/Grain	Blueberry Oat Muffin	1 muffin			HKM 28	
Other foods:						

# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**WEDNESDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Tuna salad sandwich - tuna salad mixture	1 sandwich -			HKM 320	
3. Vegetable	Tuna salad sandwich - celery, carrots	½ cup tuna salad				
	Green pepper strips	¼ cup				
4. Fruit	Orange slices	½ each orange				
5. Bread/Grain	Tuna salad sandwich - bread	2 slices bread (1 oz eq per slice)				
Other foods:	Optional: Salad dressing	1 oz				

**THURSDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Bean taco salad - taco beans, cheese	¼ cup			HKM 302, HKM 79, HKM 318	
		¼ cup				
3. Vegetable	Beef taco salad - lettuce, tomatoes	1 cup ⅛ cup				
4. Fruit	Summer fruit salad	¼ cup			HKM 119	
5. Bread/Grain	Beef taco salad - tortilla chips	1 oz Approx. 8 chips				
Other foods:						

# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**FRIDAY**

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Cracker stacks - ham, American cheese, cottage cheese	0.6 oz slice ½ oz slice ¼ cup			HKM 306	
3. Vegetable	Broccoli	½ cup				
4. Fruit	Pineapple	¼ cup				
5. Bread/Grain	Cracker stacks - crackers	0.8 oz (1 oz eq Grains)				
Other foods:						

This page intentionally left blank

# Week 1 Cold Cycle Menu Shopping List

---

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings. Please remember to round up decimals to be sure you have enough servings and in the event a meat yield is less than anticipated.

Item	Amount
<b>Meat</b>	
Chicken, cooked, diced	12 lb 8 oz
Turkey Ham, slice	4 lb 8 oz
<b>Fruit</b>	
Apples, fresh, sliced	3 lb 7 oz
Grapes, fresh	4 lb 13 oz
Fruit, fresh, frozen or canned in light syrup or 100% juice	1 gallon + 2 qts 1 cup
Fruit Cocktail, canned	1.1 - #10 can
Pears, canned, sliced	1 - #10 can
Pineapple, canned, crushed	1 lb 5 oz
<b>Vegetables</b>	
Broccoli, fresh, RTE	1 lb 12 oz
Broccoli, fresh, slaw, EP	3 lb
Carrots, fresh, AP	7 lb 13 oz
Carrots, fresh, shredded, EP	2 lb
Celery, fresh, whole, AP	4 lb 2 oz
Cucumber, sliced, AP	6 lb 1 oz
Green Onion, AP	1 lb
Lettuce, romaine, AP	8 lb 1 oz
Spinach, fresh, chopped	13 oz
Tomatoes, large, AP	3 lb 5 oz
<b>Grains/Bread</b>	
Bread, whole wheat, 1 oz eq grains per slice	100 slices
Cereal, dry, ready-to-eat, no more than 6g sugar per 1 oz	3 gallons + 2 cups
Hamburger bun, whole wheat, weighing 1 oz each	50 each
Savory snack crackers, whole grain-rich	2 lb 8 oz
Tortilla, whole wheat, 8", 2 oz eq grains	50 each

Item	Amount
<b>Dairy</b>	
Cheese Stick	6 lb 4 oz or 100 - 1 oz sticks
Cheese, cheddar, shredded	12 ½ oz or 3 ⅛ cups
Egg, whole, fresh, raw, large	25 each
Milk	250 - ½ pints or 15 gallons + 2 qts + 2 cups
Parmesan, shredded	8 ⅓ oz or 3 ⅛ cups
Yogurt, no more than 3.83g sugar per 1 oz	12 lb 8 oz or 1 gallon + 2 qts 1 cup
<b>Condiments / Spices / Other</b>	
Caesar Dressing	4 ⅔ cups
Chili Powder	1 oz or ¼ cup
Dressing, red French	1 qt 2 ¼ cups
Jelly, assorted flavors	3 cups 2 Tbsp
Garlic Powder	1 oz or 3 ½ Tbsp
Mayonnaise, reduced calorie	1 lb
Onion Powder	1 oz or ¼ cup
Peanut Butter	3 lb 14 oz or 1 qt 2 ¼ cup
Poppy Seeds	1 oz or 3 Tbsp
Sugar, granulated	1 lb
Vinegar, white	1 ½ cups

# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

## MONDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Chicken Santa Fe wrap - chicken & cheese	1 wrap ¼ cup chicken			HKM 308	
3. Vegetable	Santa Fe wrap - salsa, lettuce, tomato, corn	1 cup filling				
4. Fruit	Applesauce	¼ cup				
5. Bread/Grain	Santa Fe wrap - tortilla	1 each (2 oz eq per wrap)				
Other foods:						

## TUESDAY

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Yogurt Cheese stick	½ cup 1 oz				
3. Vegetable	Baby carrots	½ cup				
4. Fruit	Kiwi	1 each				
5. Bread/Grain	Blueberry Oat Muffin	1 muffin			HKM 28	
Other foods:						



# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**WEDNESDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Tuna salad sandwich - tuna salad mixture	1 sandwich -			HKM 320	
3. Vegetable	Tuna salad sandwich - celery, carrots	½ cup tuna salad				
	Green pepper strips	¼ cup				
4. Fruit	Orange slices	½ each orange				
5. Bread/Grain	Tuna salad sandwich - bread	2 slices bread (1 oz eq per slice)				
Other foods:	Optional: Salad dressing	1 oz				

**THURSDAY** DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Bean taco salad - taco beans, cheese	¼ cup			HKM 302, HKM 79, HKM 318	
		¼ cup				
3. Vegetable	Beef taco salad - lettuce, tomatoes	1 cup ⅛ cup				
4. Fruit	Summer fruit salad	¼ cup			HKM 119	
5. Bread/Grain	Beef taco salad - tortilla chips	1 oz Approx. 8 chips				
Other foods:						

# Lunch or Supper

# Food Production Record

Week 2

Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
				# Served (6)		

**FRIDAY**

DATE: \_\_\_\_\_

Lunch or Supper - Must serve all 5 components						
1. Fluid Milk	Milk	1 cup				
2. Meat/Meat Alternate	Cracker stacks - ham, American cheese, cottage cheese	0.6 oz slice ½ oz slice ¼ cup			HKM 306	
3. Vegetable	Broccoli	½ cup				
4. Fruit	Pineapple	¼ cup				
5. Bread/Grain	Cracker stacks - crackers	0.8 oz (1 oz eq Grains)				
Other foods:						

This page intentionally left blank

# Week 2 Cold Cycle Menu

## Shopping List

---

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings. Please remember to round up decimals to be sure you have enough servings and in the event a meat yield is less than anticipated.

Item	Amount
<b>Meat</b>	
Beans, red kidney, canned	1 ⅓ - #10 can
Chicken, cooked, diced	6 lb
Ham, cooked, water added, sliced	1 lb 14 oz
Tuna, canned in water, chunk style, drained	2 - 66.5 oz cans
<b>Fruit</b>	
Applesauce, unsweetened	1 gallon + 1 cup
Bananas, fresh, AP	2 lb 8 oz
Blueberries, fresh or frozen	2 lb 4 oz
Honeydew Melon, whole	10 lb 4 oz
Kiwi, whole	50 each
Oranges, whole, sliced	25 whole
Pineapple Juice, 100%	¾ cup
Pineapple, tidbits, canned	1 - #10 can
Strawberries, fresh, AP	2 lb
<b>Vegetables</b>	
Broccoli, fresh, RTE	3 lb 8 oz
Carrots, fresh, AP	7 lb 13 oz
Carrots, fresh, shredded, AP	1 lb 8 oz
Celery, fresh, AP	2 lb 7 oz
Corn, frozen kernels	2 lb 8 oz
Lettuce, romaine, chopped, AP	9 lb
Peppers, green or red bell, AP	3 lb 7 oz
Salsa, canned	1 cup
Tomato paste	2 cups
Tomato, fresh, chopped, AP	7 lb 5 oz
<b>Grains/Bread</b>	
Bread, whole wheat, 1 oz eq grains per slice	100 slices
Crackers, whole wheat	2 lb 8 oz or approx. 350 each
Tortilla Chips, whole grain-rich	3 lb 2 oz
Tortilla, whole wheat, 8", 2 oz eq grains each	50 each

Item	Amount
<b>Dairy</b>	
Cheese Stick	3 lb 2 oz or 50 - 1 oz sticks
Cheese, American, slices	1 lb 9 oz or 50 - ½ oz slices
Cheese, cheddar, shredded	3 lb 10 oz
Cottage Cheese, low-fat	12 ½ cups
Egg, whole, fresh, raw, large	5 each
Milk	252 - ½ pints or 15 gallons + 3 qts
<b>Condiments / Spices / Other</b>	
Baking Powder	2 oz
Baking Soda	½ oz
Chili Powder	1 ¾ cups
Cinnamon, ground	1 ½ Tbsp
Cumin, ground	1 ⅓ cups
Flour, whole wheat	1 lb 2 oz
Mayonnaise, low-fat	2 lb 11 oz or 1 qt 1 ½ cups
Mustard, dry, ground	1 ½ tsp
Oats, rolled, dry	1 lb 2 ½ oz
Oil, soybean, salad or cooking	6 oz or ¾ cup
Onion Powder	¼ cup 3 Tbsp
Onion, dehydrated flakes	1.3 oz
Paprika	¼ cup 3 Tbsp
Pepper, black, ground	2 ½ tsp
Pickle Relish, sweet, undrained	8 ¾ oz or 1 cup
Ranch Dressing, chipotle flavored	1 cup
Salsa, canned	1 cup
Salt	2 tsp
Sugar, brown, packed	⅛ cup 2 tsp
Sugar, granulated	10 ½ oz or 1 ½ cups

Tab – “Snack Menu Cycle”

# Kansas At-Risk Afterschool Meals Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bagel – ½ each Milk – 1 cup Jelly – 1 Tbsp (optional)	Pear – 1 each, sliced Cheese Stick – 1 oz	Grapes – ¾ cup Yogurt – 4 oz	Savory Snack Crackers – approx. 7 circles (0.8 oz) Peanut Butter - 2 Tbsp	Tortilla Chips – 8 chips (1 oz) Applesauce – ¾ cup
Week 2	Wheat Snack Crackers – approx. 12 each (0.8 oz) Cheese stick – 1 oz	Pita Bread – ½ pita bread Orange – 1 ¼ each	Granola – ¼ cup Yogurt - 4 oz	Muffin – 1 each Milk – 1 cup	Pretzel Sticks – 40 each 100% Fruit Juice – ¾ cup
Week 3	Strawberries – ¾ cup Yogurt – 4 oz	Bagel – ½ each Peanut Butter – 2 Tbsp	Cereal, dry–¾ cup or 1 oz Milk – 1 cup Raisins - ⅛ cup (optional)	Cheese snack crackers – approx. 24 each (0.8 oz) 100% Fruit juice – ¾ cup	Grapes – ¾ cup Cheese Stick – 1 oz
Week 4	Muffin – 1 each Milk – 1 cup	Orange – 1 ¼ each Savory Snack Crackers – approx. 12 each (0.8 oz)	Granola – ¼ cup Yogurt – 4 oz	Apple – 1 each, sliced Peanut butter – 2 Tbsp	Baby Carrots – ¼ cup 100% Fruit Juice – ½ cup Pretzel Sticks – 40 each

This page intentionally left blank



# Snack

# Food Production Record

Week 1

Date	Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
					# Served (6)		
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Bagel	½ each				
		* Optional: jelly	1 Tbsp				
		Milk	1 cup				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Pear	1 each, sliced				
		Cheese stick	1 oz				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Grapes	¾ cup				
		Yogurt	4 oz				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Savory snack crackers	Approx. 7 circles (0.8 oz)				
		Peanut butter	2 Tbsp				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Tortilla chips	8 chips (1 oz eq)				
		Applesauce	¾ cup				

# Snack

# Food Production Record

Week 2

Date	Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
					# Served (6)		
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Wheat snack crackers	Approx. 12 each (0.8 oz)				
		Cheese stick	1 oz				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Pita bread	½ pita bread				
		Orange	1 ¼ each				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Granola	¼ cup				
		Yogurt	4 oz				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Muffin	1 each				
		Milk	1 cup				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Pretzel sticks	Approx. 40 each (0.8 oz)				
		100% fruit juice	¾ cup				

# Snack

# Food Production Record

Week 3

Date	Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
					# Served (6)		
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Strawberries	¾ cup				
		Yogurt	4 oz				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Bagel	½ each				
		Peanut butter	2 Tbsp				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cereal, dry	¾ cup or 1 oz				
		*Optional: raisins	⅛ cup				
		Milk	1 cup				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Cheese snack crackers	Approx. 24 each (0.8 oz)				
		100% fruit juice	¾ cup				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Grapes	¾ cup				
		Cheese stick	1 oz				

# Snack

# Food Production Record

Week 4

Date	Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
					# Served (6)		
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Muffin	1 each				
		Milk	1 cup				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Orange	1 ¼ each				
		Savory snack crackers	Approx. 12 each (0.8 oz)				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Granola	¼ cup				
		Yogurt	4 oz				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Apple	1 each, sliced				
		Peanut butter	2 Tbsp				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Baby carrots	¼ cup				
		100% fruit juice	½ cup				
		Pretzel sticks	Approx. 40 each (0.8 oz)				

# Snack

# Food Production Record

Week 4

Date	Meal Pattern (1)	Food Items Used (2)	Serving Size (3)	Quantities Prepared (4)	Planned Servings (5)	Recipe Used (7)	Temp (8)
					# Served (6)		
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Muffin	1 each				
		Milk	1 cup				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Orange	1 ¼ each				
		Savory snack crackers	Approx. 12 each (0.8 oz)				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Granola	¼ cup				
		Yogurt	4 oz				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Apple	1 each, sliced				
		Peanut butter	2 Tbsp				
<b>SNACK - Must serve 2 different components</b>							
	Fluid Milk Fruit Vegetable Bread/Grain Meat/Meat Alternate	Baby carrots	¼ cup				
		100% fruit juice	½ cup				
		Pretzel sticks	Approx. 40 each (0.8 oz)				

This page intentionally left blank

# 4-Week Snack Cycle Menu

## Shopping List

---

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings.

Week 1	Item	Amount
<b>Fruit</b>		
	Applesauce	2 gallons + 1 quart + 1 ½ cups
	Grapes	14 lb 5 oz
	Pear	50 each, sliced
<b>Grains/Bread</b>		
	Bagel	25 each
	Savory Snack Crackers	2 lb 8 oz or approx. 350 circles
	Tortilla Chips	50 oz eq or approx. 400 chips
<b>Dairy</b>		
	Cheese Stick	3 lb 2 oz or 50 - 1 oz sticks
	Milk	50 - ½ pints or 3 gallons + 2 cups
	Yogurt	12 lb 8 oz
<b>Other</b>		
	Jelly (optional)	3 cups + 2 Tbsp
	Peanut Butter	1 qt + 2 ¼ cups

Week 2	Item	Amount
<b>Fruit</b>		
	100% Fruit Juice	2 gallons + 5 ½ cups
	Orange	63 each
<b>Grains/Bread</b>		
	Granola	3 qt + ½ cup
	Muffin	50 each
	Pita Bread	25 each
	Pretzel Sticks	2 lb 8 oz or approx. 2000 each
	Wheat Snack Crackers	2 lb 8 oz or approx. 600 each
<b>Dairy</b>		
	Cheese Stick	3 lb 2 oz or 50 - 1 oz sticks
	Milk	50 - ½ pints or 3 gallons + 2 cups
	Yogurt	12 lb 8 oz

<b>Week 3</b>	<b>Item</b>	<b>Amount</b>
<b>Fruit</b>		
	100% Fruit Juice	2 gallons + 5 ½ cups
	Grapes	14 lb 5 oz
	Raisins (optional)	6 ¼ cups
	Strawberries	14 lb 5 oz
<b>Grains/Bread</b>		
	Bagel	25 each
	Cereal, dry	2 gallons + 5 ½ cups or 50 oz eq
	Cheese Snack Crackers	2 lb 8 oz or approx. 1200 each
<b>Dairy</b>		
	Cheese Stick	3 lb 2 oz or 50 - 1 oz sticks
	Milk	50 - ½ pints or 3 gallons + 2 cups
	Yogurt	12 lb 8 oz
<b>Other</b>		
	Peanut Butter	1 qt + 2 ¼ cups

<b>Week 4</b>	<b>Item</b>	<b>Amount</b>
<b>Fruit</b>		
	100% Fruit Juice	1 gallon + 2 qt + 1 cup
	Apple	50 each, sliced
	Orange	63 each
<b>Vegetables</b>		
	Baby Carrots	3 lb 15 oz
<b>Grains/Bread</b>		
	Granola	3 qt + ½ cup
	Muffin	50 each
	Pretzel Sticks	2 lb 8 oz or approx. 2000 each
	Savory Snack Crackers	2 lb 8 oz or approx. 600 each
<b>Dairy</b>		
	Milk	50 - ½ pints or 3 gallons + 2 cups
	Yogurt	12 lb 8 oz
<b>Other</b>		
	Peanut Butter	1 qt + 2 ¼ cups



Tab – “Sample Social Media Posts”

AT-RISK AFTERSCHOOL MEALS

# SOCIAL MEDIA

## SAMPLE POSTS

Promote At-Risk Afterschool Meals using these sample posts. Tag local individuals or organizations and customize with local web page links!



### Extend Good Nutrition

#### **At-Risk Afterschool Meals**

offer fun **activities** and  
time with **friends**  
in addition to the nutritious  
**meals** and **snacks** served.



Would your child enjoy an afterschool snack at school? Participating in CACFP At-Risk Afterschool Meals is a great way to ensure children up to age 18 are receiving nutritious snacks after the school day! #CACFP

*Include local sponsor information.*



Meals served in At-Risk Afterschool Meals ensure good nutrition. Participate today! #CACFP

*Include local sponsor information.*



# Extend Good Nutrition with At-Risk Afterschool Meals

Learn more on the CNW website:  
<http://bit.ly/afterschoolmeals>



At-Risk Afterschool Meals extend good nutrition for children up to age 18 by providing nutrition after school and the benefits of social interaction with friends. Find more information on the Child Nutrition & Wellness website: [www.kn-eat.org](http://www.kn-eat.org) #CACFP



At-Risk Afterschool Meals extend good nutrition for children up to age 18. Find more info on the Child Nutrition & Wellness website: [www.kn-eat.org](http://www.kn-eat.org) #CACFP

AtRisk1.jpg



"I'm orange because I have beta-carotene. That helps your eyesight and immune system!"

- Reggie Veggie



Reggie-Veggie.jpg



Eating a colorful variety of fruits and vegetables does have benefits. For example, the orange color of carrots and sweet potatoes comes from beta-carotene (a form of Vitamin A) which aids eye health and immune system strength. Parents, see if your children can name fruits and vegetables from all the other color groups. #MyPlate



Create a twitter poll (found in the same place you go to tweet) and ask: What vitamin gives carrots an orange color? @TeamNutrition A) Vitamin A; B) Vitamin B; C) Vitamin O; or D) Vitamin D  
Follow up this poll with this tweet: Vitamin A, specifically beta-carotene, gives carrots an orange hue. It's good for eye health and immune systems.



## How much dairy is recommended for you?



It's important to consume low-fat dairy products, but how much is enough? That depends on your age! USDA says anyone age 9 and over should consume 3 cups of dairy products per day, while 2-2.5 cups is recommended for children age 8 and under.



USDA recommends 3 cups of dairy per day for those over age 9 & 2-2.5 cups for those under 8—is your family reaching the recommendation?

Dairy.jpg





Family-Activity.jpg



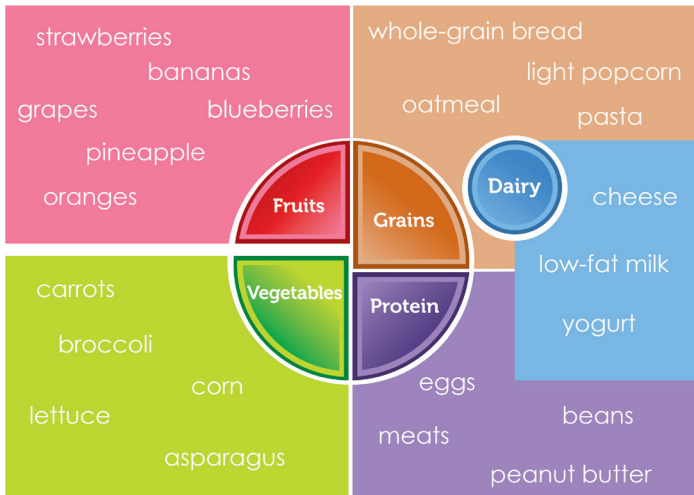
Activity is just as important as a nutritious meal. Here's an Eat Smart Play Hard challenge for your family to try today: go outside and play for 15-30 minutes after you eat dinner! Share your activity with us on our page and find other ways to be active on the #MyPlate website <https://www.choosemyplate.gov/physical-activity-tips>



#EatSmartPlayHard challenge for your family today: play outside for 15-30 mins after dinner.



## Guide to the 5 MyPlate Food Groups



**Every Day Food Examples**  
 apples and other fruits  
 water  
 milk  
 whole-grain bread  
 green beans and other vegetables

**Sometimes Food Examples**  
 cakes, cookies and sweets  
 french fries and fried foods  
 soda and other sugary beverages  
 cream cheese and ice cream  
 breaded chicken nuggets



Parents! See what you know... what are the five food groups that make up #MyPlate? Now, ask your children and see how many foods they can identify within each category! If you want to take the conversation one step further, talk about sometimes foods versus every day foods. There are great resources on these topics at <https://www.choosemyplate.gov/>



Parents, ask your children how many foods they can identify within each MyPlate food group!

Food-Group-Guide.jpg



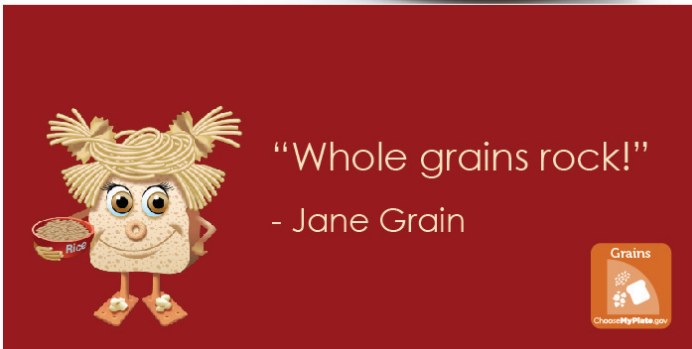
Whole wheat flour  
retains fiber,  
iron and  
B vitamins



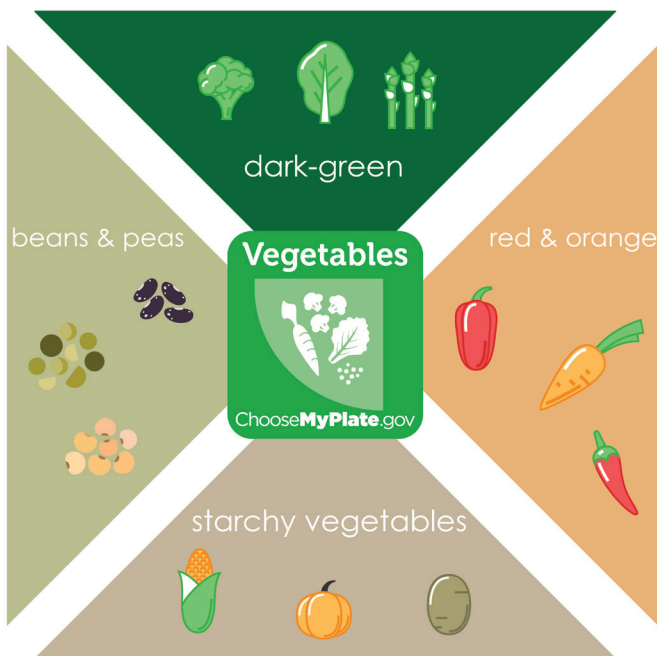
Pick up a grain item from your kitchen and check the ingredients list. If a whole grain such as "whole wheat" is listed, your product is more nutritious than a product made with enriched flour. Choose "whole" grains to ensure nutrients like dietary fiber, iron, and many B vitamins are not removed from your grain items!



Nutritious whole grains are recommended over refined grains—look for "whole grain" listed in the ingredient labels in your pantry!



Grains.jpg



The fifth category includes all other vegetables.

Vegetable-Subgroup.jpg



The five #MyPlate food groups are protein, grains, fruit, vegetables, and dairy; but did you know vegetables have subgroups with different vitamins and minerals in each? The vegetable subgroups are dark-green, red and orange, beans and peas, and starchy. Here's your challenge: Try a vegetable from each subgroup this week.



We've got a challenge for you this week: Try one vegetable from each of the #MyPlate vegetable subgroups. These subgroups offer different vitamins and minerals to boost nutrition. <https://www.choosemyplate.gov/vegetables>



Check out the USDA Mixing Bowl (<https://whatscooking.fns.usda.gov/>) and find recipe ideas for the whole family. Keep it tasty and simple by following #MyPlate.



Parents, be sure to check out <https://whatscooking.fns.usda.gov/> for nutritious #recipes. #MyPlate @TeamNutrition @USDANutrition



**What's Cooking?**  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

# BROWN RICE 5 WAYS

**1 Fried Rice**

- + Brown rice
- + Carrot
- + Bell pepper
- + Onion
- + Broccoli
- + Soy sauce
- + Vegetable oil
- + Eggs
- + Chicken
- + Spices to taste

**2 Caribbean Casserole**

- + Brown rice
- + Onion
- + Stewed tomatoes
- + Green pepper
- + Black beans
- + Oregano leaves
- + Canola oil
- + Spices to taste

**3 Fiesta Rice Salad**

- + Brown rice
- + Broccoli
- + Carrots
- + Red onion
- + Tomatoes
- + Green pepper
- + Kidney beans
- + Cilantro
- + Spices to taste

**4 Cheesy Broccoli Rice Squares**

- + Brown rice
- + Broccoli
- + Onion
- + Cheddar cheese
- + Eggs
- + Fresh parsley
- + Evaporated milk
- + Worcestershire sauce
- + Spices to taste

**5 Black Bean Burgers**

- + Brown rice
- + Black beans
- + Egg
- + Scallions
- + Cilantro
- + Oregano or basil
- + Garlic
- + Vegetable oil
- + Whole wheat buns
- + Spices to taste

For more information about these recipes go to : [www.whatscooking.usda.fns.gov](http://www.whatscooking.usda.fns.gov)



USDA-Mixing-Bowl.jpg

This page intentionally left blank

Tab – “Transport Sheets”



## CACFP Meal Transport Sheet

★ Center Name:

★ Date (Month/Day/Year):

**Instructions:** See next page.

**Requirements:**

1. Menus must be maintained separately.
2. Menus and food production records must match & reflect actual meal service.
3. Items with an asterisk\* must be completed.
4. Identify whole grain-rich items with a .

Number of Meals Ordered		★ Actual Number of Meals Served		
Brkfst			Breakfast	Lunch
Lunch		Children		
Snack		Staff		
		<b>Total Meals Served</b>		

Meal	★Component (Name of each food served.) (Write USDA recipe number if used.) (1)	Planned Serving Sizes or CN Label Contribution (2)	★Total Amount Delivered (3)	Food Temperatures Kitchen / Center		Comments (e.g., Leftovers, etc)
<b>Breakfast</b>	Vegetable/Fruit/Juice		Cups/oz./lb.			
	Grain <input type="checkbox"/> or Meat/Meat Alt (2 oz adults)		Cups/# slices/oz.			
	Milk		Cups/gal.			
	4 <sup>th</sup> item					
<b>Lunch or Supper</b>	Meat/Meat Alternate		Oz./lbs.			
	Vegetable		Cups/oz./lbs.			
	Fruit		Cups/oz./lbs.			
	Grain <input type="checkbox"/>		Cups/# slices/oz.			
	Milk		Cups/gal.			
<b>Snack</b>	Component 1 <input type="checkbox"/>					
	Component 2 <input type="checkbox"/>					

Vendor Signature \_\_\_\_\_ CACFP Staff Signature \_\_\_\_\_

## INSTRUCTIONS CACFP Meal Transport Sheet

The Meal Transport Sheet is required when center staff is not responsible for preparation of the meals.

### **TO BE COMPLETED BY FOOD SERVICE PERSONNEL:**

- **Center Name** – self-explanatory
- **Date** – self-explanatory.
- **Number of Meals Ordered** – record the number of meals ordered by center staff.
- **Menu Item** – enter the food items that were prepared for the center.
- **Planned Serving Size** – enter the serving size or CN contribution for each menu item.
- **Total Amount Delivered** – enter the total amount sent of each food item listed. If meals are sent in bulk, then record the total amount. If meals are sent in portioned trays, record total number of servings sent.
- **Food Temperatures (Kitchen)** – record the temperature of each food item as it is packed for transport.
- **Notes** – indicate additional information from the food service to the center staff.
- **Vendor Signature** – kitchen staff that is responsible for preparing bulk foods and/or portioning the trays signs here.

### **TO BE COMPLETED BY CENTER STAFF:**

- **Food Temperature (Center)** – record the temperature of each food item prior to serving. If a hot potentially hazardous food has a temperature below 135° F, it must be reheated to 165° F before serving. If a cold potentially hazardous food has a temperature above 41° F, it must be chilled to below 41° F before serving.
- **Notes** – record any correspondence from the center to kitchen staff.
- **Actual Number of Meals Served** – record the total number of meals served to participants (children) and staff.
- **Received By** – the center staff person that receives food items should ensure that correct portions are available. After determining that the food is adequate, the person signs the form.

The completed form should be returned to the kitchen and a copy should be maintained in the center file with the menus.

## CACFP Weekly Snack Transport Sheet

★ Center Name:

★ Date (Month/Day/Year):

**Instructions:** See next page.

**Requirements:**

1. Menus must be maintained separately.
2. Final menus and food production records must match & reflect actual snack service.
3. Items with an asterisk\* must be completed.
4. Identify whole grain-rich items with a .

Number of Snacks Ordered						★ Actual Number of Snacks Served					
	Mon	Tues	Wed	Thurs	Fri		Mon	Tues	Wed	Thurs	Fri
Snack						Children					
						Staff					
						Total Snacks Served					

Snack	★Component (Name of each food served.) (Write USDA recipe number if used.) (1)	Planned Serving Sizes or CN Label Contribution (2)	★Total Amount Delivered (3)	Food Temperatures Kitchen / Center		Comments (e.g., Leftovers, etc)
Monday Snack	Component 1 <input type="checkbox"/>					
	Component 2 <input type="checkbox"/>					
Tuesday Snack	Component 1 <input type="checkbox"/>					
	Component 2 <input type="checkbox"/>					
Wednesday Snack	Component 1 <input type="checkbox"/>					
	Component 2 <input type="checkbox"/>					
Thursday Snack	Component 1 <input type="checkbox"/>					
	Component 2 <input type="checkbox"/>					
Friday Snack	Component 1 <input type="checkbox"/>					
	Component 2 <input type="checkbox"/>					

Vendor Signature \_\_\_\_\_ CACFP Staff Signature \_\_\_\_\_

## INSTRUCTIONS CACFP Snack Transport Sheet

The Snack Transport Sheet is required when center staff is not responsible for preparation of the snacks.

### **TO BE COMPLETED BY FOOD SERVICE PERSONNEL:**

- **Center Name** – self-explanatory
- **Date** – self-explanatory.
- **Number of Snacks Ordered** – record the number of snacks ordered by center staff.
- **Menu Item** – enter the food items that were prepared for the center.
- **Planned Serving Size** – enter the serving size or CN contribution for each menu item.
- **Total Amount Delivered** – enter the total amount sent of each food item listed. If snacks are sent in bulk, then record the total amount. If snacks are sent in portioned trays, record total number of servings sent.
- **Food Temperatures (Kitchen)** – record the temperature of each food item as it is packed for transport.
- **Notes** – indicate additional information from the food service to the center staff.
- **Vendor Signature** – kitchen staff that is responsible for preparing bulk foods and/or portioning the trays signs here.

### **TO BE COMPLETED BY CENTER STAFF:**

- **Food Temperature (Center)** – record the temperature of each food item prior to serving. If a hot potentially hazardous food has a temperature below 135° F, it must be reheated to 165° F before serving. If a cold potentially hazardous food has a temperature above 41° F, it must be chilled to below 41° F before serving.
- **Notes** – record any correspondence from the center to kitchen staff.
- **Actual Number of Snacks Served** – record the total number of snacks served to participants (children) and staff.
- **Received By** – the center staff person that receives food items should ensure that correct portions are available. After determining that the food is adequate, the person signs the form.

The completed form should be returned to the kitchen and a copy should be maintained in the center file with the menus.



