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# **Healthier Kansas Menus with Alternate Entrées - Lunch**



## **INTRODUCTION**

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Child Nutrition & Wellness, Kansas State  
Department of Education

*Revised July 2019*

## Healthier Kansas Menus with Alternate Entrées - INTRODUCTION

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**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)

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## **Acknowledgements**

We gratefully recognize the contributions of the following school food service professionals and students whose assistance was essential in developing *Healthier Kansas Menus*.

### ***Staff and Students Who Tested Menus***

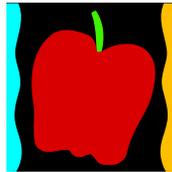
- X0618 St. Joseph Catholic School, Ost
- USD 234 Fort Scott, Winfield Scott Elementary School
- USD 345 Seaman, Logan Elementary School

### ***Staff and/or Students Who Tested Recipes***

- USD 253 Emporia, Emporia High School
- USD 267 Renwick, St. Marks Elementary School
- USD 320 Wamego, Central West Elementary School, Wamego Middle School, Wamego High School
- USD 345 Seaman, Northern Hills Jr. High School, Seaman High School, Seaman Middle School
- USD 394 Rose Hill Public Schools, Rose Hill Intermediate School
- USD 494 Syracuse, Syracuse Elementary School, Syracuse High School
- USD 507 Satanta, Satanta Elementary School, Satanta Jr.-Sr. High School
- USD 307 Ell-Saline, Ell-Saline Elementary School, Ell-Saline Middle & High School

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## **Introduction**

### ***Healthy Menus that Students will Love***

Healthier Kansas Menus with Alternate Entrées 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 will be introduced to good-tasting, healthy foods. Menus were well accepted by students in all grades and were tested in both small and large schools.

*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, Healthier Kansas Menus can be a time saving tool. The resources included are:

- 8-Week Menu Calendar including an alternate entrée option each day – The 8 weeks of menus were designed to be “seasonal menus” and may be split up or used through the school year as an 8 week cycle. There are many possibilities for customization!
  - 4-Week Spring Calendar
  - 4-Week Fall Calendar
  - 2-Week Repeating Alternate Entrées Cycle
- Recipes with HHFKA Menu Planning component information and HACCP instructions
- Daily Production Records with Purchasing, Preparation and Serving Instructions
- Fruit & Vegetable Ordering Guide
- Ideas for Adapting Menus
- Appendices

## **Tips for Using Healthier Kansas Menus**

### ***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. Note that changes in menu items, recipes or portion sizes require corresponding changes in the 8-Week Calendar Menu, Production Records and Fruit & Vegetable Order Guide.

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 on the Purchasing, Preparation & Serving Instructions. When menus are changed, the production record component information must be re-calculated to assure the daily and weekly components requirements are met.

### ***Use the Resources***

#### **8-Week Menu with Alternate Entrées Calendar**

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

#### **Recipe Book**

Production information is found in the *Healthier Kansas Menus Recipe Book* and daily *Purchasing, Preparation & Serving Instructions*. Recipes identify HACCP processes, component contributions, serving size(s) and instructions.

#### **Production Records**

Daily Production Records with Purchasing, Preparation & Serving Instructions 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.

## Healthier Kansas Menus with Alternate Entrées - INTRODUCTION

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### **Specifications & Order Guides**

Nutrient and component specifications are indicated on the recipes or the daily *Purchasing, Preparation & Serving Instructions*. Review specifications before ordering to ensure that menus served meet component and nutrient requirements.

Use the *Fruit & Vegetable Ordering Guide*. This guide, organized by menu week, is based on 100 servings of the portion sizes indicated in *Healthier Kansas Menus with Alternate Entrée*.

### **Appendices**

Additional data is provided in the appendices at the end of the *Healthier Kansas Menus with Alternate Entrée* resources. These include:

- Converting Common Measures
- Healthier Kansas Menus with Alternate Entrée - Nutrient Analysis

## Healthier Kansas Menus with Alternate Entrée – INTRODUCTION

**Please Note:** Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

### Fall Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
						K-5	6-8	9-12
<p style="text-align: center;"><b>Week 1</b></p> Pig in a Blanket Or Peanut Butter & Jelly Sandwich  Roasted Red Potatoes Broccoli w/Cheese Fresh Cantaloupe Canned Fruit Choice Milk Choice	Chicken Wrap Spanish Brown Rice Or Chicken Crispito Spanish Brown Rice  Romaine Lettuce Tomato Slice Sautéed Zucchini Diced Pears <b>Oatmeal Cookie (9-12)</b> Fresh Fruit Choice Milk Choice	Spaghetti w/ Meat Sauce Garlic Bread Or Hamburger on a Bun  Garden Salad Green Beans Honeydew Melon Canned Fruit Choice Milk Choice	Taco Salad & Tortilla Chips and Salsa Or Yogurt & Blueberry Oat Muffin Plate  Red Bell Pepper Strips Refried Beans Romaine Lettuce Apple Salad <b>Cinnamon Puff (6-12)</b> Canned Fruit Choice Milk Choice	Chicken & Noodles <b>Whole Wheat Roll (6-12)</b> Or Turkey & Cheese Sub Sandwich  Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>643</b>	<b>669</b>	<b>779</b>
					<b>Sodium (mg)</b>	<b>777</b>	<b>797</b>	<b>851</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.3%</b>	<b>7.9%</b>	<b>7.4%</b>
<p style="text-align: center;"><b>Week 2</b></p> Mini Meatball Sub Or Fruit, Yogurt & Granola Parfait  Ranch Potato Wedges Tossed Salad Fresh Apple Canned Fruit Choice Milk Choice	BBQ Chicken Drumstick Whole Wheat Roll Or Popcorn Chicken Whole Wheat Roll  Baked Beans Creamy Cole Slaw Fresh Baby Carrots Fresh Nectarine Canned Fruit Choice Milk Choice	White Chicken Chili Cornbread Muffin Or Rock and Roll Beef Wrap  Cherry Tomatoes Cucumber Slices Fresh Blueberries Canned Fruit Choice Milk Choice	Cheese Pizza Or Grilled Chicken Sandwich  Broccoli Florets Fresh Baby Carrots Diced Peaches Fresh Fruit Choice Milk Choice	Biscuits & Gravy <b>Sausage Patty (6-12)</b> Or Pepperoni Pizza  Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>618</b>	<b>657</b>	<b>803</b>
					<b>Sodium (mg)</b>	<b>837</b>	<b>887</b>	<b>1007</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>6.8%</b>	<b>6.9%</b>	<b>6.5%</b>

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**Healthier Kansas Menus with Alternate Entrée – INTRODUCTION**

**Fall Cycle, continued**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p><b>Week 3</b></p> <p>Pork Rib on a Bun <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Dark Green Leaf Lettuce &amp; Tomato Slice Sweet Potato Puffs Fresh Cantaloupe Canned Fruit Choice Milk Choice</p>	<p>Taco Soup &amp; Tortilla Chips <b>Or</b> Chicken Crispito &amp; Tortilla Chips</p> <p>Tomato Salsa Refried Beans Diced Pears Fresh Fruit Choice Milk Choice</p>	<p>Corn Dog <b>Or</b> Hamburger on a Bun</p> <p>Green Beans Tater Tots Honeydew Melon Snickerdoodle Canned Fruit Choice Milk Choice</p>	<p>Chicken Quesadilla <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b></p> <p><b>Black Bean &amp; Corn Salsa (9-12)</b> Broccoli Florets Fresh Baby Carrots Apple Salad Canned Fruit Choice Milk Choice</p>	<p>Cowboy Cavatini Whole Wheat Roll <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Seasoned Corn Garden Salad Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>655</b></p> <p><b>856</b></p> <p><b>7.7%</b></p>	<p><b>661</b></p> <p><b>858</b></p> <p><b>7.5%</b></p>	<p><b>823</b></p> <p><b>922</b></p> <p><b>6.9%</b></p>
<p><b>Week 4</b></p> <p>Hamburger on a Bun <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Dark Green Leaf Lettuce Tomato Slice Oven Fries Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Chili <b>Tortilla Chips (9-12)</b> <b>Or</b> Popcorn Chicken <b>Tortilla Chips (9-12)</b></p> <p>Red Bell Pepper Strips Sliced Cucumber Fresh Nectarine Cinnamon Roll Canned Fruit Choice Milk Choice</p>	<p>Chicken Nuggets Whole Wheat Roll <b>Or</b> Rock and Roll Beef Wrap</p> <p>Mashed Potatoes &amp; Gravy Tossed Salad Fresh Blueberries Canned Fruit Choice Milk Choice</p>	<p>Baked Ham Angel Biscuit &amp; Jelly <b>Or</b> Grilled Chicken Sandwich</p> <p>Apple Glazed Sweet Potatoes Green Beans Diced Peaches <b>Honey Apple Crisp (9-12)</b> Fresh Fruit Choice Milk Choice</p>	<p>Macaroni &amp; Cheese Meatballs <b>Whole Wheat Bread &amp; Jelly (6-12)</b> <b>Or</b> Pepperoni Pizza</p> <p>Baked Beans Fresh Baby Carrots Fresh Strawberries Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>637</b></p> <p><b>880</b></p> <p><b>8.9%</b></p>	<p><b>655</b></p> <p><b>899</b></p> <p><b>8.7%</b></p>	<p><b>813</b></p> <p><b>957</b></p> <p><b>7.9%</b></p>

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**Healthier Kansas Menus with Alternate Entrée – INTRODUCTION**

**Spring Cycle**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
						K-5	6-8	9-12
<p><b>Week 1</b></p> <p>Hot Ham &amp; Cheese on a Bun Or Pork Rib on a Bun</p> <p>Potato Wedges Red Bell Pepper Strips Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Pepperoni Pizza Or Popcorn Chicken <b>Whole Wheat Roll (9-12)</b></p> <p>Broccoli Florets Cherry Tomatoes Fruit Cocktail Fresh Fruit Choice Milk Choice</p>	<p>Taco Burger on a Bun <b>Tortilla Chips (6-12)</b> Or Fruit, Yogurt &amp; Granola Parfait <b>Tortilla Chips (6-12)</b></p> <p>Tomato Salsa Dark Green Leaf Lettuce Refried Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p>	<p>Lasagna Garlic Bread Stick w/ Marinara Sauce Or Turkey &amp; Cheese Sub Sandwich</p> <p>Garden Salad Fresh Baby Carrots Fresh Grapes Chocolate Chip Cookie Canned Fruit Choice Milk Choice</p>	<p>Chicken Patty Whole Wheat Roll Or Peanut Butter &amp; Jelly Sandwich</p> <p>Mashed Potatoes &amp; Gravy Steamed Asparagus Fresh Peach Canned Fruit Choice Milk Choice</p>	<b>Calories</b>	<b>649</b>	<b>683</b>	<b>759</b>
					<b>Sodium (mg)</b>	<b>890</b>	<b>858</b>	<b>910</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.5%</b>	<b>8.4%</b>	<b>7.6%</b>
<p><b>Week 2</b></p> <p>Sweet and Sour Chicken Nuggets Seasoned Brown Rice Or Yogurt &amp; Blueberry Oat Muffin Plate</p> <p>Asian Fresh Vegetables Cherry Tomatoes Fresh Pear Canned Fruit Choice Milk Choice</p>	<p>Super Nachos Or Chicken Crispito</p> <p>Romaine Lettuce Southwestern Lentils Tomato Salsa Fresh Plum Canned Fruit Choice Milk Choice</p>	<p>Cheese Breadsticks w/ Marinara Sauce Or Grilled Chicken Sandwich</p> <p>Seasoned Corn Tossed Salad Fresh Watermelon Canned Fruit Choice Milk Choice</p>	<p>Pulled Pork Sandwich Or Hamburger on a Bun</p> <p>Creamy Cole Slaw Baked Beans Applesauce Fresh Fruit Choice Milk Choice</p>	<p>Rock and Roll Beef Wrap Or Cheese Pizza</p> <p>Steamed Carrots Broccoli Florets Fresh Orange <b>Cherry Crisp (6-12)</b> Canned Fruit Choice Milk Choice</p>	<b>Calories</b>	<b>627</b>	<b>664</b>	<b>790</b>
					<b>Sodium (mg)</b>	<b>706</b>	<b>722</b>	<b>772</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.8%</b>	<b>8.6%</b>	<b>8.8%</b>

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**Healthier Kansas Menus with Alternate Entrée – INTRODUCTION**

**Spring Cycle, continued**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p><b>Week 3</b></p> <p>Chicken Tetrizzini Garlic Bread <b>Or</b> Pork Rib on a Bun</p> <p>Tossed Salad Sliced Cucumber Baby Carrots Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Hamburger on a Bun <b>Or</b> Popcorn Chicken <b>Whole Wheat Roll (9-12)</b></p> <p>Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fruit Cocktail Fresh Fruit Choice Milk Choice</p>	<p>Pancakes Sausage Patty <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Hash Brown Patty Green Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p>	<p>Baked Chicken Drumstick w/ Savory Rice &amp; Oatmeal Roll <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Fresh Broccoli Cherry Tomatoes Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p>Yummy Sloppy Joe on a Bun <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Roasted Red Potatoes Edamame Fresh Peach Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>636</p> <p>814</p> <p>7.7%</p>	<p>666</p> <p>847</p> <p>7.7%</p>	<p>772</p> <p>923</p> <p>7.2%</p>
<p><b>Week 4</b></p> <p>Beef &amp; Bean Burrito <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b></p> <p>Tomato Salsa Romaine Lettuce Mexican Corn Fresh Pear Canned Fruit Choice Milk Choice</p>	<p>Stromboli Squares <b>Garlic Breadstick (9-12)</b> <b>Or</b> Chicken Crispito</p> <p>Garden Salad Fresh Baby Carrots Fresh Plum Canned Fruit Choice Milk Choice</p>	<p>BBQ Beef on a Bun <b>Or</b> Grilled Chicken Sandwich</p> <p>Fresh Snow Peas Baked Beans Fresh Watermelon <b>Royal Brownie (6-12)</b> Canned Fruit Choice Milk Choice</p>	<p>Turkey &amp; Cheese Sub Sandwich <b>Or</b> Hamburger on a Bun</p> <p>Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Applesauce Fresh Fruit Choice Milk Choice</p>	<p>Country Style Beef Pattie <b>Whole Wheat Roll (6-12)</b> <b>Or</b> Cheese Pizza</p> <p>Mashed Potatoes &amp; Gravy Steamed Broccoli Fresh Orange Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>613</p> <p>782</p> <p>7.6%</p>	<p>655</p> <p>821</p> <p>7.5%</p>	<p>780</p> <p>870</p> <p>6.9%</p>

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## Adapting Menus to Meet Your Needs

The *Healthier Kansas Menus with Alternate Entrées* can be adapted to include local students' favorite menu items and recipes. Serving practices can also be modified to best suit each school's individual situation.

### **Adapting Menu Planning and Serving Practices**

To simplify the *Healthier Kansas Menus with Alternate Entrées* and the accompanying nutrient analysis, the following criteria were used:

- ◆ Menus follow the Nutrition Standards for School Meals including Target 2 for sodium limits.
- ◆ All students receive all menu items in the specified amounts.
- ◆ All condiments are served in specified amounts.
- ◆ Salt shakers or packets are not available to students.
- ◆ Nutrient analysis reflects the same number of Alternate Entrées served each day.

Options/changes that may be considered include:

- ◆ Consider serving meals using the "Offer" system. The "Offer" system decreases food waste and allows for student choices.
- ◆ Allow students to serve themselves. Allowing students to serve themselves fruits and vegetables can work well. Students are more likely to select foods they will eat. Whether staff serve students or students serve themselves, portion sizes are key to healthy meals. Self-service of entrees, grains, and desserts should be limited to pre-portioned servings to ensure healthy meals are served and to control food costs. Self-service allows for easier implementation of offering choices within menus.
- ◆ Make condiments optional to help decrease the amount used. Condiments are a major source of sodium and fat. Limit the portion size and the number of servings taken to control fat and sodium. Limit condiments to not exceed the serving sizes listed on the *Healthier Kansas Menus with Alternate Entrées* production records. When it comes to serving condiments, less is better.
- ◆ Offer a fruit choice each day – when using *Healthier Kansas Menus with Alternate Entrées*, this is required for grades 9-12 to meet the minimum daily requirement and is encouraged for grades K-5 and 6-8. Select an additional fruit or choice of fruits to offer each day.
  - Note: *Healthier Kansas Menus with Alternate Entrées* include a "Fruit Choice" each day. If a fresh fruit is included on the planned menu, the fruit choice could be canned or frozen. If there is not a sufficient amount of fresh fruits or vegetables on the menu for the day, make sure the optional fruit is a fresh fruit.

### ***Adapting Recipes & Purchased Product Specifications***

At times it may not be possible to follow the *Healthier Kansas Menus with Alternate Entrées* exactly as written.

With careful planning alternate recipes or purchased products may be included. Check out these ideas:

- ◆ Try the *Healthier Kansas Menus Recipes* first. Students might discover a new favorite!
- ◆ Limit the number of recipes or product specifications that are changed. The more items that are changed, the less likely menus will still meet students' nutrient needs.
- ◆ Rearrange the menus.
  - Switch the entire menu for any one day of a school week with the entire menu for any other day of the same week. Menus are planned to meet both daily and weekly component requirements and weekly nutrient goals. The order in which daily menus are served within a given week will not affect the nutrient content.
  - Switch similar food items within the same school week. For example, if bananas are not available as planned on Tuesday, switch the bananas with the Oranges planned on Friday.
- ◆ Make substitutions with items of similar nutrient content.
  - Sometimes a fruit on the menu is not in season or is particularly expensive that week. Substitute foods from the same food group, i.e. substitute a fruit for a different fruit.
  - Sometimes a vegetable on the menu is not in season or is particularly expensive that week. Substitute vegetables from the same vegetable sub-group, i.e. substitute celery sticks for snap peas or a different vegetable from the "other" sub-group.
  - Substitute equal portion sizes. For example, replace two 1-oz rolls with one 2-oz roll.
  - If a higher fat menu item is added, include it in place of another higher-fat item already on the menus.
  - If a higher-sodium item is added, include it in place of another higher-sodium item already on the menus.
  - Substitute foods from the same food groups, i.e. substitute a different Nut Butter & Jelly Sandwich for the Peanut Butter & Jelly Sandwich.

**REMEMBER** to record all substitutions on recipes and production records. Keep information on file regarding products purchased.

### ***Changing Menu Items & Portion Sizes***

If menu items or portion sizes are changed from those planned in the *Healthier Kansas Menus with Alternate Entrées*, component contributions must be re-calculated. Daily and weekly component totals must also be re-added to assure requirements are met. The extent and type of changes made will affect the nutrient analysis.

The Kansas State Department of Education (KSDE), Child Nutrition & Wellness team offers classes that focus on meeting meal component and nutrient requirements. Go to [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training or contact a Child Nutrition Consultant for class details.

### ***Adding Healthy Choices***

Offering choices may take a little more time in planning, preparation, and service, but consider the benefits:

- ◆ Student satisfaction is increased.
- Waste is decreased. Students are more likely to choose items they will eat or decline items they will not eat.
- ◆ Consumption is improved.
  - Students are more likely to eat foods that they select.
  - With more choices students are more likely to find a food item that they will eat.
- ◆ Students can be introduced to new foods.
  - Schools can take advantage of food items in season or on sale.
  - Schools can serve food items that will be chosen by some, but not all students.
  - New food items can be introduced without excessive food waste.
  - By being exposed to new food items, students have the opportunity to become familiar with them, making it more likely that they will try them in the future.

Choices don't need to be elaborate. Simple choices tend to be the healthiest. Lower-fat entrees, fruits, vegetables and lower-fat grain items are great choices.

Be cautious if adding choices of high-fat or high-sodium menu items. Many entrees, cheese, cookies, desserts, salad dressings or items containing salad dressing are high in fat. Salad bar toppings such as cheese, cottage cheese and sunflower seeds can dramatically increase the amount of fat and sodium in meals. Choices can be offered with "Serve" menus and "Offer" menus. Options can be as limited as a choice of fruits or as extensive as a food bar with multiple offerings.

## Menu Standards of Excellence

### *2015 Dietary Guidelines for Americans and MyPlate*

Regulations require that the United States Department of Agriculture (USDA) Child Nutrition Programs menu requirements are consistent with the most recent Dietary Guidelines for Americans (DGA). The guidelines are updated to be consistent with the most current scientific recommendations of how Americans should eat. The DGA can be found at <https://health.gov/our-work/food-nutrition>. When the *Healthier Kansas Menus* were revised, the 2015 Dietary Guidelines for Americans were used as a basis for serving healthy meals. The following guidelines were incorporated into the menus:

- ◆ Consume a variety of foods from the basic food groups while staying within energy needs.
- ◆ Encourage intake of fruits and vegetables:
  - Choose a variety of fruits and vegetables each day including legumes, dark green & orange vegetables, and starchy vegetables.
- ◆ Limit intake of sodium and saturated fat.
- ◆ Limit the intake of added sugars.
- ◆ Serve non-fat or low-fat milk (1%) only.
- ◆ Keep foods safe to eat.



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# **Healthier Kansas Menus with Alternate Entrées**



## **APPENDICES**

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Child Nutrition & Wellness, Kansas State  
Department of Education

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1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
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## Converting Common Measures

### 1. Convert Ounces to Pounds

Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds
1 oz	.062 lb	7 oz	.437 lb	13 oz	.812 lb
2 oz	.125 lb	8 oz	.5 lb	14 oz	.875 lb
3 oz	.187 lb	9 oz	.562 lb	15 oz	.937 lb
4 oz	.25 lb	10 oz	.625 lb	16 oz	1.0 lb
5 oz	.312 lb	11 oz	.687 lb		
6 oz	.375 lb	12 oz	.75 lb		

To convert ounces to pounds in decimal units, divide the number of ounces by 16.

### 2. Convert Decimal to Fraction

Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent
.125	1/8	.375	3/8	.66	2/3
.25	1/4	.50	1/2	.75	3/4
.33	1/3	.625	5/8	.875	7/8

### 3. Convert Volume Measures

1 gallon = 4 quarts or 16 cups	1 gallon of water = 8 lbs or 128 ounces
1 quart = 4 cups or 2 pints	1 quart of water = 2 lbs or 32 ounces
1 pint = 2 cups	1 pint of water = 16 ounces
1 cup = 16 tablespoons	1 cup of water = 8 ounces
1 Tablespoon = 3 teaspoons	1 tablespoon of water = 1/2 ounce

# Healthier Kansas Menus with Alternate Entrées

## Nutrient Analysis

The following pages detail the nutrient content of menu items, daily meals and weekly menus of *Healthier Kansas Menus with Alternate Entrées*. The analysis was completed using Nutri-Kids Menu Planning software, version 18.01 based on the following assumptions and practices:

- ◆ Production records, food specifications and recipes are followed.
- ◆ All students take all items. (Serve)
- ◆ Alternate menu items are included in analysis as being served the same number of portions each day.
- ◆ Ground beef is drained but not rinsed.
- ◆ Canned fruits are drained unless otherwise noted.
- ◆ Milk variety recipe is 70% non-fat chocolate and 30% is 1% white.
- ◆ Generic ingredients from the Standard Reference Database in CN 12 are used whenever possible.
- ◆ Specific manufactured items included in the analysis are noted below. **Note that inclusion of branded items in the nutrient analysis does not constitute a recommendation for use of these products by the Kansas State Department of Education.**

Entrees: Pepperoni Pizza (ConAgra 77387-12719); Breaded Chicken Patty (Tyson 16477-928); Chicken Nuggets (Tyson 70364-928); Saucy Blues BBQ Pork (Hormel Foods 55241); Beef Patty (Advance Pierre 155-525-0); Chicken Drumstick (Tyson 8832-928); Beef & Bean Burrito (Foster Farms 09036); Beef Sirloin Steak, Sliced & Shaped (Advance Pierre 7325-001); Beef Patty, Breaded (Tyson 24725-928); Meatballs (Advance Pierre 3-17-405-20); Cheese Pizza (ConAgra 77387-12718); Turkey Sausage Crumbles (Jimmy Dean); Sausage Patty (JTM Food Group CP5685); Pork Rib (Advance Pierre 44-531-0); Corn Dog, Whole Grain (Foster Farms 92124); Uncrustable 2.6 oz (Smuckers 51500-06961); Uncrustable 5.3 oz (51500-21028); Chicken Chili Crispito (Tyson 23987-928), Popcorn Chicken (Tyson 2940-928); Grilled Chicken Filet (Tyson 70322-928)

Fruits & Vegetables: Potato Wedges (Simplot 23801); Roasted Red Potatoes (McCain Farmer's Kitchen MCF04851); Sweet Potato Fries, Crinkle Cut (Simplot 10071179027812); Sweet Potato Puffs (Lamb Weston); Tater Tots (Ore-Ida OIF00215A); Hash Brown Patty (Simplot 10071179430018)

Grains: Lasagna Noodles, WG (Hodgson Mills 71518-00017-001); Tortilla Chips, Triangle Unsalted (Mission 08616); Tortilla, WG 8" (Mission 10411); Long Grain & Wild Rice Blend (Uncle Ben's); Egg Noodles, Whole Grain (Hodgson Mills)

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 1

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	632	906	8.3%
Tuesday	608	928	7.2%
Wednesday	715	931	9.6%
Thursday	689	585	10.6%
Friday	570	535	4.9%

Nutrient	Weekly Menu Avg	Target
Calories	643	550-650
Sodium (Mg)	777	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.3%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	653	901	7.6%
Tuesday	608	928	7.2%
Wednesday	715	931	9.6%
Thursday	718	597	10.2%
Friday	650	629	4.7%

Nutrient	Weekly Menu Avg	Target
Calories	669	550-650
Sodium (Mg)	797	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.9%	<10%

### Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	721	911	6.9%
Tuesday	879	1156	7.5%
Wednesday	783	941	8.8%
Thursday	795	609	9.3%
Friday	718	639	4.2%

Nutrient	Weekly Menu Avg	Target
Calories	779	750-850
Sodium (Mg)	851	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.4%	<10%

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 2

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	677	910	7.3%
Tuesday	698	728	3.8%
Wednesday	593	669	7.7%
Thursday	585	994	7.1%
Friday	537	883	8.8%

Nutrient	Weekly Menu Avg	Target
Calories	618	550-650
Sodium (Mg)	837	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	6.8%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	677	910	7.3%
Tuesday	834	864	4.1%
Wednesday	593	669	7.7%
Thursday	585	994	7.1%
Friday	594	1000	9.2%

Nutrient	Weekly Menu Avg	Target
Calories	657	550-650
Sodium (Mg)	887	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	6.9%	<10%

### Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	793	1000	7.5%
Tuesday	1012	1046	3.7%
Wednesday	767	752	6.6%
Thursday	651	995	6.5%
Friday	792	1240	9.2%

Nutrient	Weekly Menu Avg	Target
Calories	803	750-850
Sodium (Mg)	1007	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	6.5%	<10%

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 3

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	683	1054	6.0%
Tuesday	721	654	9.1%
Wednesday	647	1059	6.2%
Thursday	540	756	8.5%
Friday	682	758	8.6%

Nutrient	Weekly Menu Avg	Target
Calories	655	550-650
Sodium (Mg)	856	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	7.7%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	704	1049	5.4%
Tuesday	721	654	9.1%
Wednesday	647	1059	6.2%
Thursday	552	768	8.3%
Friday	682	758	8.6%

Nutrient	Weekly Menu Avg	Target
Calories	661	550-650
Sodium (Mg)	858	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.5%	<10%

### Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	777	1061	4.9%
Tuesday	1005	764	8.4%
Wednesday	715	1069	5.6%
Thursday	867	950	7.0%
Friday	750	768	7.8%

Nutrient	Weekly Menu Avg	Target
Calories	823	750-850
Sodium (Mg)	922	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	6.9%	<10%

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 4

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	655	761	9.3%
Tuesday	622	721	8.1%
Wednesday	651	873	7.2%
Thursday	480	1115	5.7%
Friday	778	929	12.6%

Nutrient	Weekly Menu Avg	Target
Calories	637	550-650
Sodium (Mg)	880	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.9%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	655	761	9.3%
Tuesday	622	721	8.1%
Wednesday	651	873	7.2%
Thursday	480	1115	5.7%
Friday	864	1024	11.7%

Nutrient	Weekly Menu Avg	Target
Calories	655	550-650
Sodium (Mg)	899	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	8.7%	<10%

### Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	730	783	8.4%
Tuesday	885	795	8.1%
Wednesday	719	884	6.5%
Thursday	798	1287	5.4%
Friday	932	1034	10.8%

Nutrient	Weekly Menu Avg	Target
Calories	813	750-850
Sodium (Mg)	957	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.9%	<10%

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 1

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	678	1012	10.4%
Tuesday	549	919	7.5%
Wednesday	646	639	9.4%
Thursday	780	1251	8.7%
Friday	591	628	5.9%

Nutrient	Weekly Menu Avg	Target
Calories	649	550-650
Sodium (Mg)	890	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.5%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	678	1012	10.4%
Tuesday	549	919	7.5%
Wednesday	786	654	9.5%
Thursday	776	1080	8.8%
Friday	624	623	5.1%

Nutrient	Weekly Menu Avg	Target
Calories	683	550-650
Sodium (Mg)	858	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	8.4%	<10%

### Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	746	1022	9.5%
Tuesday	637	949	6.6%
Wednesday	862	671	8.6%
Thursday	856	1276	8.0%
Friday	692	634	4.6%

Nutrient	Weekly Menu Avg	Target
Calories	759	750-850
Sodium (Mg)	910	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.6%	<10%

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 2

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	726	873	6.4%
Tuesday	546	459	12.1%
Wednesday	615	815	11.4%
Thursday	709	882	6.2%
Friday	591	628	5.9%

Nutrient	Weekly Menu Avg	Target
Calories	627	550-650
Sodium (Mg)	706	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.8%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	738	885	6.3%
Tuesday	546	459	12.1%
Wednesday	615	815	11.4%
Thursday	709	882	6.2%
Friday	711	566	8.5%

Nutrient	Weekly Menu Avg	Target
Calories	664	550-650
Sodium (Mg)	722	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	8.6%	<10%

### Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	806	895	5.8%
Tuesday	873	658	14.1%
Wednesday	683	826	10.2%
Thursday	804	899	5.8%
Friday	784	582	7.7%

Nutrient	Weekly Menu Avg	Target
Calories	790	750-850
Sodium (Mg)	772	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	8.8%	<10%

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 3

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	581	962	7.7%
Tuesday	666	783	10.1%
Wednesday	594	895	6.2%
Thursday	574	720	7.0%
Friday	764	709	7.4%

Nutrient	Weekly Menu Avg	Target
Calories	636	550-650
Sodium (Mg)	814	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	7.7%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	581	962	7.7%
Tuesday	666	783	10.1%
Wednesday	651	1012	6.8%
Thursday	647	773	7.3%
Friday	785	704	6.8%

Nutrient	Weekly Menu Avg	Target
Calories	666	550-650
Sodium (Mg)	847	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.7%	<10%

### Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	688	1056	6.5%
Tuesday	754	809	9.1%
Wednesday	849	1252	7.4%
Thursday	715	783	6.6%
Friday	853	714	6.3%

Nutrient	Weekly Menu Avg	Target
Calories	772	750-850
Sodium (Mg)	923	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.2%	<10%

## KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 4

### Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	613	589	4.8%
Tuesday	575	975	10.2%
Wednesday	749	990	7.9%
Thursday	623	938	8.6%
Friday	507	419	6.7%

Nutrient	Weekly Menu Avg	Target
Calories	613	550-650
Sodium (Mg)	782	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	7.6%	<10%

### Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	625	601	4.7%
Tuesday	575	975	10.2%
Wednesday	879	1078	7.5%
Thursday	623	938	8.6%
Friday	575	513	6.4%

Nutrient	Weekly Menu Avg	Target
Calories	655	550-650
Sodium (Mg)	821	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.5%	<10%

### Grades 9 – 12

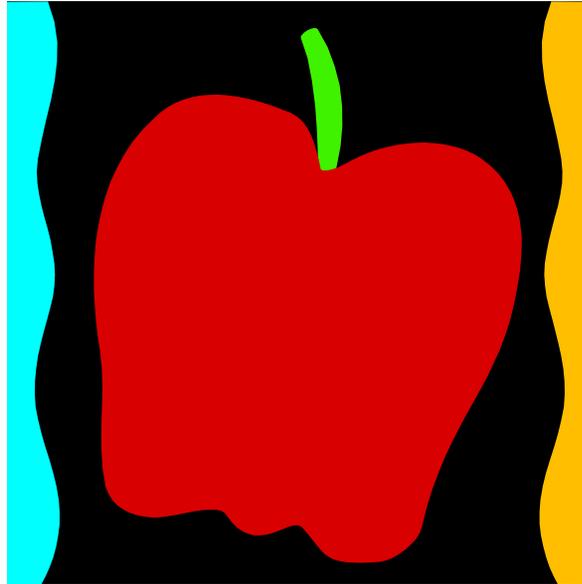
	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	833	626	5.1%
Tuesday	781	1174	8.9%
Wednesday	947	1088	7.0%
Thursday	693	940	7.8%
Friday	643	523	5.7%

Nutrient	Weekly Menu Avg	Target
Calories	780	750-850
Sodium (Mg)	870	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	5.7%	<10%

# Notes

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# Healthier Kansas Menu



## RECIPES

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Child Nutrition & Wellness, Kansas State Department of Education

*Revised July 2019*

## Healthier Kansas Menus – RECIPES

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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).

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## Healthier Kansas Menus – RECIPES

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

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## Healthier Kansas Menus – RECIPES

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<b>Abbreviation</b>	<b>What it Means</b>	<b>Abbreviation</b>	<b>What it Means</b>
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	gal	Gallon
fl	fluid	qt	Quart
oz	ounce	pt	Pint
lb	pound	M/MA	meat/meat alternate
gm	gram	RO	Red/Orange
mg	milligram	DG	Dark Green
CCP	Critical Control Point	BP	Beans/Peas
IU	International Unit	CN	Child Nutrition

# Baked Chicken Drumstick

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 27  
(USD 225 Fowler, modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, drumsticks, frozen, CN labeled to provide 1.5 oz eq M/MA Pan Release Spray, Butter Flavored Pepper, black, ground Ranch Dressing Mix	100 each (21 lb 14 oz)	As needed			<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration overnight.</li> <li>2. Lay thawed chicken in single layer on sheet pans lined with parchment paper.</li> <li>3. Spray with pan release spray.</li> <li>4. Combine pepper and dressing mix in a shaker.</li> <li>5. Sprinkle dry mix evenly over chicken.</li> </ol>
	1 Tbsp 3 oz				<ol style="list-style-type: none"> <li>6. Bake until internal temperature reaches 180°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes. <b>CCP: Heat to 180°F or higher for 15 seconds.</b></li> <li>7. <b>CCP: Hold at 135°F or higher.</b></li> <li>8. Serve 1 leg for K-8 and 2 legs for 9-12.</li> </ol>

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> 1 drumstick <b>9-12:</b> 2 drumsticks	<b>K-8:</b> 1.5 oz equivalent M/MA <b>9-12:</b> 3.0 oz equivalent M/MA	100 pieces

## Nutrients Per Serving (1 leg)

Calories	91	Vitamin A	0.38 IU	Iron	0.01 mg
Protein	12.01 gm	Vitamin C	0 mg	Calcium	0.31 mg
Carbohydrate	0.16 gm	Fiber	0.02 gm	Cholesterol	65 mg
Fat	4.0 gm	% Fat	39.68 %	Sodium	66.01 mg
Saturated Fat	1.00 gm	% Saturated Fat	9.92 %		

# BBQ Chicken

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 130  
Idaho Child Nutrition Programs, Modified

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, drumsticks, frozen, CN labeled to provide 1.5 oz eq M/MA		100 each (21 lb 14 oz)			<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration overnight.</li> <li>2. Lay thawed chicken in single layer on sheet pans lined with parchment paper.</li> <li>3. Spray with pan release spray.</li> <li>4. Bake until internal temperature reaches 180°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes. <b>CCP: Heat to 180°F or higher for 15 seconds.</b></li> </ol>
<b>*Barbeque Sauce</b> Catsup Sugar, brown, packed Mustard, yellow, prepared Liquid Smoke		1 #10 can 1 qt 2 cups 3 cups  4 fl oz			<ol style="list-style-type: none"> <li>5. Combine all ingredients in bowl and mix well and store in refrigerator (if prepared ahead of time).</li> <li>6. During the last 7 minutes of baking, brush or spread BBQ sauce onto full surface of chicken. <b>CCP: Hold at 135°F or higher.</b></li> </ol>

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> 1 drumsticks <b>9-12:</b> 2 drumsticks	<b>K-8:</b> 1.5 oz equivalent M/MA <b>9-12:</b> 3.0 oz equivalent M/MA	<b>100 pieces</b>

## Nutrients Per Serving (1 drumstick)

Calories	179	Vitamin A	167.2 IU	Iron	0.28 mg
Protein	12.54 gm	Vitamin C	1.34 mg	Calcium	18.2 mg
Carbohydrate	21.68 gm	Fiber	0.12 gm	Cholesterol	65 mg
Fat	4.17 gm	% Fat	20.99 %	Sodium	379.45 mg
Saturated Fat	1.02 gm	% Saturated Fat	5.15 %		

# BBQ Beef on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 135 - Revised

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, steak slices, raw	21 lb				<ol style="list-style-type: none"> <li>1. Cook beef slices according to manufacturer's instructions. <b>CCP: Heat to 145°F or higher for 15 seconds.</b></li> <li>2. Add BBQ sauce. Rinse out the BBQ sauce bottle with the water. Add to meat and sauce. Mix.</li> <li>3. Heat in oven, tilting skillet, steam kettle or on the stove top. Add water if needed to maintain volume as water evaporates. <b>CCP: Heat to 135°F or higher for 15 seconds.</b> <b>CCP: Hold at 135°F or higher.</b></li> <li>4. Portion a #8 scoop (1/2 cup) of beef mixture on bun.</li> </ol> <p><i>Optional:</i> 12 lb + 11 oz shredded, pre-cooked roast beef or 20 lb + 3 oz raw top round roast may be substituted for <i>each</i> 100 servings.</p>
Barbecue Sauce, no more than 500 mg sodium per 1 fl oz		1 gal 1 qt			
Water		2½ cups			
Hamburger Bun, whole wheat, 2 oz equivalent Grains <b>OR</b> Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each			

Serving Size	1 Serving Provides	Yield
1 sandwich	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	100 servings

## Nutrients Per Serving

Calories	427	Vitamin A	53.64 IU	Iron	3.74 mg
Protein	22.34 gm	Vitamin C	4.66 mg	Calcium	39.54 mg
Carbohydrate	49.95 gm	Fiber	2.4 gm	Cholesterol	54.84 mg
Fat	16.68 gm	% Fat	35.17 %	Sodium	830.8 mg
Saturated Fat	5.42 gm	% Saturated Fat	11.44 %		

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# Beef & Noodles

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 3  
(USD 225 Fowler, modified)

Ingredients	100 – ¾ cup Servings Or (75 – 1 cup Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, stew meat chunks, raw	21 lb				1. Cook beef in tilt skillet or steam jacketed kettle. <b>CCP: Heat to 145°F or higher for 15 seconds.</b>
Broth, beef, low sodium		3 gal 1 qt			2. Add beef broth to cooked beef, reserving 1 qt for step 5.
Sage, ground Pepper, black Salt, table Onions, dehydrated flakes		1½ tsp 2¼ tsp 2¼ tsp ¼ cup			3. Place sage, pepper, and onions into a stock pot, steam-jacketed kettle, or tilting skillet with the meat and broth. Bring to a simmer.
Egg Noodles, dry, whole grain Flour, all-purpose, enriched	5 lb 5 oz 8 oz	2 cups			4. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 5. Mix flour in small amount of reserved broth (or water) and add to meat/broth mixture to thicken. Adjust amount of flour to make the desired consistency. Simmer until thickened.
					6. Add additional broth or cook down as needed to make 18 qt + 3 cups for every 100 ¾-cup servings. 7. Pour into steam table pans. <b>CCP: Hold at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> ¾ cup (6 oz spoodle) <b>9-12:</b> 1 cup (8 oz spoodle)	<b>K-8:</b> 2.0 oz equivalent M/MA + 1.0 oz equivalent Grains <b>9-12:</b> 2.5 oz equivalent M/MA + 1.25 oz equivalent Grains	75 cups

## Beef & Noodles, continued

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### Nutrients Per $\frac{3}{4}$ cup Serving

Calories	232	Vitamin A	49.06 IU	Iron	3.28 mg
Protein	26.79 gm	Vitamin C	0.15 mg	Calcium	22.16 mg
Carbohydrate	19.18 gm	Fiber	2.22 gm	Cholesterol	84.27 mg
Fat	5.57 gm	% Fat	21.56 %	Sodium	347.99 mg
Saturated Fat	2.28 gm	% Saturated Fat	8.82 %		

# Biscuit and Sausage Gravy

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 118  
(KSDE, Child Nutrition & Wellness)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (HKM Recipe 120) <b>OR</b> Purchased Whole Wheat Biscuits weighing at least 2 oz		100 each			1. Prepare angel biscuits according to recipe <b>or</b> Slice and warm pre-made whole wheat biscuits.
Gravy, country style  Sausage, turkey, raw* <b>OR</b> Sausage, turkey, pre-cooked, crumbles*	7 lb  6 lb 4 oz	2 gal 2 qt			2. Prepare country style gravy mix according to the directions on package. 3. Brown and crumble sausage in skillet. Cook to an internal temperature of 160°F. Drain and rinse. <b>OR</b> heat pre-cooked sausage crumbles according to manufacturer's instructions to a minimum of 135° F. 4. Mix cooked drained sausage with gravy mix. <b>CCP: Heat to 135°F or higher.</b> 5. Place sliced biscuit on tray. At time of service, cover with 3 oz of gravy/sausage mixture.
*Purchase turkey sausage product so 1 serving provides 0.75 oz equivalent M/MA.					

Serving Size	1 Serving Provides	Yield
1 each (1 biscuit + 3 oz of gravy mixture)	1 oz equivalent M/MA + 2 oz equivalent Grains	100 servings

## Nutrients Per Serving

Calories	279	Vitamin A	11.52 IU	Iron	2.15 mg
Protein	10.3 gm	Vitamin C	3.08 mg	Calcium	97.79 mg
Carbohydrate	39.32 gm	Fiber	2.71 gm	Cholesterol	18.39 mg
Fat	9.16 gm	% Fat	29.49%	Sodium	794.69 mg
Saturated Fat	2.13 gm	% Saturated Fat	6.87%		

# Cheese Breadsticks

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 125

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dough from Whole Wheat Breadstick, 51%, (HKM Recipe 877)  Cheese, mozzarella, low-fat, shredded, frozen	12 lb 8 oz (2 recipes for 100 rolls)  12 lb 8 oz				1. Prepare dough from HKM Recipe 877 for White Whole Wheat Breadsticks. 2. Before removing dough from mixer, add mozzarella cheese. For best results, use frozen cheese. 3. Mix thoroughly. 4. Form breadsticks from dough by pinching off 2 oz pieces and shaping. Place in rows 3 across and 17 down on sheet pans lined with pan liners. 5. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes. 6. Bake until lightly browned. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 350°F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 7. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Serving Size	1 Serving Provides	Yield
2 breadsticks	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	100 servings

## Nutrients Per Serving

Calories	320	Vitamin A	453.6 IU	Iron	2.05 mg
Protein	17.64 gm	Vitamin C	2.43 mg	Calcium	439.33 mg
Carbohydrate	30.15 gm	Fiber	2.4 gm	Cholesterol	30.41 mg
Fat	12.93 gm	% Fat	36.38 %	Sodium	297.62 mg
Saturated Fat	6.66 gm	% Saturated Fat	18.73 %		

# Cheese Sauce

Meat/Meat Alternate

HACCP: #2 Same Day Service

Healthier Kansas Recipe 139  
USDA (modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Butter, unsalted* All-purpose flour, enriched Salt	12 oz 13 oz	1½ tsp			1. Melt margarine. Add flour and salt. Stir until smooth.
Milk, low-fat or non-fat	6 lb				2. Add milk gradually, stirring constantly. Cook for 12-15 minutes, stirring frequently, until smooth and thick.
Cheese, American, shredded	3 lb 12 oz				3. Remove pan from heat. Add shredded American cheese and stir until melted. <b>CCP: Hold for hot service at 135°F or higher.</b>
<b>*May use margarine instead of butter, but must ensure that product is <i>trans</i> fat free</b>					

Serving Size	1 Serving Provides	Yield
¼ cup (2 oz ladle)	0.5 oz equivalent M/MA	25 cups

## Nutrients Per Serving

Calories	113	Vitamin A	261.1 IU	Iron	0.21 mg
Protein	5.1 gm	Vitamin C	0 mg	Calcium	129 mg
Carbohydrate	4.47 gm	Fiber	0.10 gm	Cholesterol	24.88 mg
Fat	8.38 gm	% Fat	66.72 %	Sodium	301 mg
Saturated Fat	5.27 gm	% Saturated Fat	42.01 %		

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# Chicken & Noodles

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 152  
(USD 364 Marysville, modified)

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, pulled, frozen Chicken Broth, low sodium Poultry Seasoning Sage, ground Pepper, white Dehydrated Onion Flakes Allspice, ground (optional) Food Coloring, yellow (optional)	12 lb 12 oz	4 gal 2 qt			1. Place chicken meat, chicken broth, poultry seasoning, sage, pepper, onions, food coloring (optional) and allspice (optional) into a stock pot, steam-jacketed kettle or tilting skillet. Bring to a simmer.
Egg Noodles, dry, whole grain Chicken Broth, low sodium Flour, all-purpose, enriched	8 lb 8 oz  6 oz	1 qt  1½ cups			2. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 3. Mix flour in small amount of reserved broth (or water) and add to noodles to thicken. Adjust amount of flour to make the desired consistency. Simmer until thickened. <b>CCP: Heat to 165°F or higher for at least 15 seconds.</b>
					4. Add additional broth or cook down as needed to make 25 quarts for every 100 1-cup servings. 5. Pour into steam table pans. <b>CCP: Hold at 135°F or above.</b>

Serving Size	1 Serving Provides	Yield
8 oz spoodle or ladle (1 cup)	2.0 oz equivalent M/MA + 1.25 oz equivalent Grains	Approximately 6 gallons 1 quart

## Chicken & Noodles, continued

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### Nutrients Per Serving

Calories	276	Vitamin A	97.73 IU	Iron	2.61 mg
Protein	24.48 gm	Vitamin C	0.21 mg	Calcium	22.95 mg
Carbohydrate	28.64 gm	Fiber	3.48 gm	Cholesterol	88.23 mg
Fat	6.51 gm	% Fat	21.2 %	Sodium	136.7 mg
Saturated Fat	2.03 gm	% Saturated Fat	6.62 %		

# Chicken Quesadilla

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 29  
(Iowa Gold Star Cycle Menus, Modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Whole Grain Flour Tortilla, 8", 1.5 oz equivalent Grains	100 each				1. Line sheet pans (18"x26"x1") with parchment paper or pan liners (5 sheet pans per 100 servings). 2. Lay tortillas on lined sheet pans and set aside for step 8.
Green Bell Pepper, AP Onion, fresh, AP Corn, frozen, whole kernel Chicken, cooked, diced Tomato, fresh, AP Mexican Seasoning Mix (HKM Recipe 79)	2 lb 1 lb 4 oz 5 lb 9 lb 2 lb 4 oz	7 Tbsp			3. Chop peppers, onion and tomatoes. 4. Combine chicken, peppers, onions, and corn in tilt skillet or steam kettle and heat. <b>CCP: Heat to 165°F or higher for at least 15 seconds.</b> 5. Add tomatoes to chicken mixture. Drain excess liquid. 6. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
Cheese, Monterey Jack, reduced fat, shredded Cheese, cheddar, shredded	1 lb 12 oz 1 lb 12 oz				7. Combine shredded cheeses. 8. Spoon 3/8 cup vegetable/chicken mixture on half of each tortilla. 9. Sprinkle 2 Tbsp of cheese on top of vegetable mix on each tortilla. 10. Fold tortillas in half and shingle quesadillas on lined sheet pans. 11. Spray tortillas with pan release spray to aid browning.
					12. Bake until tops are golden brown: Conventional oven: 400°F for 10 minutes. Convection oven: 375°F for 7 minutes. 13. Allow quesadillas to stand for 5 minutes. <b>CCP: Hold hot for service at 135°F or higher.</b>

## Chicken Quesadilla, continued

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Serving Size	1 Serving Provides	Yield
1 quesadilla	2.0 oz equivalent M/MA + 1.5 oz equivalent Grains + 0.25 cup vegetable, additional	50 quesadillas (100 servings)

### Nutrients Per Serving

Calories	256	Vitamin A	345.6 IU	Iron	1.97 mg
Protein	21.76 gm	Vitamin C	10.59 mg	Calcium	234.33 mg
Carbohydrate	28.49 gm	Fiber	3.96 gm	Cholesterol	47.08 mg
Fat	8.12 gm	% Fat	28.53 %	Sodium	446.65 mg
Saturated Fat	4.06 gm	% Saturated Fat	14.25 %		

# Chicken Tetrazzini

**Main Dish**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 7**  
(USD 308 Hutchinson, modified)

Ingredients	100 Servings (3/4 cup)		Servings		Directions
	Weight	Measure	Weight	Measure	
Water, cold Broth, chicken, low sodium	3 lb 12 oz 27 lb 10 oz	1 qt 3½ cups 3 gal + 1 qt + 3 ¼ cup			1. Mix water, broth, margarine, pepper, chicken, chilies, pimentos, and onions in stock pot, steam-jacketed kettle, or tilting skillet. 2. Bring to a boil. <b>CCP: Heat to 165°F or higher for at least 15 seconds.</b>
Margarine, liquid	8 oz				
Pepper, black		2 tsp			
Chicken, cooked, diced ½"	12 lb				
Chilies, diced, canned	1 lb 1 oz				
Pimentos, canned	11 oz				
Onions, dehydrated flakes	5 oz				
Soup, Cream of Mushroom	4 lb 11 oz				3. Add soup to mixture. Stir until blended.
Spaghetti Noodles, whole wheat, dry	6 lb 8 oz				4. Add dry spaghetti noodles. Bring to a boil for 2 minutes and turn to low.
Cheese, American, shredded	2 lb				5. Add cheese to mixture. 6. Stir in to melt. Serve hot with 6 oz spoodle. <b>CCP: Hold hot for service at 135°F or above.</b>

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> ¾ cup (6 oz spoodle)	<b>K-8:</b> 2.0 oz equivalent M/MA + 1.0 oz equivalent Grains	75 cups
<b>9-12:</b> 1 cup (8 oz spoodle)	<b>9-12:</b> 2.75 oz equivalent M/MA + 1.25 oz equivalent Grains	

## Nutrients Per ¾ Cup Serving

Calories	272	Vitamin A	259.2 IU	Iron	1.97 mg
Protein	24.58 gm	Vitamin C	5.36 mg	Calcium	70.79 mg
Carbohydrate	25.85 gm	Fiber	3.34 gm	Cholesterol	60.62 mg
Fat	8.87 gm	% Fat	29.4 %	Sodium	387.54 mg
Saturated Fat	3.26 gm	% Saturated Fat	10.79 %		

# Chicken Wrap

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 158 - Revised

Ingredients	100 Servings (K-8)		100 Servings (9-12)		Directions
	Weight	Measure	Weight	Measure	
Chicken Patty, unbreaded, CN labeled to provide 2.0 oz equivalent M/MA each patty Cheese, cheddar, shredded Tortilla, whole wheat, 8", 1.5 oz equivalent Grains	1 lb 9 oz	75 patties	1 lb 9 oz	100 patties  100 each	1. Purchase CN labeled precooked, unbreaded, chicken patties with 2 oz equivalent M/MA per serving. 2. Heat chicken according to manufacturer's directions and cut into strips. <b>CCP: Hold at 135°F or above until served.</b> 3. For each wrap serve: K-8: 1.5 oz of chicken strips 9-12: 2 oz of chicken strips 4. Place chicken on top of tortilla. Sprinkle with approximately 1 Tbsp of cheese. Fold tortilla in half.

Serving Size	1 Serving Provides	Yield
1 each	<b>K-8:</b> 1.75 oz equivalent M/MA + 1.5 oz equivalent Grains <b>9-12:</b> 2.25 oz equivalent M/MA + 1.5 oz equivalent Grains	100 servings

## Nutrients Per Serving (for 1.75 oz equivalent M/MA)

Calories	240	Vitamin A	0 IU	Iron	2.16 mg
Protein	14.5 gm	Vitamin C	0 mg	Calcium	100 mg
Carbohydrate	23.5 gm	Fiber	3 gm	Cholesterol	26.25 mg
Fat	11.25 gm	% Fat	42.19 %	Sodium	725 mg
Saturated Fat	3.37 gm	% Saturated Fat	12.66 %		

# Chili

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 218

Ingredients	100 – 6 oz Servings Or (75 – 8 oz Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20, raw Dehydrated Onion Flakes Chili Powder Cumin Ground Garlic Powder Tomato Puree Pinto Beans, canned, drained Tomato Juice Red or Cayenne Pepper (optional) Water	13 lb 4 oz  5 oz  6 lb 8 oz	1 cup 2 Tbsp  2½ Tbsp 1½ Tbsp ½ #10 can 5½ #10 cans  3 qt 1 cup 2 Tbsp  As needed			1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 2. Drain beans. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 19-20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates. <b>CCP: Heat to 160°F or higher for at least 15 seconds.</b> <b>CCP: Hold hot for service at 135°F or above.</b>
					<i>Notes:</i> <ul style="list-style-type: none"> <li>▪ For less sodium, choose a “fancy” or very-low sodium chili powder.</li> <li>▪ Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste.</li> <li>▪ May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions.</li> <li>▪ May use minced garlic in place of garlic powder.</li> <li>▪ May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product.</li> </ul>

## Chili, continued

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> 6 oz spoodle (3/4 cup)	<b>K-8:</b> 1.5 oz equivalent M/MA + 0.5 cup vegetables, BP + 0.25 cup vegetables, RO *Beans counted as vegetable	100 servings: 6 oz spoodle
<b>9-12:</b> 8 oz spoodle (1 cup)	<b>9-12:</b> 2.0 oz equivalent M/MA + 0.625 cup vegetables, BP + 0.25 cup vegetables, RO *Beans counted as vegetable	75 servings: 8 oz spoodle
		Approximately 19 quarts

### Nutrients Per 6 oz Serving

Calories	229	Vitamin A	653.7 IU	Iron	3.74 mg
Protein	19.05 gm	Vitamin C	8.77 mg	Calcium	74.91 mg
Carbohydrate	19.86 gm	Fiber	4.23 gm	Cholesterol	39.58 mg
Fat	8.35 gm	% Fat	32.81 %	Sodium	717.5 mg
Saturated Fat	3.06 gm	% Saturated Fat	12.03 %		

# Cowboy Cavatini

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 32

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pasta, Penne, whole wheat	6 lb 4 oz				1. Cook pasta according to manufacturer's directions. Rinse cooked pasta well and hold for step 4.
Beef, ground, 80/20, raw Sauce, tomato, canned Water Mexican Seasoning Mix (HKM Recipe 79)	15 lb 8 oz  3 lb	2½ #10 cans 1 qt 2 cups 10 Tbsp			2. Brown beef and drain. <b>CCP: Heat to 165°F or higher for 15 seconds.</b> 3. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.
Cheese, Mozzarella, part skim, shredded	1 lb 8 oz				4. Add cooked pasta to meat mixture. Mix well and divide into three 2" steam pans. 5. Sprinkle with mozzarella cheese, ½ lb. per pan. 6. Bake at: *Convection: 325°F for 30-40 minutes. *Conventional: 350°F for 40-45 minutes. 7. Serve hot with 6 oz spoodle. <b>CCP: Hold hot for service at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
6 oz spoodle (3/4 cup)	2.0 oz equivalent M/MA + 1.0 oz equivalent Grains + 0.25 cup vegetables, RO	100 servings

## Nutrients Per Serving

Calories	280	Vitamin A	479.4 IU	Iron	3.29 mg
Protein	21.79 gm	Vitamin C	5.29 mg	Calcium	80.91 mg
Carbohydrate	25.97 gm	Fiber	3.64 gm	Cholesterol	54.86 mg
Fat	10.54 gm	% Fat	33.89 %	Sodium	482.23 mg
Saturated Fat	4.18 gm	% Saturated Fat	13.44 %		

# Hot Ham & Cheese on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 48

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Ham, cooked, water added, sliced	7 lb 11 oz				<ol style="list-style-type: none"> <li>1. Slice ham into 0.6 oz slices.</li> <li>2. Heat to a minimum of 135° F for at least 15 seconds.</li> <li>3. Assemble sandwiches using 1 bun, 2 slices of cheese (1 oz), and 1.2 oz of ham (2 slices) per sandwich.</li> <li>4. Place on paper-lined sheet pans and cover, or wrap individually in foil.</li> <li>5. Heat in oven until cheese begins to melt. <b>CCP: Hold for hot service at 135°F or above.</b></li> </ol>
Cheese, American, slices	6 lb 4 oz	(100 ½ oz slices)			
Hamburger Bun, whole wheat, 2 oz equivalent Grains <b>OR</b> Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each			
					<b>Cold Ham &amp; Cheese Variation:</b> Do not preheat ham. Assemble sandwiches as above. <b>CCP: Hold at 41°F or below for cold service.</b>

Serving Size	1 Serving Provides	Yield
1 each	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	100 servings

## Nutrients Per Serving

Calories	317	Vitamin A	321.6 IU	Iron	1.87 mg
Protein	15.68 gm	Vitamin C	4.66 mg	Calcium	335.36 mg
Carbohydrate	31.99 gm	Fiber	2.4 gm	Cholesterol	46.86 mg
Fat	14.36 gm	% Fat	40.79 %	Sodium	857.76 mg
Saturated Fat	5.98 gm	% Saturated Fat	16.98 %		

# Lasagna

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 40  
(USD 225 Fowler, modified)

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground, 80/20, raw Onions, dehydrated Spaghetti Sauce, canned Tomatoes, canned, diced, drained Water	8 lb 1 oz  1 lb 12 oz	1½ #10 can 1 #10 can 3½ cups			1. Brown beef and drain. 2. Add onions, spaghetti sauce, tomatoes, and water. Stir to combine. <b>CCP: Heat to 160°F or higher for 15 seconds.</b>
Cottage Cheese, Lowfat, 2%  Egg, whole, fresh, raw, large  Lasagna Noodles, whole grain, dry  Cheese, Mozzarella, part skim, shredded	6 lb  3 lb 4 oz  2 lb 14 oz	7 each			3. Combine cottage cheese and eggs. Mix well. 4. For 100 servings, spray 4 pans (12" x 20" x 2½") with pan release spray. 5. In each pan, spread 2 cups of meat sauce on the bottom of the pan. Then build lasagna as follows: <ul style="list-style-type: none"> <li>a) Place 8 uncooked lasagna noodles in each pan.</li> <li>b) Spread 1 qt of meat sauce on top of noodles in each pan.</li> <li>c) Spread 1½ cups of egg mixture over top of meat sauce in each pan.</li> <li>d) Cover with 1¼ cups of mozzarella cheese per pan.</li> <li>e) Repeat steps a-d 1 time.</li> </ul> 6. Cover tightly with foil and bake: *Conventional oven: 350°F for 1½ hours *Convection oven: 325°F for 1 hour. 7. Cut each pan 4 x 6 (24 pieces per pan). Serve hot. <b>CCP: Hold hot for service at 135°F or higher.</b>

## Lasagna, continued

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Serving Size	1 Serving Provides	Yield
1 piece	2.0 oz equivalent M/MA + 0.5 oz equivalent Grains + 0.25 cup vegetables, RO	96 pieces

### Nutrients Per Serving

Calories	229	Vitamin A	474.6 IU	Iron	2.11 mg
Protein	18.89 gm	Vitamin C	6.36 mg	Calcium	151.25 mg
Carbohydrate	18.7 gm	Fiber	2.71 gm	Cholesterol	49.26 mg
Fat	8.36 gm	% Fat	32.91 %	Sodium	439.64 mg
Saturated Fat	3.27 gm	% Saturated Fat	12.88 %		



# Mexican Seasoning Mix

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**Seasoning**

**HACCP: Non-Hazardous/Other**

**Healthier Kansas Recipe 79**  
(USDA G-01A modified)

Ingredients	4 Cups		Servings		Directions
	Weight	Measure	Weight	Measure	
Chili Powder		1¾ cups			<ol style="list-style-type: none"> <li>1. Mix all ingredients together well.</li> <li>2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator.</li> <li>3. Use 1/4 cup + 3 Tbsp per 10 lbs of ground beef, adjusting to taste.</li> </ol>
Cumin, ground		1⅓ cups			
Paprika		¼ cup 3 Tbsp			
Onion Powder		¼ cup 3 Tbsp			

**Yield:** 1 quart

## Mini Meatball Sub

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 132 - Revised  
Ohio Department of Education, Modified

Ingredients	100 Servings (K-8)		100 Servings (9-12)		Directions
	Weight	Measure	Weight	Measure	
Beef meatballs, frozen, CN labeled to provide 2 oz equivalent M/MA  Tomatoes, spaghetti sauce, canned Cheese, Mozzarella, reduced-fat, shredded	3 lb 2 oz	300 each <i>(or number needed to meet 1 oz M/MA per serving)</i>  2 #10 cans + 1 cup	3 lb 2 oz	500 each <i>(or number needed to meet 2 oz M/MA per serving)</i>  2 #10 cans + 1 cup	<ol style="list-style-type: none"> <li>Preheat convection oven to 375°F.</li> <li>Place frozen meatballs and marinara sauce in two 20" x 12" x 4" steam table pans. Cover and heat in convection oven for 30 minutes.</li> <li>During the last 5 minutes of cooking, sprinkle each pan with 1 lb 9 oz cheese. <b>CCP: Heat to 165°F or higher for 15 seconds.</b></li> </ol>
Sub Bun, whole wheat, purchased, 2 oz equivalent Grains <b>OR</b> Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each		100 each	

Serving Size	1 Serving Provides	Yield
1 sandwich	<b>K-8:</b> 1.5 oz equivalent M/MA + 2.0 oz equivalent Grains + 0.25 cups vegetables, RO <b>9-12:</b> 2.5 oz equivalent M/MA + 2.0 oz equivalent Grains + 0.25 cups vegetables, RO	100 sandwiches

### Nutrients Per Serving (for 1.5 oz equivalent M/MA)

Calories	333	Vitamin A	466.5 IU	Iron	3.41 mg
Protein	16.11 gm	Vitamin C	11.38 mg	Calcium	173.4 mg
Carbohydrate	37.87 gm	Fiber	4.01 gm	Cholesterol	25.91 mg
Fat	13.32 gm	% Fat	36.01 %	Sodium	714.7 mg
Saturated Fat	3.96 gm	% Saturated Fat	10.71 %		

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# Pig in a Blanket

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 30

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dough from Whole Wheat Rolls, 51%, HKM Recipe 877 <b>OR</b> Bread Dough, whole wheat, frozen  Frankfurter, turkey, 2 oz equivalent M/MA  Pan Release Spray	12 lb 8 oz (2 recipes for 100 rolls)  12 lb 8 oz	   100 each  As needed			1. Purchase reduced-fat frankfurter with no more than 10 grams of fat and no more than 500 mg of sodium per hot dog. 2. Prepare roll recipe #877 or purchase prepared, frozen dough. Thaw per manufacturer's instructions. 2 oz of dough is needed per frankfurter. 3. Spray work surface lightly with pan release spray to allow easier handling. 4. For every 10 servings, roll 20 ounces of dough into a 14" long x 15" wide rectangle. Cut 2 x 5, placing hot dogs horizontally in 5 rows with 2 hot dogs to each row. 5. Wrap each hot dog in one square of dough, pinching seams to seal. Place seam side down on sheet pans (18" x 26" x 1") lined with pan liners. 6. Bake until lightly browned. * Conventional oven: 350°F for 18-20 minutes * Convection oven: 325°F for 12-15 minutes <b>CCP: Heat to 165°F or above for 15 seconds.</b> 7. Spray pigs in a blanket lightly with pan release spray after removing from oven. <b>CCP: Hold for hot service at 135°F or higher.</b>
					<b>Alternate Wrapping Method:</b> Cut dough in 2 oz long strips. Wrap a strip in a spiral around each frankfurter, pinching dough together at the ends to seal.

Serving Size	1 Serving Provides	Yield
1 each	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	100 servings

## **Pig in a Blanket**, continued

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### **Nutrients Per Serving**

Calories	270	Vitamin A	53.64 IU	Iron	2.35 mg
Protein	10.15 gm	Vitamin C	4.66 mg	Calcium	105.96 mg
Carbohydrate	30.86 gm	Fiber	2.40 gm	Cholesterol	35.06 mg
Fat	12.21 gm	% Fat	40.67 %	Sodium	643.72 mg
Saturated Fat	2.47 gm	% Saturated Fat	8.24 %		

# Pulled Pork Sandwich

## Main Dish

## HACCP: #2 Same Day Service

## Healthier Kansas Recipe 136

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pulled pork, precooked, frozen, CN labeled to provide 2 oz equivalent M/MA per 4 oz serving	25 lb <i>(or amount to provide 2 oz eq M/MA)</i>				<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. <b>CCP: Heat to 135°F or higher for 15 seconds.</b></li> </ol>
Hamburger Bun, whole wheat, 2 oz equivalent Grains <b>OR</b> Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each			<ol style="list-style-type: none"> <li>4. Portion 4 oz of heated pork (or amount needed to meet 2 oz eq M/MA) onto bun for service. <b>CCP: Hold at 135°F or higher.</b></li> </ol>
<b>*Optional Additional Barbeque Sauce</b> Catsup Sugar, brown, packed Mustard, yellow prepared Liquid Smoke		1 #10 can 1 qt 2 cups 3 cups 4 fl oz			<ol style="list-style-type: none"> <li>5. Optional: If purchasing an unsauced product, or if more sauce is desired - Combine all ingredients in bowl and mix well and store in refrigerator. Serve 2 tbsp (1 fl oz) with each sandwich.</li> </ol>

Serving Size	1 Serving Provides	Yield
1 sandwich	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	100 servings

## Nutrients Per Serving (without optional additional sauce)

Calories	413	Vitamin A	53.64 IU	Iron	2.42 mg
Protein	20.85 gm	Vitamin C	4.66 mg	Calcium	39.36 mg
Carbohydrate	47.37 gm	Fiber	2.4 gm	Cholesterol	71.28 mg
Fat	16.58 gm	% Fat	36.14 %	Sodium	638.76 mg
Saturated Fat	5.72 gm	% Saturated Fat	12.48 %		

# Rock and Roll Beef Wraps

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 133  
Beef Council (modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20, raw	17 lb				1. Brown ground beef, breaking into ½ inch crumbles and stirring occasionally until fully cooked. Remove drippings. <b>CCP: Heat to 165°F or higher for 15 seconds.</b>
Water Rice, brown, long-grain, dry Dry Ranch Dressing Mix Black Pepper	3 lb 4 oz	3 qt  1 cup 2 Tbsp			2. Combine water, rice, dry ranch mix and pepper with ground beef. 3. Bring to a boil, reduce heat and cook covered, until rice is tender and water is absorbed, stirring occasionally. Cook time will be approximately 30 minutes.
Broccoli Slaw	9 lb 8 oz				4. Add slaw, increase heat to medium. Cook uncovered, 3-5 minutes, until slaw is crisp-tender, stirring occasionally.
Whole Wheat Tortillas, 8 inch, 1.5 oz equivalent Grains		100 each			5. Portion 1 cups beef mixture onto each tortilla. Fold over sides of tortilla and roll up to enclose the filling.

Serving Size	1 Serving Provides	Yield
1 wrap	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains + 0.5 cup vegetable, DG	100 servings

## Nutrients Per Serving

Calories	349	Vitamin A	887.4 IU	Iron	3.07 mg
Protein	22.3 gm	Vitamin C	36.48 mg	Calcium	132.1 mg
Carbohydrate	36.31 gm	Fiber	4.56 gm	Cholesterol	57.63 mg
Fat	13.5 gm	% Fat	34.84 %	Sodium	417.69 mg
Saturated Fat	5.54 gm	% Saturated Fat	14.30 %		

# Spaghetti & Meat Sauce

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 170  
(USDA D-35 modified)

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20  Spaghetti Sauce, canned	17 lb 8 oz	3¼ #10 cans			1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. <b>CCP: Heat to 165°F or above for at least 15 seconds.</b>  2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving. <b>CCP: Hold at 135° F or higher.</b>
Water  Spaghetti Noodles, whole grain, dry  Pan Release Spray	9 lb 8 oz	12 gal  As needed			3. Bring water to a boil. 4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. <b>Do not overcook.</b> Drain well. Run cold water over spaghetti to cool slightly. 5. Stir noodles into meat sauce. 6. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. Use 3 pans for every 100 servings. 7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently. <b>CCP: Hold at 135°F or higher.</b>  <i>Note:</i> USDA Recipes D-35 Spaghetti Sauce may be used in place of purchased spaghetti sauce.

## Spaghetti & Meat Sauce, continued

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Serving Size	1 Serving Provides	Yield
8 oz spoodle (1 cup)	2.0 oz equivalent M/MA + 1.5 oz equivalent Grains + 0.375 cup vegetables, RO	Approximately 6 gal + 1 qt

### Nutrients Per Serving

Calories	441	Vitamin A	394.3 IU	Iron	4.48 mg
Protein	31.58 gm	Vitamin C	7.10 mg	Calcium	56.97 mg
Carbohydrate	41.97 gm	Fiber	5.83 gm	Cholesterol	84.75 mg
Fat	16.59 gm	% Fat	33.89 %	Sodium	533.8 mg
Saturated Fat	5.93 gm	% Saturated Fat	12.11 %		

# Stromboli Squares

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 181  
(USD 503 Parsons, modified)

Ingredients	120 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dough from Whole Wheat Rolls, 51%, HKM Recipe 877	16 lb (approximately 2.5 x 100-roll recipe)				1. Portion 2 lbs dough balls. Roll half of the balls to fit 18" x 26" x 1" sheet pans (will use 4 sheet pans per 120 servings). Place rolled dough rectangles on sheet pans lined with pan liners. Set remaining balls aside for step 5.
Italian Seasonings Mozzarella Cheese, part-skim	8 lb 8 oz	2 Tbsp			2. Mix shredded cheese and seasonings.
Turkey Ham, lean, shaved or deli sliced Italian Seasonings (optional)	11 lb	As needed			3. On each sheet pan lay out 2 lbs 12 oz of turkey ham. 4. Top each sheet pan with 2 lbs 2 oz of cheese. Spread cheese evenly. 5. Roll out remaining bread dough balls to fit over the tops of the pan. Lay on top of cheese. Stretch to fit to the edge of the pan(s) and crimp. 6. Prick the top layer of dough with a large meat fork to allow for air expansion. Brush dough with an egg wash or spray with pan release spray before baking. Sprinkle top with Italian seasonings (optional). 7. Bake until golden brown: * Conventional oven: 350°F for 18-24 minutes * Convection oven: 325°F for 15-20 minutes Recommended internal temperature for bread is 196-198°F. 8. Cool slightly before cutting. Cut each pan into 30 servings. (3 x 10 cut or 3 x 5 cut with squares cut into triangles.) <b>CCP: Hold for hot service at 135°F or higher.</b>

## Stromboli Squares, continued

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Serving Size	1 Serving Provides	Yield
1 piece	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	120 servings

### Nutrients Per Serving

Calories	303	Vitamin A	213.7 IU	Iron	2.39 mg
Protein	19.24 gm	Vitamin C	4.88 mg	Calcium	293.06 mg
Carbohydrate	32.01 gm	Fiber	2.52 gm	Cholesterol	42.99 mg
Fat	11.2 gm	% Fat	33.3 %	Sodium	765.06 mg
Saturated Fat	4.3 gm	% Saturated Fat	12.79 %		



# Sweet and Sour Chicken Nuggets

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 143

Ingredients	100 – Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken Nuggets, whole grain rich, precooked, CN labeled to provide 2 oz equivalent M/MA and 1 oz equivalent Grains		500 each <i>(or number needed to meet 2 oz M/MA per serving)</i>			1. Prepare according to manufacturer's instructions. 2. Portion 25 servings (125 nuggets) per pan. <b>CCP: Hold at 135° F or higher.</b>
Sweet and Sour Sauce, bottled Pineapple Juice Cornstarch Water, cold	5 lb 2 lb	¾ cup 3 ¼ cup			3. In a large sauce pan, combine sweet & sour sauce and pineapple juice. 4. Dissolve cornstarch in cold water. Add to sauce mixture. 5. Simmer sauce mixture for 15 minutes or until thickened, stirring occasionally.
					6. Combine 3 cup + 1 fl oz sweet and sour sauce (1 fl oz per serving) with each pan of nuggets before service. 9. Toss to coat. 10. Serving size = 5 nuggets (or amount needed to meet 2 oz M/MA). Serving suggestion: serve nuggets on top of seasoned brown rice. <b>CCP: Hold at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
5 nuggets	2.0 oz equivalent M/MA + 1.0 oz equivalent Grains	<b>100 servings</b>

## Nutrients Per Serving

Calories	287	Vitamin A	162.7 IU	Iron	2.4 mg
Protein	16.53 gm	Vitamin C	2.54 mg	Calcium	30.05 mg
Carbohydrate	22.01 gm	Fiber	2.6 gm	Cholesterol	25.08 mg
Fat	15.08 gm	% Fat	47.34 %	Sodium	460.58 mg
Saturated Fat	2.52 gm	% Saturated Fat	7.9 %		

# Taco Burger

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 77  
(USDA D-13 modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw  Dehydrated Onion Flakes Pepper Tomato Paste Mexican Seasoning Mix (see HKM Recipe 79) <b>OR</b> Purchased Mexican Seasoning Mix Salt Sugar, brown Water  Hamburger Bun, whole wheat, 2 oz equivalent Grains <b>OR</b> Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns  Cheese, cheddar, low-fat, shredded	13 lb  2 oz	1 Tbsp 1 tsp 3 cups ½ cup 1 Tbsp  1 Tbsp ¼ cup 2 qt  100 each			1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. <b>CCP: Heat to 165°F for at least 15 seconds.</b> 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. <b>CCP: Hold at 135°F or higher</b> 4. Portion #16 scoop taco meat onto bun and top with ½ oz cheddar cheese.

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent M/MA + 2.0 oz equivalent Grains	100 servings

## Taco Burger, continued

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### Nutrients Per Serving

Calories	345	Vitamin A	460.8 IU	Iron	3.16 mg
Protein	21.23 gm	Vitamin C	9.62 mg	Calcium	181.7 mg
Carbohydrate	32.41 gm	Fiber	2.98 gm	Cholesterol	52.48 mg
Fat	14.85 gm	% Fat	38.74 %	Sodium	455.2 mg
Saturated Fat	5.35 gm	% Saturated Fat	13.95 %		

# Taco Meat

**Meat/Meat Alternate**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 76**  
(USDA D-13 modified)

Ingredients	100 #16 Scoop Servings (or 75 #12 Scoop Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw Onion, Dehydrated Flakes Pepper Tomato Paste Mexican Seasoning Mix (see HKM Recipe 79)* <b>OR</b> Purchased Mexican Seasoning Mix Salt Sugar, brown, packed Water	13 lb 2 oz	1 Tbsp 1 tsp 3 cups ½ cup 1 Tbsp  1 Tbsp ¼ cup 2 qt			1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. <b>CCP: Heat to 165°F for at least 15 seconds.</b> 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. <b>CCP: Hold at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
#16 scoop (¼ cup)	1.5 oz equivalent M/MA (per #16 scoop)	25 cups
#12 scoop (⅓ cup)	2.0 oz equivalent M/MA + 0.125 cup vegetables, RO (per #12 scoop)	

## Nutrients Per #16 Scoop Serving

Calories	135	Vitamin A	317.7 IU	Iron	1.45 mg
Protein	12.73 gm	Vitamin C	4.96 mg	Calcium	13.86 mg
Carbohydrate	2.98 gm	Fiber	0.57 gm	Cholesterol	44.07 mg
Fat	7.82 gm	% Fat	52.12 %	Sodium	118.4 mg
Saturated Fat	3.04 gm	% Saturated Fat	20.27 %		

# Taco Salad

**Main Dish**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 78**  
(USDA D-13 modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Taco Meat, HKM Recipe 76 Romaine Lettuce, fresh, untrimmed, AP Tomatoes, large, AP Cheese, cheddar, shredded	25 cups 9 lb 8 oz  6 lb 10 oz 3 lb 2 oz				1. Prepare taco meat according to HKM recipe 76. 2. Wash and chop romaine lettuce and tomatoes. 3. For each serving, portion as follows: <ul style="list-style-type: none"> <li>• 1 cup chopped romaine lettuce</li> <li>• #16 scoop (1/4 cup) taco meat</li> <li>• 1/8 cup diced tomatoes</li> <li>• 1/8 cup shredded cheese</li> </ul>

Serving Size	1 Serving Provides	Yield
1 salad	2.0 oz equivalent M/MA + 0.5 cup vegetable, DG + 0.125 cup vegetable, RO	100 servings

## Nutrients Per Serving (K-8)

Calories	205	Vitamin A	4463 IU	Iron	2.04 mg
Protein	17.02 gm	Vitamin C	10.8 mg	Calcium	133.1 mg
Carbohydrate	6.07 gm	Fiber	1.84 gm	Cholesterol	59.07 mg
Fat	12.76 gm	% Fat	55.95 %	Sodium	215.9 mg
Saturated Fat	6.07 gm	% Saturated Fat	26.6 %		

# Taco Soup

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 20

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20, raw	15 lb				<ol style="list-style-type: none"> <li>1. Cook ground beef, breaking into small chunks as it cooks. Drain Fat. <b>CCP: Heat to 165°F for at least 15 seconds.</b></li> <li>2. Add Mexican seasoning mix.</li> <li>3. Add water and bring to a boil.</li> <li>4. Add beef base and stir to dissolve.</li> <li>5. Add corn to soup.</li> <li>6. Drain and rinse beans and add to soup.</li> <li>7. Add salsa to soup.</li> <li>8. Simmer for 30-40 minutes to 165°F or higher. <b>CCP: Hold hot for service at 135°F or higher.</b></li> <li>9. Serve 8 oz portions and garnish at service with 1 Tbsp of cheese per serving.</li> </ol>
Mexican Seasoning Mix (HKM Recipe 79)	12 oz	3 cups			
Water		1 gal 3 qt			
Beef Base, low sodium	6 oz				
Corn, frozen	7 lb				
Pinto Beans, canned		2¾ #10 cans			
Salsa, canned		1¾ #10 cans			
Cheese, cheddar, shredded, reduced fat	2 lb				

Serving Size	1 Serving Provides	Yield
8 oz spoodle (1 cup)	2.0 oz equivalent M/MA + 0.25 cup vegetables, BP + 0.125 cup vegetables, RO + 0.125 cup vegetables, starchy	100 cups

## Nutrients Per Serving

Calories	276	Vitamin A	1067 IU	Iron	4.57 mg
Protein	22.48 gm	Vitamin C	4.63 mg	Calcium	140.92 mg
Carbohydrate	20.62 gm	Fiber	4.06 gm	Cholesterol	55.97 mg
Fat	11.85 gm	% Fat	38.65 %	Sodium	472.48 mg
Saturated Fat	4.72 gm	% Saturated Fat	15.38 %		

# Turkey & Cheese Sub

Main Dish

HACCP: #1 No Cook

Healthier Kansas Recipe 144

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey Breast, thin sliced, cooked, no more than 700 mg sodium per 2 oz serving	12 lb 8 oz <i>(or amount needed to provide 1.5 oz M/MA per serving)</i>				<ol style="list-style-type: none"> <li>1. Place 2 oz of turkey on one half of bun (or amount needed to provide 1.5 oz M/MA – product should be CN labeled or have a product formulation statement with crediting information).</li> <li>2. Top with one slice (or 0.5 oz) of American cheese.</li> <li>3. Place other half of bun on top.</li> <li>4. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually in plastic wrap.</li> </ol> <p><b>CCP: Hold at 41°F or below.</b></p>
Cheese American, slices	3 lb 2 oz	(100 ½ oz slices)			
Hamburger Bun, whole wheat, purchased 2 oz equivalent Grains <b>OR</b> Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each			

Serving Size	1 Serving Provides	Yield
1 each	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	100 sandwiches

## Nutrients Per Serving

Calories	279	Vitamin A	208.4 IU	Iron	2.07 mg
Protein	20.79 gm	Vitamin C	7.91 mg	Calcium	121.9 mg
Carbohydrate	29.37 gm	Fiber	2.69 gm	Cholesterol	38.99 mg
Fat	9.36 gm	% Fat	30.17 %	Sodium	884.8 mg
Saturated Fat	3.64 gm	% Saturated Fat	11.72 %		

# White Chicken Chili

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 128  
Iowa Gold Star Recipe

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, yellow, AP Garlic, fresh, minced Chicken, cooked, diced Great Northern Beans, canned, low sodium, undrained Water Chicken Base, low sodium White Pepper Cumin, ground	3 lb 8 oz 5 oz 10 lb  17 oz 4 oz 2 oz	  3 ¼ #10 cans   3 Tbsp			1. In a steam jacketed kettle, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. 2. Simmer for 10 minutes to blend flavors, stirring occasionally.  3. Add green chili peppers. 4. Add prepared chicken stock and simmer for 10 minutes. Final product should be 4 gal + 2 ¾ qt. Adjust with extra chicken stock if needed. <b>CCP: Heat to 165°F or higher for 15 seconds.</b> 5. Pour into serving pans. Portion with 6 oz ladle (K-8) or 8 oz ladle (9-12). <b>CCP: Hold for hot service at 135°F or higher.</b>
Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base	15 oz	1 gal + 2 qt + 1 cup (as prepared)			
Mozzarella Cheese, part skim, shredded	3 lb 2 oz				

Serving Size	1 Serving Provides	Yield
3/4 cup (6 oz spoodle)	2 oz equivalent M/MA + 0.25 cup vegetable, BP	K-8: 100 servings

## Nutrients Per Serving

Calories	240	Vitamin A	108.1 IU	Iron	2.58 mg
Protein	25.36 gm	Vitamin C	4.43 mg	Calcium	166.09 mg
Carbohydrate	25.08 gm	Fiber	5.48 gm	Cholesterol	49.1 mg
Fat	4.46 gm	% Fat	16.7 %	Sodium	238.25 mg
Saturated Fat	2.16 gm	% Saturated Fat	8.1 %		

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# Yummy Sloppy Joe on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 123  
(USD 512 Shawnee Mission)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground, 80/20, raw Cabbage, shredded, ready to use Onions, dehydrated Celery, AP Green Bell Pepper, AP Water	17 lb 8 oz 2 lb 7 oz  3 oz 1 lb 11 oz 1 lb 4 oz	   1¾ cup			1. Brown ground beef in tilt skillet. <b>CCP: Cook to 160°</b> 2. Chop celery and bell pepper. 3. Add shredded cabbage, onions, chopped celery, chopped green pepper and water. Cook until vegetables are tender. <b>CCP: Heat to 135°F for at least 15 seconds.</b>
Catsup Brown Sugar, packed Lemon Juice Vinegar, white Worcestershire Sauce Mustard, yellow Pepper, black	   12 oz 7 oz 7 oz	2 qt 2½ cups 2¾ cups   ¾ cup 3 Tbsp			2. Stir in the catsup, brown sugar, lemon juice, vinegar, Worcestershire sauce, mustard and pepper. Simmer for 10 minutes or until cabbage is tender. <b>CCP: Hold at 135°F or higher.</b>
Hamburger Bun, whole wheat, purchased, 2 oz equivalent Grains <b>OR</b> prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		   100 each			3. Portion #8 disher (1/2 cup) on each 2 oz bun.

Serving Size	1 Serving Provides	Yield
1 sandwich	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains + 0.25 cup vegetables, additional	100 servings

## **Yummy Sloppy Joe, continued**

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### **Nutrients Per Serving**

Calories	394	Vitamin A	252.1 IU	Iron	3.51 mg
Protein	21.91 gm	Vitamin C	16.75 mg	Calcium	69 mg
Carbohydrate	43.51 gm	Fiber	3.12 gm	Cholesterol	59.74 mg
Fat	14.92 gm	% Fat	34.06%	Sodium	551.73 mg
Saturated Fat	4.76 gm	% Saturated Fat	10.87%		

# Apple Glazed Sweet Potatoes

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 122  
(New Hampshire Dept. of HHS)

Ingredients	100 – ½-Cup Servings Or (200 ¼-Cup Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet Potatoes, fresh, whole, AP Apple Juice, 100% juice Nutmeg, ground Cinnamon, ground Salt Butter, unsalted, cut into 1-inch pats	31 lb	1 gal 1 Tbsp ¼ cup 2 Tbsp 1 cup			1. Preheat oven to 375°F. 2. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. 3. Slice potatoes lengthwise into wedges (8 per potato). 4. Place apple juice in steam kettle and reduce to ¼ over medium high heat. 5. Add nutmeg, cinnamon, and salt to apple glaze and stir in pats of butter. Reduce heat. 6. Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through. 7. Serve 4 wedges per serving. <b>CCP: Hold at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> 2 wedges (1/4 cup) <b>9-12:</b> 4 wedges (1/2 cup)	<b>K-8:</b> 0.25 cup vegetables, RO <b>9-12:</b> 0.5 cup vegetables, RO	200 ¼-cup servings OR 100 ½-cup servings

## Nutrients Per ½ Cup Serving

Calories	157	Vitamin A	20006 IU	Iron	0.94 mg
Protein	2.28 gm	Vitamin C	18.67 mg	Calcium	49.25 mg
Carbohydrate	33.06 gm	Fiber	4.48 gm	Cholesterol	4.88 mg
Fat	1.99 gm	% Fat	11.45%	Sodium	220.68 mg
Saturated Fat	1.22 gm	% Saturated Fat	7.01%		

# Apple Salad

**Fruit**

**HACCP: #1 no cook**

**Healthier Kansas Recipe 121**  
(Ohio Dept. of Education)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, #125-138, AP Raisins, seedless, unsweetened Yogurt, vanilla, low-fat	10 lb 8 oz 2 lb 2 lb 8 oz				1. With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well. <b>CCP: Hold at 41°F or lower.</b>  2. Serve cold with #8 scoop (1/2 cup).

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

## Nutrients Per Serving

Calories	62	Vitamin A	30.59 IU	Iron	0.24 mg
Protein	0.96 gm	Vitamin C	2.49 mg	Calcium	26.78 mg
Carbohydrate	15.33 gm	Fiber	1.48 gm	Cholesterol	0.57 mg
Fat	0.26 gm	% Fat	3.87 %	Sodium	8.96 mg
Saturated Fat	0.11 gm	% Saturated Fat	1.63%		

# Asian Fresh Vegetables

**Vegetable**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 141**  
Idaho Child Nutrition Program

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, whole, AP	3 lb 10 oz				1. Thaw carrots. 2. Slice cabbage and peppers into medium strips. 3. Toss vegetables together. Steam all vegetables for 5 minutes. <b>CCP: Hold for hot service at 135°F or higher.</b>
Peas, green, frozen	2 lb 10 oz				
Broccoli, raw, florets, EP	1 lb 12 oz				
Carrots, frozen, sliced or crinkle cut	5 lb 4 oz				
Peppers, green bell, AP	2 lb 10 oz				

Serving Size	1 Serving Provides	Yield
<b>K-12:</b> ½ cup	0.25 cup vegetables, additional + 0.125 cup vegetables, DG + 0.125 cup vegetables, RO	100 servings

## Nutrients Per Serving

Calories	27	Vitamin A	3738.57 IU	Iron	0.46 mg
Protein	1.34 gm	Vitamin C	25.41 mg	Calcium	22.69 mg
Carbohydrate	5.54 gm	Fiber	2.14 gm	Cholesterol	0 mg
Fat	0.22 gm	% Fat	7.46 %	Sodium	34.99 mg
Saturated Fat	0.03 gm	% Saturated Fat	1.16 %		

# Baked Beans

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 188  
USDA Recipe, modified

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pan Release Spray Beans, baked, canned, vegetarian		As needed 4¼ #10 cans			1. Wipe tops of cans clean before opening. Place canned beans into steam table pan (12" x 20" x 2½") that has been treated with pan release spray. Set aside.
Tomato Sauce, canned Onions, dehydrated flakes Dry Mustard Brown Sugar, packed Vinegar, cider	5 oz   8 oz	6 cups ¾ cup  4 Tbsp 2 cups 1 cup			2. In separate bowl, combine tomato sauce, onions, dry mustard, brown sugar, and cider vinegar. Blend well with a whisk. 3. Pour mixture over beans in each steam table pan. Stir to combine. 4. Cover pans with lid or aluminum foil.
					5. Bake: * Conventional oven: 350°F for 2¼ hours * Convection oven: 325°F for 1¼ hours Remove cover during last half hour of baking to brown beans. <b>CCP: Hold for hot service at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
4 oz spoodle (1/2 cup)	0.50 cup vegetables, BP	100 servings
		3 gal + 2 cups

## Nutrients Per Serving

Calories	149	Vitamin A	204.4 IU	Iron	1.76 mg
Protein	6.58 gm	Vitamin C	2.09 mg	Calcium	53.62 mg
Carbohydrate	33.93 gm	Fiber	5.69 gm	Cholesterol	0 mg
Fat	0.51 gm	% Fat	3.1 %	Sodium	525 mg
Saturated Fat	0.1 gm	% Saturated Fat	0.59 %		

# Black Bean & Corn Salsa

**Vegetable**

**HACCP: #1 No Cook**

**Healthier Kansas Recipe 81**  
(USDA E-21 modified)

Ingredients	100 2 oz Servings OR 50 4 oz Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Black Beans, canned, drained Corn, frozen, whole kernel Green Pepper, fresh, AP Red Pepper, fresh, AP Red Onions, fresh, AP	3 lb 12 oz 1 lb 1 lb 5 oz	1 1/3 #10 cans			1. Thaw corn. 2. Chill canned beans prior to preparation. 3. Dice pepper and onion. 4. Combine drained beans, corn, diced peppers and diced onions.
Lemon Juice Parsley, dried Cumin, ground Garlic Powder Salsa, canned, low sodium Salad Oil		1/2 cup 2 Tbsp 1 Tbsp 2 tsp 3 1/4 cups  1/4 cup			5. Mix remaining ingredients to make the dressing. 6. Pour dressing over the salad and toss lightly to combine. 7. Chill 2 hours before serving. <b>CCP: Hold for cold service at 41°F or lower.</b>

Serving Size	1 Serving Provides	Yield
2 oz spoodle (1/4 cup)	0.25 cup vegetable, additional	Approximately 6 quarts + 1 cup

## Nutrients Per Serving

Calories	82	Vitamin A	240.1 IU	Iron	0.86 mg
Protein	2.66 gm	Vitamin C	11.89 mg	Calcium	15.1 mg
Carbohydrate	8.81 gm	Fiber	1.81 gm	Cholesterol	0 mg
Fat	0.84 gm	% Fat	9.25 %	Sodium	101.3 mg
Saturated Fat	0.14 gm	% Saturated Fat	1.49 %		

# Creamy Cole Slaw

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 20  
Adapted from Iowa Gold Star Recipes

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, green, shredded, ready to use Carrots, AP	12 lb 1 lb 8 oz				1. Shred carrots and mix with cabbage in a large bowl. Toss lightly to mix.
Mayo, Reduced Calorie Sugar, granulated Celery Seed  Dry Mustard  Vinegar, White	3 lb 8 oz	½ cup 2 Tbsp + 2 tsp 1 Tbsp + 1 tsp ½ cup			2. In a small bowl, combine mayo, sugar, celery seed, dry mustard and vinegar. 3. Pour dressing over cabbage/carrot mixture. Mix thoroughly. 4. Spread 5 lb 3 oz (approximately 3 qt + ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 100 servings, use 2 pans. <b>CCP: Cool to 41° F or lower within 4 hours.</b> 5. Cover, refrigerate until ready to use. 6. Mix lightly before serving. Portion with #8 scoop (1/2 cup). 7. <b>CCP: Hold for cold service at 41° F or lower.</b>

Serving Size	1 Serving Provides	Yield
K-12: #8 scoop (½ cup)	0.5 cup vegetable, other	Approximately 3 gal + 2 cups

## 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	8.47 %		

# Fresh Citrus Fruit Cup

Fruit

HACCP: #Non-Hazardous/Other

Healthier Kansas Recipe 134

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Mandarin Oranges, canned in 100% juice or light syrup Bananas, fresh, AP Apples, fresh, AP Grapes, fresh, AP	8 lb 8 oz  9 lb 3 lb 8 oz 3 lb 8 oz				<ol style="list-style-type: none"> <li>1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening.</li> <li>2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container.</li> <li>3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges.</li> <li>4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.</li> <li>5. Wash and remove stems from grapes.</li> <li>6. Add apples and grapes to bananas and oranges.</li> <li>7. Chill thoroughly.</li> </ol> <p style="margin-left: 20px;"><b>CCP: Hold for cold service at 41°F or lower.</b></p> <p><i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</p>

Serving Size	1 Serving Provides	Yield
4 oz spoodle (1/2 cup)	0.5 cup fruit	Approximately 3 gal + 2 cups

## Nutrients Per Serving

Calories	97	Vitamin A	567.8 IU	Iron	0.35 mg
Protein	0.88 gm	Vitamin C	14.04 mg	Calcium	10.34 mg
Carbohydrate	25.13 gm	Fiber	2.86 gm	Cholesterol	0 mg
Fat	0.33 gm	% Fat	3.05%	Sodium	3.54 mg
Saturated Fat	0.08 gm	% Saturated Fat	0.77%		

# Fresh Mixed Fruit Cup

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 183

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, AP Bananas, fresh, AP Fruit Cocktail, canned in 100% juice or light syrup	4 lb 7 lb	2 #10 cans			<ol style="list-style-type: none"> <li>1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening.</li> <li>2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.</li> <li>3. Slice bananas.</li> <li>4. Mix fresh fruit with canned fruit.</li> <li>5. Chill thoroughly.</li> </ol> <p><b>CCP: Hold for cold service at 41°F or lower.</b></p>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

## Nutrients Per Serving

Calories	65	Vitamin A	203.4 IU	Iron	0.23 mg
Protein	0.64 gm	Vitamin C	5.33 mg	Calcium	7.41 mg
Carbohydrate	16.76 gm	Fiber	1.88 gm	Cholesterol	0 mg
Fat	0.18 gm	% Fat	2.43 %	Sodium	2.59 mg
Saturated Fat	0.05 gm	% Saturated Fat	0.64 %		

# Garden Salad

**Vegetable**

**HACCP: #1 No Cook**

**Healthier Kansas Recipe 164**  
(Team Nutrition modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, partly trimmed fresh, AP	6 lb 8 oz				<ol style="list-style-type: none"> <li>1. Handle all produce with clean gloved hands or clean utensils.</li> <li>2. Rinse and trim spinach and lettuce, if not purchased ready-to-eat.</li> <li>3. Chop lettuce and spinach. Rinse, core and dice tomatoes. Rinse, peel and grate carrots. Rinse, peel (or score) and chop cucumbers.</li> <li>4. Toss all ingredients together. <b>CCP: Hold for cold service at 41°F or lower.</b></li> </ol>
Romaine Lettuce, AP	6 lb 8 oz				
Tomatoes, fresh, AP	1 lb 5 oz				
Carrots, fresh, AP	15 oz				
Cucumber, fresh, AP	14 oz				

Serving Size	1 Serving Provides	Yield
1 cup	0.5 cup vegetable, DG	Approximately 6 gallons + 1 quart

## 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 %		

# Ranch Potato Wedges

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 131  
Idaho Child Nutrition Programs

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Potato, russet, IQF, wedges Vegetable Oil <b>OR</b> Pan Release Spray	17 lb	½ cup  As needed			1. Preheat oven to 325°F. 2. Spread each bag of potato wedges over a lined sheet pan. 3. Put oil into a squeeze bottle or dispenser and shake over all potatoes or spray generously with pan release spray.
Garlic Powder Onions, dehydrated flakes Parsley, dried Salt Sugar, granulated		¼ cup ¾ cup 2 cups 1½ Tbsp ½ cup			4. In a large bowl, mix garlic powder, dehydrated onions, parsley, salt and sugar. 5. Evenly sprinkle ranch mixture over all pans and toss to coat. 6. Bake 30 minutes. <b>CCP: Hold at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup vegetable, starchy	100 servings

## Nutrients Per Serving

Calories	142	Vitamin A	9.42 IU	Iron	1.75 mg
Protein	4.04 gm	Vitamin C	19.18 mg	Calcium	19.73 mg
Carbohydrate	29.93 gm	Fiber	2.15 gm	Cholesterol	0 mg
Fat	1.38 gm	% Fat	8.7 %	Sodium	148.74 mg
Saturated Fat	0.24 gm	% Saturated Fat	1.49 %		

# Strawberries & Bananas

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 124

Ingredients	100 –Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, unsweetened, sliced Applesauce, canned, unsweetened Bananas, AP	11 lb	½ #10 can			<ol style="list-style-type: none"> <li>1. Thaw strawberries in refrigerator.</li> <li>2. Chill cans of applesauce. Wipe tops of cans clean before opening.</li> <li>3. Mix applesauce into thawed strawberries.</li> <li>4. Handle bananas with gloved hands. Peel and slice bananas. Add to strawberries. Combine gently.</li> </ol> <p><b>CCP: Hold for cold service at 41°F or lower.</b></p>

Serving Size	1 Serving Provides	Yield
½ cup (4 oz)	0.5 cup fruit	100 servings

## Nutrients per Serving

Calories	60	Vitamin A	52.66 IU	Iron	0.5 mg
Protein	0.68 gm	Vitamin C	24.27 mg	Calcium	10.5 mg
Carbohydrate	15.49 gm	Fiber	2.28 gm	Cholesterol	0 mg
Fat	0.20 gm	% Fat	2.95 %	Sodium	1.64 mg
Saturated Fat	0.05 gm	% Saturated Fat	0.75 %		

# Southwestern Lentils

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 138

Ingredients	100 - ¼ cup Servings OR 50 - ½ cup Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Lentils, brown Water	2 lb 2 oz	As needed			1. Combine lentils and water as recommended by manufacturer in a tilt skillet. Cover and bring to boil. Turn down to 225°F and simmer gently for 30 minutes or until lentils are tender. Drain well.
Vegetable Oil Onions, fresh, AP Garlic, minced Cumin, ground Chili Powder Tomatoes, crushed, canned Salt	2 lb 4 oz    2 lb 8 oz	¼ cup  ¼ cup 2 Tbsp ¼ cup 1 Tbsp			2. Chop onions. 3. Sauté the onion and garlic in oil for 2-3 minutes to soften. Add this mixture, along with the cumin, chili powder, undrained crushed tomatoes and salt to lentils.
					4. Bring to a boil. Reduce the heat to low and simmer, uncovered, for 10 minutes. <b>CCP: Hold for hot service at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> ¼ cup <b>9-12:</b> ½ cup	<b>K-8:</b> 0.125 cup vegetable, BP + 0.125 cup vegetable, additional <b>9-12:</b> 0.25 cup vegetable, BP + 0.25 cup vegetable, additional	1 gal + 2 qt + 1 cup

## Nutrients Per ¼ Cup Serving

Calories	49	Vitamin A	159.6 IU	Iron	1 mg
Protein	2.97 gm	Vitamin C	3.12 mg	Calcium	12.3 mg
Carbohydrate	7.99 gm	Fiber	3.35 gm	Cholesterol	0 mg
Fat	0.76 gm	% Fat	13.98 %	Sodium	110.63 mg
Saturated Fat	0.12 gm	% Saturated Fat	2.13 %		

# Summer Fruit Salad

Fruit

HACCP: #1 No cook

Healthier Kansas Recipe 119  
(Ohio Dept. of Education)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh, AP Bananas, fresh, AP Blueberries, fresh, AP Pineapple Juice, 100%	8 lb 10 lb 4 lb	3 cups			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>CCP: Hold for cold service at 41°F or lower.</b>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

## Nutrients Per Serving

Calories	66	Vitamin A	43.56 IU	Iron	0.34 mg
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%		

# Sunshine Garden Salad

Vegetable/Fruit

HACCP: #1 No Cook

Healthier Kansas Recipe 137  
Ohio Department of Education

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberry Preserves, sugar-free		½ cup			1. Microwave strawberry preserves until warm and slightly runny.
Italian Seasoning Mix Vinegar, Balsamic Vegetable Oil		6 Tbsp 1 cup 1 cup			2. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.
Mandarin Oranges, canned in 100% juice or light syrup Strawberries, fresh, AP Spinach, partly trimmed, AP Romaine Lettuce, AP	14 lbs  9 lb 12 oz 3 lb 8 oz 3 lb 8 oz				3. Drain mandarin oranges. Wash and slice fresh strawberries. 4. Wash and chop romaine lettuce. Mix with spinach. 5. Lightly toss greens, oranges and strawberries. 6. Just before service, toss salad mix with dressing. <b>CCP: Hold salad for cold service at 41°F or lower.</b>

Serving Size	1 Serving Provides	Yield
1 cup	0.25 cup vegetables, DG + 0.5 cup fruit	100 servings

## Nutrients Per Serving

Calories	84	Vitamin A	304.8 IU	Iron	1.09 mg
Protein	1.34 gm	Vitamin C	44.46 mg	Calcium	37.12 mg
Carbohydrate	15.59 gm	Fiber	2.27 gm	Cholesterol	0 mg
Fat	2.5 gm	% Fat	26.81 %	Sodium	21.79 mg
Saturated Fat	0.36 gm	% Saturated Fat	3.87 %		

# Tomato Salsa

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 129

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, crushed, salsa-ready, canned, not drained Garlic Powder Cilantro, dried Cumin, ground Lemon Juice, canned Onion, dehydrated flakes Jalapeno Peppers, canned, drained (optional)	2 oz	1 #10 can  ½ tsp 1 tsp 2 Tbsp 2 Tbsp ½ cup			1. Mix all ingredients except jalapeno peppers. 2. Optional: Mince or puree optional jalapeno peppers before adding to the salsa. Mix well. 3. Refrigerate for at least one hour to blend flavors. <b>CCP: Refrigerate until served. Hold for cold service at 41°F or lower.</b> 4. May be pre-portioned.
					<b>Substitutions and Variations:</b> <ul style="list-style-type: none"> <li>▪ May increase or decrease the amount of jalapeno peppers and/or seasonings to taste.</li> <li>▪ May substitute fresh peppers for canned peppers; fresh garlic for garlic powder; fresh onions for dried onions, lime juice for lemon juice, and/or fresh cilantro for dried cilantro.</li> <li>▪ May substitute diced tomatoes for crushed tomatoes.</li> </ul>

Serving Size	1 Serving Provides	Yield
1 fl oz (2 Tbsp)	0.125 cup vegetables, RO	3 quarts

## Nutrients Per Serving

Calories	14	Vitamin A	199 IU	Iron	0.42 mg
Protein	.86 gm	Vitamin C	5.57 mg	Calcium	7.44 mg
Carbohydrate	3.07 gm	Fiber	0.37 gm	Cholesterol	0 mg
Fat	0.13 gm	% Fat	8.06 %	Sodium	102.8 mg
Saturated Fat	0.02 gm	% Saturated Fat	0.94 %		

# Tossed Salad

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 74

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, fresh, trimmed, AP Romaine Lettuce, AP	6 lb 8 oz 6 lb 8 oz				1. Handle salad with gloved hands. Chop spinach and Romaine lettuce into bite-sized pieces if needed. 2. Toss together. <b>CCP: Hold ingredients for cold service at 41°F or lower.</b>

Serving Size	1 Serving Provides	Yield
1 cup	0.5 cup vegetables, DG	100 servings

## Nutrients Per Serving

Calories	12	Vitamin A	5332.6 IU	Iron	1.08 mg
Protein	1.21 gm	Vitamin C	9.46 mg	Calcium	38.9 mg
Carbohydrate	2.04 gm	Fiber	1.27 g	Cholesterol	0 mg
Fat	0.2 gm	% Fat	15.53 %	Sodium	25.6 mg
Saturated Fat	0.2 gm	% Saturated Fat	2.3 %		

# Angel Biscuits, Whole Wheat

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 120  
(Cooking Light, modified by KSDE)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Yeast, instant Sugar, granulated Baking Powder Baking Soda Salt	4 lb 3 lb 2½ oz 10 oz				1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed.
		1 Tbsp 2 tsp 1 Tbsp 2 tsp 1 Tbsp 2 tsp			
Vegetable Shortening, Trans Fat Free	1 lb 4 oz				2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes).
Buttermilk, low-fat		2 qt 2 cups			3. Add buttermilk to flour mixture, mix just until ingredients are moistened. 4. Cover and chill 1 hour.
Flour for kneading: Flour, whole wheat	7 oz				5. Turn the dough out onto a floured surface; knead lightly 5 times. 6. Roll dough into a ½ inch thickness; cut with a 2½ inch biscuit cutter. Biscuits should weigh approximately 2 oz each. 7. Place the biscuits on a paper lined sheet pan. 8. Bake in a convection oven at 450°F for 9 minutes <b>or</b> a conventional oven at 475°F for 12 minutes, or until golden brown.

Serving Size	1 Serving Provides	Yield
1 biscuit	2.0 oz equivalent Grains	100 biscuits

## Nutrients Per Serving

Calories	188	Vitamin A	11.52 IU	Iron	1.79 mg
Protein	4.83 gm	Vitamin C	3.08 mg	Calcium	53.93 mg
Carbohydrate	29.19 gm	Fiber	2.71 gm	Cholesterol	0.98 mg
Fat	6.37 gm	% Fat	30.40%	Sodium	231.9 mg
Saturated Fat	1.64 gm	% Saturated Fat	7.82%		

# Blueberry Oat Muffin, Whole Grain

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 28  
(USD 349 Stafford, modified)

Ingredients	115 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Applesauce, canned, unsweetened		¾ #10 can			1. Beat applesauce, eggs, oil, milk, and sugar until smooth.
Egg, whole, raw, large		9 each			
Oil, soybean, salad or cooking	12 oz	1½ cups			
Milk, lowfat, fluid, 1%	1 lb 2 oz	2¼ cups			
Sugar, granulated	1 lb 5 oz	3 cups			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.
Oats, rolled, dry	2 lb 5 oz				
Baking Powder	4 oz				
Baking Soda	1 oz				
Cinnamon, ground		3 Tbsp			
Flour, whole wheat	2 lb 4 oz				3. Add blueberries and mix on low speed (10-15 seconds) or by hand to incorporate into the batter. 4. Portion #20 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note:</i> Could also be baked in a 12" x 20" x 2" pan and cut 6 x 4 (use 1 pan per 24 servings). 5. Bake until lightly browned. Conventional oven: 375°F for 16-20 minutes Convection oven: 350°F for 12-16 minutes
Blueberries, frozen, unsweetened	2 lb 8 oz				

Serving Size	1 Serving Provides	Yield
1 muffin	1 oz equivalent Grains + 0.125 cup fruit	115 Muffins

## Nutrients Per Serving

Calories	134	Vitamin A	34.96 IU	Iron	0.97 mg
Protein	3.42 gm	Vitamin C	0.49 mg	Calcium	76.98 mg
Carbohydrate	21.35 gm	Fiber	2.61 gm	Cholesterol	14.78 mg
Fat	4.2 gm	% Fat	28.12 %	Sodium	180.9 mg
Saturated Fat	0.71 gm	% Saturated Fat	4.79 %		

# Cherry Crisp, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 215

USDA C-07, modified

Ingredients	120 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Oats, rolled or quick Sugar, brown Margarine, liquid Cherries, canned, packed in water	1 lb 14 oz 1 lb 3 oz 1 lb 14 oz 2 lb	3 #10 cans			1. <b>For topping:</b> Combine flour, rolled oats, brown sugar and margarine. Mix until crumbly. Set aside for Step 8. 2. <b>For filling:</b> Drain cherries, reserving juice. For 105 servings, reserve 3 cups juice. Set juice aside. 3. Place one #10 can of drained cherries into each steam table pan (12" x 20" x 2½"). Use 3 pans for 100 servings.
Sugar, granulated Orange Juice, frozen, unsweetened Cornstarch	1 lb 4 oz	½ cup  1 cup			4. Combine ½ cup cherry juice with cornstarch. Stir until smooth. 5. Combine remaining cherry juice with sugar and orange juice concentrate. Cook juice mixture on medium heat for 2 minutes. 6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
					7. Divide liquid mixture among pans and mix. 8. Divide topping and spread evenly over top of pans. 9. Bake until the top is browned and crisp. Turn pans half way through the baking time to promote even baking. * Conventional oven: 425°F for 35-45 minutes * Convection oven: 350°F for 25-35 minutes 10. Cool. Cut each pan 5 x 8 (40 pieces per pan).

Serving Size	1 Serving Provides	Yield
1 piece cut 5 x 8	0.5 oz equivalent Grains (Grain Based Dessert) + 0.25 cup fruit	3 steam table pans

## Cherry Crisp, Whole Wheat, continued

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### Nutrients Per Serving

Calories	171	Vitamin A	819.5 IU	Iron	1.64 mg
Protein	2.11 gm	Vitamin C	3.15 mg	Calcium	20.07 mg
Carbohydrate	27.79 gm	Fiber	2.09 gm	Cholesterol	0 mg
Fat	6.43 gm	% Fat	33.75 %	Sodium	67.15 mg
Saturated Fat	1.17 gm	% Saturated Fat	6.14 %		

# Chocolate Chip Cookies, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 1079

USD 320 Wamego, modified

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid Brown Sugar Sugar, granulated	1 lb 3 oz 1 lb 1 lb 5 oz	2 <sup>3</sup> / <sub>8</sub> cups			1. Beat margarine and sugars with paddle attachment in mixer until smooth.
Eggs, whole, raw Vanilla	7½ oz	5 large 2 Tbsp			2. Add egg and vanilla to margarine/sugar mixture. Mix well.
Baking Powder Baking Soda Oats, quick Flour, white whole wheat	13½ oz 1 lb 6 oz	1 Tbsp <sup>3</sup> / <sub>4</sub> tsp 2¼ tsp			3. Stir together baking powder, baking soda, oatmeal and flour. 4. Add flour mixture to margarine/sugar mixture in mixer bowl. Mix just until all ingredients are moistened.
Chocolate Chips, semi-sweet	8½ oz				5. Stir in chocolate chips.
					6. Drop by slightly rounded # 40 scoops (.92 oz) on to sheet pans (18" x 26") lined with pan liners. Place 24 per pan in 4 rows of 6 each. Cookies will spread to about 3" in diameter as they cook. 7. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 350°F for 10-12 minutes * Convection oven: 325°F for 6-10 minutes <b>Do not overbake.</b> 8. Cool about 5 minutes before removing from the baking sheet. Cookies will flatten as they cool.
					<i>Note:</i> If 100% whole grain <i>white</i> wheat flour is not available, replacing half the whole wheat flour with enriched white flour will provide a smoother texture.

Serving Size	1 Serving Provides	Yield
1 cookie	0.5 oz equivalent Grains (Grain Based Dessert)	100 cookies

## Chocolate Chip Cookies, Whole Wheat, continued

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### Nutrients Per Serving

Calories	130	Vitamin A	206.1 IU	Iron	0.68 mg
Protein	1.73 gm	Vitamin C	0.0 mg	Calcium	21.19 mg
Carbohydrate	19.2 gm	Fiber	1.25 gm	Cholesterol	9.3 mg
Fat	5.51 gm	% Fat	38.51 %	Sodium	94.55 mg
Saturated Fat	1.34 gm	% Saturated Fat	9.28 %		

# Cornbread Muffins

**Grains**

**HACCP: Non-Hazardous/Other**

**Healthier Kansas Recipe 127**  
USDA B-09, Modified

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat Cornmeal, whole grain Sugar Baking Powder Salt	2 lb 6 oz 2 lb 6 oz 12 oz 2¼ oz	3 tsp			1. Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Eggs, whole, large Milk, low-fat Vegetable Oil Pan Release Spray		6 each 2 qt 1¼ cup 1 cup 2 Tbsp As needed			2. Mix eggs, milk, and oil. Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy. 3. Portion #20 disher in lined muffin tins. 4. Bake until lightly browned: Conventional oven: 400°F for 30-35 minutes. Convection oven: 350°F for 20-25 minutes.

Serving Size	1 Serving Provides	Yield
<b>K-8:</b> 1 muffin <b>9-12:</b> 2 muffins	<b>K-8:</b> 1.25 oz equivalent Grains <b>9-12:</b> 2.5 oz equivalent Grains	100 muffins

## Nutrients Per Serving (1 muffin)

Calories	124	Vitamin A	60.44 IU	Iron	1.08 mg
Protein	2.9 gm	Vitamin C	0 mg	Calcium	62.48 mg
Carbohydrate	20.58 gm	Fiber	1.94 gm	Cholesterol	12.29 mg
Fat	3.39 gm	% Fat	24.53 %	Sodium	89.01 mg
Saturated Fat	0.61 gm	% Saturated Fat	4.45 %		

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# Honey Apple Crisp, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 39  
USDA C-01, modified

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Oats, rolled or quick Sugar, brown Cinnamon, ground Margarine, liquid	2 lb 1 lb 1 lb 14 oz 1 lb 8 oz	3 Tbsp			1. <b>For topping:</b> Combine flour, rolled oats, brown sugar, cinnamon, and margarine. Mix until crumbly. Set aside for Step 6.
Apples, sliced, canned in water Water		2 #10 cans As needed			2. <b>For filling:</b> Drain apples, reserving juice. For 96 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for Step 5. 3. Place 5 lb 9 oz (2 qt + 3¾ cups or 1 #10 can) apples into each steam table pan (12" x 20" x 2-1/2"). For 96 servings, use 2 pans.
Honey Cinnamon, ground Lemon Juice	1 lb 4oz 4 oz	1 Tbsp			4. Spread 10 oz honey, ½ Tbsp cinnamon and 1/4-cup lemon juice over apples in each pan. Stir to combine.
					5. Pour 1½ cups liquid over apples in each pan. 6. Divide topping among pans. Sprinkle 3 lb 6 oz, or approximately 2 qt + 1 cup, topping evenly over apples in each steam table pan. 7. Bake until topping is browned and crisp. * Conventional oven: 425° F for 35-45 minutes * Convection oven: 350° F for 25-35 minutes 8. Cool. Cut each pan 6 x 8 (48 pieces)

## Honey Apple Crisp, Whole Wheat, continued

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Serving Size	1 Serving Provides	Yield
1 piece cut 6 x 8	0.75 oz equivalent Grains (Grain Based Dessert) + 0.25 cup fruit	2 steam table pans

### Nutrients Per Serving

Calories	173	Vitamin A	254.5 IU	Iron	1.43 mg
Protein	1.8 gm	Vitamin C	0.9 mg	Calcium	15.1 mg
Carbohydrate	28.24 gm	Fiber	1.37 gm	Cholesterol	0 mg
Fat	5.97 gm	% Fat	31 %	Sodium	61.57 mg
Saturated Fat	1.08 gm	% Saturated Fat	5.62 %		

# Oatmeal Cookies, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 37

USDA C-10, modified

Ingredients	110 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Baking Soda Oats, rolled or quick Sugar, granulated Sugar, brown Cinnamon, ground Cloves, ground	1 lb 13 oz  1 lb 4 oz 14 oz 1 lb 3 oz	1 Tbsp 1 tsp   2 tsp ½ tsp			1. Blend flour, baking soda, oats, sugar, brown sugar, cinnamon, and cloves in mixer for 2 minutes on low speed.
Shortening, vegetable, trans fat free Margarine, liquid Eggs, whole Vanilla	1 lb  14 oz	6 large 2 Tbsp			2. Add shortening, margarine, eggs and vanilla. Mix for 1 minute on medium speed. 3. Drop by slightly rounded #40 scoops on to sheet pans (18" x 26" x 1") lined with pan liners. Place 24 per pan in 4 rows of 6 each. Cookies will spread out to about 3" diameter as they cook. 4. Bake until lightly browned. Turn pans half way through the baking time to promote even baking. * Conventional oven: 350°F for 12-14 minutes * Convection oven: 300°F for 6-8 minutes <b>Do not overbake.</b> 5. Cool completely. Remove from sheet pans.

Serving Size	1 Serving Provides	Yield
1 each	0.75 oz equivalent Grains (Grain Based Dessert)	110 cookies

## Nutrients Per Serving

Calories	131	Vitamin A	143.7 IU	Iron	0.47 mg
Protein	1.26 gm	Vitamin C	0 mg	Calcium	7.71 mg
Carbohydrate	14.76 gm	Fiber	0.32 gm	Cholesterol	10.15 mg
Fat	7.34 gm	% Fat	50.33 %	Sodium	91.08 mg
Saturated Fat	1.65 gm	% Saturated Fat	11.32 %		

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# Oatmeal Rolls, Whole Grain

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 14  
(tasteofhome.com, modified)

Ingredients	100 Rolls		Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, quick-cooking Flour, white whole wheat Flour, all-purpose, enriched Sugar, granulated Sugar, brown Yeast, instant, dry Salt	8 oz 1 lb 11 oz 1 lb 8 oz				1. Place oats, flours, sugars, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	4 oz	½ cup			3. Add oil and blend for approximately 2 minutes on low speed.
Water	2 lb 14 oz	5¾ cups (+ up to ½ cup if dough is too stiff)			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes).
Pan Release Spray		As needed			6. Divide dough into four balls (approximately 2 lb + 6 oz each) per recipe for every 100 rolls. Spray with pan release spray or cover with plastic wrap until ready to shape. Shape each ball into 100 1 oz rolls. Place 5 x 10 on sheet pans (18" x 26" x 1") lined with pan liners.

## Oatmeal Rolls, Whole Grain, continued

Ingredients	100 Rolls		___ Servings		Directions
	Weight	Measure	Weight	Measure	
					7. Proof in a warm area until double in bulk (30-50 minutes). 8. Bake until lightly browned: * Conventional oven: 375°F for 18-20 minutes * Convection oven: 325°F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked bread Is 196-198°F. 9. Lightly spray rolls with pan release spray when baking is completed. Let cool.

Serving Size	1 Serving Provides	Yield
1 roll	1 oz equivalent Grains	100 rolls

### Nutrients Per Roll

Calories	68	Vitamin A	0.22 IU	Iron	0.77 mg
Protein	1.76 gm	Vitamin C	2.27 mg	Calcium	6.63 mg
Carbohydrate	12.76 gm	Fiber	1.1 gm	Cholesterol	0.00 mg
Fat	1.32 gm	% Fat	17.58 %	Sodium	89.73 mg
Saturated Fat	0.2 gm	% Saturated Fat	2.67 %		

# Rice Crispy Bars, Whole Grain

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 82

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid Marshmallows Cereal, Crispy Rice, whole grain Pan Release Spray	12 oz 3 lb 12 oz 3 lb	As needed			1. Heat oven to 200°F. 2. Add margarine and 1 lb 4 oz of marshmallows in each full 2" steam table pan (12" x 20" x 2"). Mix. 3. Return to oven. When marshmallows are completely melted remove from oven and gently mix in 3 quarts of cereal per pan. 4. Press mixture evenly and lightly into the pan. Spray utensil or gloved hands with pan release spray to prevent sticking to the mixture. 5. Cool completely before cutting. Cut each pan 4 x 8.

Serving Size	1 Serving Provides	Yield
1 each	0.5 oz equivalent Grains (Grain Based Dessert)	3 steam table pans

## Nutrients Per Serving

Calories	133	Vitamin A	717.1 IU	Iron	4.25 mg
Protein	1.24 gm	Vitamin C	7.09 mg	Calcium	0 mg
Carbohydrate	25.99 gm	Fiber	0.47 gm	Cholesterol	0 mg
Fat	3.02 gm	% Fat	20.38 %	Sodium	118.8 mg
Saturated Fat	0.51 gm	% Saturated Fat	3.42 %		

# Royal Brownies, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 62  
USDA C-21, modified

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Salad Oil Sugar, granulated Vanilla Extract Applesauce, unsweetened	3 lb 4 oz 2 lb 8 oz	1½ cup 1 Tbsp 4½ cup			1. Cream oil, sugar, vanilla and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
Egg Whites, raw	1 lb 8 oz	20 large			
Flour, white whole wheat Cocoa Powder, unsweetened Baking Soda	1 lb 14 oz 12 oz 2 Tbsp				3. In a separate bowl, combine flour, cocoa and baking soda. Mix for 1 minute on medium speed. 4. Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick. 5. Spread batter evenly in a full <b>sheet</b> pan (18" x 26" x 1") which has been lightly coated with pan release spray.
Pan Release Spray		As needed			
Powdered Sugar		As needed			6. Bake until set but still moist in the center: * Conventional oven: 350°F for 20-30 minutes * Convection oven: 300°F for 18-25 minutes 7. Cut each pan 10 x 10.
					<b>Optional:</b> Brownies may be lightly dusted with powdered sugar.

Serving Size	1 Serving Provides	Yield
1 each	0.5 oz equivalent Grains (Grain Based Dessert)	1 sheet pan (cut 10x10)

## Nutrients Per Serving

Calories	130	Vitamin A	3.29 IU	Iron	0.97 mg
Protein	2.51 gm	Vitamin C	0.14 mg	Calcium	9.45 mg
Carbohydrate	24.26 gm	Fiber	2.25 gm	Cholesterol	0 mg
Fat	3.89 gm	% Fat	26.96 %	Sodium	87.87 mg
Saturated Fat	0.77 gm	% Saturated Fat	5.35 %		

# Savory Rice

**Grains**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 17**  
(USD 306 Southeast of Saline, modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Rice, brown, long grain, dry Rice, long grain & wild mix (with seasoning packet) Onions, dehydrated Parsley, dried	5 lb 20 oz 4 oz	4 Tbsp			1. Spray 12"x20"x4" steam pans (1 pan per 100 servings) with pan release spray. Place dry rices, dehydrated onion, and parsley flakes in pans. 2. Set seasoning packets from wild rice mix aside for step 3.
Oil, canola Base, chicken, low sodium, dry Water	12 oz 6 oz 16 lb	2 gal			

3. Mix water, seasoning packets, chicken base, and oil. Stir until seasoning and chicken base are dissolved.
4. Pour water/broth over rice mix and stir. Cover pan with foil.
5. Bake:  
\*Conventional oven: 350°F for 40-45 minutes.  
\*Convection oven: 325°F for 30-35 minutes.
6. Fluff when ready to serve. Serve hot.  
**CCP: Hold at 135°F or higher.**

Serving Size	1 Serving Provides	Yield
#8 scoop (1/2 cup)	1 oz eq Grains	About 50 cups

## Nutrients Per Serving

Calories	143	Vitamin A	5.15 IU	Iron	0.69 mg
Protein	2.91 gm	Vitamin C	0.95 mg	Calcium	18.82 mg
Carbohydrate	23.03 gm	Fiber	1.02 gm	Cholesterol	0.74 mg
Fat	4.34 gm	% Fat	27.31 %	Sodium	116.87 mg
Saturated Fat	0.71 gm	% Saturated Fat	4.5 %		

# Seasoned Brown Rice

Grains

HACCP: #2 Same Day Service

Healthier Kansas Recipe 142

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Rice, brown, long-grain, dry Pepper, black, ground Salt Garlic powder Water	6 lb 12 oz     11 lb	1 Tbsp 1/4 cup 1/2 cup 5 qt 2 cup			1. Spray 12"x20"x4" steam pans (1 pan per 100 servings) with pan release spray. 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>CCP: Hold at 135°F or higher.</b>
*based on 1 oz dry = 1 oz equivalent (1/2 cup) cooked					

Serving Size	1 Serving Provides	Yield
#8 scoop (1/2 cup)	1 oz eq Grains	About 50 cups

## 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	283.01 mg
Saturated Fat	0.18 gm	% Saturated Fat	1.42 %		

# Snickerdoodles, Whole Wheat

**Grain Based Dessert**

**HACCP: Non-hazardous/Other**

**Healthier Kansas Recipe 19**  
(USD 267 Renwick, modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid	1 lb	2 cups			<ol style="list-style-type: none"> <li>1. Cream margarine and sugar in mixer with paddle attachment on medium speed for 10 minutes.</li> <li>2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down bowl.</li> <li>3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended.</li> <li>4. Place on sheet pan with parchment paper. Portion with a #40 scoop.</li> </ol>
Sugar, granulated	2 lb				
Eggs, whole, raw		5 large			
Vanilla Extract		1 Tbsp 1 tsp			
Milk, fluid, 1%	4 oz				
Flour, whole wheat	2 lb 8 oz				
Baking Powder		1 Tbsp 1 tsp			
Baking Soda		2 tsp			
Salt		2 tsp			
Nutmeg		1½ tsp			
Cinnamon, ground		1 Tbsp 1 tsp			
Sugar, granulated	8 oz				<ol style="list-style-type: none"> <li>5. Combine sugar and cinnamon and sprinkle over cookies.</li> <li>6. Bake until light brown: Convection oven 350°F for 6 minutes or Conventional oven 375°F for 8 minutes.</li> </ol>
Cinnamon, ground		1 Tbsp			

Serving Size	1 Serving Provides	Yield
1 cookie	0.5 oz equivalent Grains (Grain Based Dessert)	100 cookies

## Nutrients Per Serving

Calories	120	Vitamin A	177.6 IU	Iron	0.5 mg
Protein	1.86 gm	Vitamin C	0.01 mg	Calcium	19.55 mg
Carbohydrate	19.81 gm	Fiber	1.31 gm	Cholesterol	9.36 mg
Fat	4.11 gm	% Fat	30.8 %	Sodium	131.86 mg
Saturated Fat	0.79 gm	% Saturated Fat	5.93 %	Trans Fat	0.00 gm

# Spanish Brown Rice

Grains

HACCP: #2 Same Day Service

Healthier Kansas Recipe 237

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Rice, brown, long-grain, dry Salsa, canned, mild Water	6 lb 12 oz  10 lb	7 cup			5. Spray 12"x20"x4" steam pans (1 pan per 100 servings) with pan release spray. Combine rice, picante sauce, and water in pans. 6. Cover pans with foil. 7. Bake: *Conventional oven: 350°F for 40-45 minutes. *Convection oven: 325°F for 30-35 minutes. 8. Fluff when ready to serve. Serve hot. <b>CCP: Hold at 135°F or higher.</b>
<b>*based on 1 oz dry = 1 oz equivalent (1/2 cup) cooked</b>					

Serving Size	1 Serving Provides	Yield
#8 scoop (1/2 cup)	1 oz eq Grains	About 50 cups

## Nutrients Per Serving

Calories	119	Vitamin A	56 IU	Iron	0.45 mg
Protein	2.44 gm	Vitamin C	0 mg	Calcium	8.82 mg
Carbohydrate	24.89 gm	Fiber	1.49 gm	Cholesterol	0 mg
Fat	0.9 gm	% Fat	6.76 %	Sodium	132.29 mg
Saturated Fat	0.18 gm	% Saturated Fat	1.36 %		

# Whole Wheat Bread, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 107  
USDA B-16, modified

Ingredients	100 Slices		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Dry Milk, instant, nonfat Sugar, granulated Yeast, instant, dry Salt	1 lb 14 oz 1 lb 12 oz 4 oz 6 oz 2 oz 1 oz	   $\frac{3}{4}$ cup $\frac{1}{4}$ cup 1 Tbsp 1 tsp			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	7 oz				3. Add oil and blend for approximately 2 minutes on low speed.
Water (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°)		1 qt 2 Tbsp (+ up to $\frac{1}{2}$ cup if dough is stiff)			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to $\frac{1}{2}$ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes).
Pan Release Spray		As needed			6. Divide dough into two balls (approximately 3 lbs 6 oz each) per recipe for every 100 1 oz slices. Spray with pan release spray or cover with plastic wrap until ready to shape. Shape each ball into a smooth roll 24" long. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") lined with pan liners.

## Whole Wheat Bread, 51%, continued

Ingredients	100 Slices		___ Servings		Directions
	Weight	Measure	Weight	Measure	
					7. Proof in a warm area until double in bulk (30 - 50 minutes). 8. Bake until lightly browned: * Conventional oven: 400°F for 28-40 minutes * Convection oven: 350°F for 20-30 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked bread is 196-198°F. 9. Lightly spray loaves with pan release spray when baking is completed. Let cool. 10. Trim off the crust on the ends of each loaf. 11. Cut each loaf into 50 slices for 1 oz slices.

Serving Size	1 Serving Provides	Yield
1 slice	1.0 oz equivalent Grains	100 slices
		2 loaves

### Nutrients Per Slice

Calories	85	Vitamin A	0.17 IU	Iron	0.85 mg
Protein	2.32 gm	Vitamin C	2.33 mg	Calcium	19.69 mg
Carbohydrate	14.57 gm	Fiber	1.20 gm	Cholesterol	0.2 mg
Fat	2.22 gm	% Fat	23.48 %	Sodium	116.8 mg
Saturated Fat	0.33 gm	% Saturated Fat	3.5 %		

# Whole Wheat Cinnamon Puff, 51%

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 46

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dough from Whole Wheat Roll, 51%,(HKM Recipe 877)	6 lb 4 oz (1 recipe for 100 rolls)				1. Form 1 oz rolls from dough. Place in rows of 7 across and 10 down on sheet pans (18" x 26" x 2") lined with pan liners. 2. Place in a warm area (about 90°F) until double in size (about 30-50 minutes).
Sugar, granulated Cinnamon, ground	3 oz	6 Tbsp 1½ Tbsp			
Butter-Flavored Spray	As Needed				3. Mix sugar and cinnamon in a separate bowl. 4. When rolls have risen, spray evenly with butter-flavored spray so that roll tops are covered. 5. Sprinkle cinnamon sugar over the tops of the rolls, 2 oz per pan.
					6. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F.
Powdered Sugar Vanilla Extract Water	10 oz 2 oz	2 cups 1 Tbsp ¼ cup			7. Let rolls cool 5-10 minutes. 8. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 9. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.

Serving Size	1 Serving Provides	Yield
1 each	1.0 oz equivalent Grains (Grain Based Dessert)	100 rolls

## Nutrients Per Serving

Calories	101	Vitamin A	27.16 IU	Iron	0.86 mg
Protein	2.33 gm	Vitamin C	2.34 mg	Calcium	20.97 mg
Carbohydrate	18.42 gm	Fiber	1.26 gm	Cholesterol	0.20 mg
Fat	2.22 gm	% Fat	19.73 %	Sodium	117 mg
Saturated Fat	0.33 gm	% Saturated Fat	2.95 %		

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# Whole Wheat Cinnamon Rolls, 51%

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 167

Ingredients	144 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat Roll Dough (HKM Recipe 877) Pan Release Spray	12 lb 8 oz (2 Recipes for 100 rolls)	As needed			1. Prepare dough according to HKM Recipe 877. Form dough into 3 lb balls (4½ balls for 144 servings) and spray with pan release spray or cover with plastic wrap.
Sugar, granulated Cinnamon, ground	1 lb	2 cups ⅔ cup			2. Mix sugar and cinnamon in a separate bowl.
Salad Oil	2 oz	¼ cup			3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24" x 10" x ¼" thick. 4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle. 5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 ¾-inch circles. Cut the ½ roll into 12 circles. 6. Place rolls on sheet pans (18" x 26" x 1) lined with pan liners in 8 rows with 6 per row (48 per pan).
					7. Place in a warm area (90°F) until double in size (30-50 minutes). 8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F.
Powdered Sugar Vanilla Extract Water	1 lb 4 oz  4 oz	3¾ cups 2 Tbsp			9. Let rolls cool 5-10 minutes. 10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.

## Whole Wheat Cinnamon Rolls, 51%, continued

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Serving Size	1 Serving Provides	Yield
1 each	1.25 oz equivalent Grains (Grain Based Dessert)	144 rolls

### Nutrients Per Serving

Calories	151	Vitamin A	38.95 IU	Iron	1.23 mg
Protein	3.25 gm	Vitamin C	3.26 mg	Calcium	33.24 mg
Carbohydrate	27.81 gm	Fiber	1.97 gm	Cholesterol	0.28 mg
Fat	3.46 gm	% Fat	20.67 %	Sodium	162.5 mg
Saturated Fat	0.52 gm	% Saturated Fat	3.08 %		

# Whole Wheat French Garlic Bread, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 163

*Food for 50, modified*

Ingredients	120 Servings (1/2 slice per serving)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Sugar, granulated Salt Yeast, instant, dry	3 lb 2 oz 2 lb 14 oz  2¼ oz 2 oz 1¼ oz	  4½ Tbsp 3 Tbsp			1. Place flours, sugar, salt and yeast in mixer bowl. Using a dough hook, blend on low speed approximately 2 minutes.
Vegetable Oil	3 oz				2. Slowly add oil and blend on low speed for approximately 2 minutes.
Water (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°)		2 qt ¼ cup			3. Slowly add water to the dry ingredients and mix for 1 minute on low speed or until all water is mixed with the dry ingredients. If dough is too stiff to mix well, add up to 1 cup extra water per 100 servings. 4. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
Cornmeal Pan Release Spray		4-6 Tbsp As needed			5. Divide dough evenly into balls weighing approximately 3 lb 6 oz each. 6. Shape each piece into a smooth loaf by rolling dough using rolling pin or sheeter to 24" x 18". Roll, jelly roll style, into tight 24" loaf. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") which have been lined with pan liners and sprinkled with approximately 2 tablespoons of cornmeal per pan. 7. Proof in a warm area (about 90°F) until double in size, approximately 30-50 minutes. 8. With a sharp knife, make 5 or 6 diagonal slits ¼" deep across the top of each loaf.

## Whole Wheat French Garlic Bread, 51%, continued

Ingredients	120 Servings (1/2 slice per serving)		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Garlic-Flavored Spray	As needed				9. Bake until lightly browned. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 375°F for 15-20 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 10. Lightly spray loaves with pan release spray when baking is complete to improve the appearance. Let cool. 11. Trim off the crusts on the ends of each loaf. 12. Cut each loaf into 20 slices. Cut each slice in half for 1 serving. 13. Lightly spray each slice with garlic-flavored spray. Hold and serve warm.
					<b>Optional:</b> For a shiny crust, brush loaves before baking with an egg wash made from one slightly beaten egg and one tablespoon water or milk.

Serving Size	1 Serving Provides	Yield
½ slice (1.35 oz)	<b>K-6:</b> 1.25 oz equivalent Grains	120 servings: ½ slice
		3 loaves

### Nutrients in 1/2 Slice

Calories	87	Vitamin A	0 IU	Iron	1.16 mg
Protein	2.66 gm	Vitamin C	1.18 mg	Calcium	8.0 mg
Carbohydrate	17.47 gm	Fiber	1.66 gm	Cholesterol	0 mg
Fat	1.02 gm	% Fat	10.58 %	Sodium	184.2 mg
Saturated Fat	0.16 gm	% Saturated Fat	1.63 %		

# Whole Wheat Rolls, Breadsticks and Buns, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 877

USDA B-16, modified

Ingredients	100 – 1 oz Servings (50 – 2 oz servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Dry Milk, instant, nonfat Sugar, granulated Yeast, instant, dry Salt	1 lb 14 oz 1 lb 12 oz  4 oz 6 oz 2 oz 1 oz	   ¾ cup ¼ cup 1 Tbsp 1 tsp			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	7 oz				3. Add oil and blend for approximately 2 minutes on low speed.
Water (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°)		1 qt 2 Tbsp (+ up to ½ cup if dough is stiff)			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
Pan Release Spray		As needed			6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 1") which have been lined with pan liners. (See variations below for shaping breadsticks and hamburger buns.) 7. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes.

## Whole Wheat Rolls, Breadsticks and Buns, 51%, continued

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
					8. Bake until lightly browned. * Conventional oven: 400°F for 18-20 minute * Convection oven: 350°F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Serving Size	1 Serving Provides	Yield
1 each	1 oz roll/breadstick = 1.0 oz equivalent Grains  2 oz bun = 2.0 oz equivalent Grains	Approximately 6 lbs + 4 oz of dough <ul style="list-style-type: none"> <li>• 100 rolls/breadsticks (1 oz each)</li> <li>• 50 buns (2 oz each)</li> </ul>

### Nutrients Per Serving

Calories	85	Vitamin A	26.82 IU	Iron	0.85 mg
Protein	2.32 gm	Vitamin C	1.22 mg	Calcium	19.67 mg
Carbohydrate	14.5 gm	Fiber	1.2 gm	Cholesterol	0.2 mg
Fat	2.22 gm	% Fat	23.55 %	Sodium	101.3 mg
Saturated Fat	0.33 gm	% Saturated Fat	3.52 %		

# **Whole Wheat Rolls, Breadsticks and Buns, 51%, Variations**

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## **Breadstick Variation**

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1. Follow steps 1 – 5 for Whole Wheat Rolls.
2. At step 6, pinch 1-ounce dough balls stretching to make “sticks”. Place in rows 3 across and 17 down on sheet pans lined with pan liners. OR weigh out 3-pound 3-ounce dough balls. Place one ball per pan. Roll or spread to fill pan. Cut 3 across and 17 down.
3. Brush sticks with margarine or butter and sprinkle lightly with garlic powder for a Garlic Breadstick.
4. Continue with remaining steps.

## **Hamburger Bun Variation**

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1. Follow steps 1 – 5 above.
2. At step 6, form 2 oz dough balls.
3. Flatten with a rolling pin, or with hands, or place on sheet pans, cover with a tray liner and flatten buns with a second sheet pan.
4. Continue with remaining steps.

**Note:**  
Dough made with whole wheat flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is approximately 80°F is essential for quality bread products.

# Notes



# Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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## Fall Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p><b>Week 1</b></p> <p>Pig in a Blanket <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Roasted Red Potatoes Broccoli w/Cheese Fresh Cantaloupe Canned Fruit Choice Milk Choice</p>	<p>Chicken Wrap Spanish Brown Rice <b>Or</b> Chicken Crispito Spanish Brown Rice</p> <p>Romaine Lettuce Tomato Slice Sautéed Zucchini Diced Pears <b>Oatmeal Cookie (9-12)</b> Fresh Fruit Choice Milk Choice</p>	<p>Spaghetti w/ Meat Sauce Garlic Bread <b>Or</b> Hamburger on a Bun</p> <p>Garden Salad Green Beans Honeydew Melon Canned Fruit Choice Milk Choice</p>	<p>Taco Salad &amp; Tortilla Chips and Salsa <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate</p> <p>Red Bell Pepper Strips Refried Beans Romaine Lettuce Apple Salad <b>Cinnamon Puff (6-12)</b> Canned Fruit Choice Milk Choice</p>	<p>Chicken &amp; Noodles <b>Whole Wheat Roll (6-12)</b> <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>643</p> <p>777</p> <p>8.3%</p>	<p>669</p> <p>797</p> <p>7.9%</p>	<p>779</p> <p>851</p> <p>7.4%</p>
<p><b>Week 2</b></p> <p>Mini Meatball Sub <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Ranch Potato Wedges Tossed Salad Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>BBQ Chicken Drumstick Whole Wheat Roll <b>Or</b> Popcorn Chicken Whole Wheat Roll</p> <p>Baked Beans Creamy Cole Slaw Fresh Baby Carrots Fresh Nectarine Canned Fruit Choice Milk Choice</p>	<p>White Chicken Chili Cornbread Muffin <b>Or</b> Rock and Roll Beef Wrap</p> <p>Cherry Tomatoes Cucumber Slices Fresh Blueberries Canned Fruit Choice Milk Choice</p>	<p>Cheese Pizza <b>Or</b> Grilled Chicken Sandwich</p> <p>Broccoli Florets Fresh Baby Carrots Diced Peaches Fresh Fruit Choice Milk Choice</p>	<p>Biscuits &amp; Gravy <b>Sausage Patty (6-12)</b> <b>Or</b> Pepperoni Pizza</p> <p>Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>618</p> <p>837</p> <p>6.8%</p>	<p>657</p> <p>887</p> <p>6.9%</p>	<p>803</p> <p>1007</p> <p>6.5%</p>

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# Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



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## Fall Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p><b>Week 3</b></p> <p>Pork Rib on a Bun <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Dark Green Leaf Lettuce &amp; Tomato Slice Sweet Potato Puffs Fresh Cantaloupe Canned Fruit Choice Milk Choice</p>	<p>Taco Soup &amp; Tortilla Chips <b>Or</b> Chicken Crispito &amp; Tortilla Chips</p> <p>Tomato Salsa Refried Beans Diced Pears Fresh Fruit Choice Milk Choice</p>	<p>Corn Dog <b>Or</b> Hamburger on a Bun</p> <p>Green Beans Tater Tots Honeydew Melon Snickerdoodle Canned Fruit Choice Milk Choice</p>	<p>Chicken Quesadilla <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b></p> <p><b>Black Bean &amp; Corn Salsa (9-12)</b> Broccoli Florets Fresh Baby Carrots Apple Salad Canned Fruit Choice Milk Choice</p>	<p>Cowboy Cavatini Whole Wheat Roll <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Seasoned Corn Garden Salad Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>655</p> <p>856</p> <p>7.7%</p>	<p>661</p> <p>858</p> <p>7.5%</p>	<p>823</p> <p>922</p> <p>6.9%</p>
<p><b>Week 4</b></p> <p>Hamburger on a Bun <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Dark Green Leaf Lettuce Tomato Slice Oven Fries Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Chili <b>Tortilla Chips (9-12)</b> <b>Or</b> Popcorn Chicken <b>Tortilla Chips (9-12)</b></p> <p>Red Bell Pepper Strips Sliced Cucumber Fresh Nectarine Cinnamon Roll Canned Fruit Choice Milk Choice</p>	<p>Chicken Nuggets Whole Wheat Roll <b>Or</b> Rock and Roll Beef Wrap</p> <p>Mashed Potatoes &amp; Gravy Tossed Salad Fresh Blueberries Canned Fruit Choice Milk Choice</p>	<p>Baked Ham Angel Biscuit &amp; Jelly <b>Or</b> Grilled Chicken Sandwich</p> <p>Apple Glazed Sweet Potatoes Green Beans Diced Peaches <b>Honey Apple Crisp (9-12)</b> Fresh Fruit Choice Milk Choice</p>	<p>Macaroni &amp; Cheese Meatballs <b>Whole Wheat Bread &amp; Jelly (6-12)</b> <b>Or</b> Pepperoni Pizza</p> <p>Baked Beans Fresh Baby Carrots Fresh Strawberries Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>637</p> <p>880</p> <p>8.9%</p>	<p>655</p> <p>899</p> <p>8.7%</p>	<p>813</p> <p>957</p> <p>7.9%</p>

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# Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



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<p><b>Week 2</b></p> <p>Mini Meatball Sub <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Ranch Potato Wedges Tossed Salad Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>BBQ Chicken Drumstick Whole Wheat Roll <b>Or</b> Popcorn Chicken Whole Wheat Roll</p> <p>Baked Beans Creamy Cole Slaw Fresh Baby Carrots Fresh Nectarine Canned Fruit Choice Milk Choice</p>	<p>White Chicken Chili Cornbread Muffin <b>Or</b> Rock and Roll Beef Wrap</p> <p>Cherry Tomatoes Cucumber Slices Fresh Blueberries Canned Fruit Choice Milk Choice</p>	<p>Cheese Pizza <b>Or</b> Grilled Chicken Sandwich</p> <p>Broccoli Florets Fresh Baby Carrots Diced Peaches Fresh Fruit Choice Milk Choice</p>	<p>Biscuits &amp; Gravy <b>Sausage Patty (6-12)</b> <b>Or</b> Pepperoni Pizza</p> <p>Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice</p>

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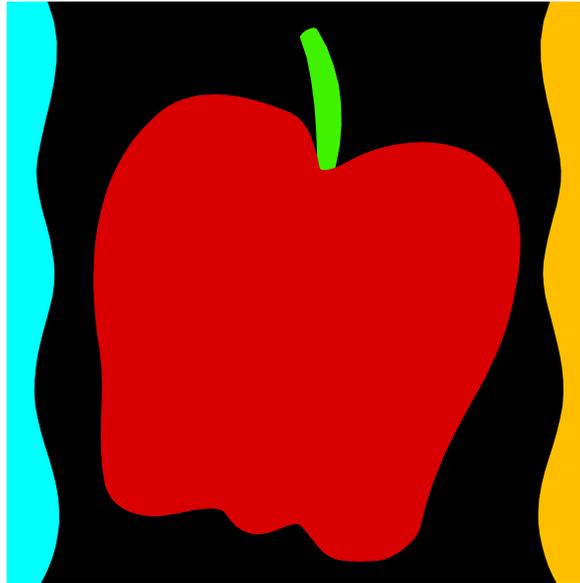
## Fall Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Week 3</b></p> <p>Pork Rib on a Bun <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Dark Green Leaf Lettuce &amp; Tomato Slice Sweet Potato Puffs Fresh Cantaloupe Canned Fruit Choice Milk Choice</p>	<p>Taco Soup &amp; Tortilla Chips <b>Or</b> Chicken Crispito &amp; Tortilla Chips</p> <p>Tomato Salsa Refried Beans Diced Pears Fresh Fruit Choice Milk Choice</p>	<p>Corn Dog <b>Or</b> Hamburger on a Bun</p> <p>Green Beans Tater Tots Honeydew Melon Snickerdoodle Canned Fruit Choice Milk Choice</p>	<p>Chicken Quesadilla <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b></p> <p><b>Black Bean &amp; Corn Salsa (9-12)</b></p> <p>Broccoli Florets Fresh Baby Carrots Apple Salad Canned Fruit Choice Milk Choice</p>	<p>Cowboy Cavatini Whole Wheat Roll <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Seasoned Corn Garden Salad Fresh Grapes Canned Fruit Choice Milk Choice</p>
<p><b>Week 4</b></p> <p>Hamburger on a Bun <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Dark Green Leaf Lettuce Tomato Slice Oven Fries Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Chili <b>Tortilla Chips (9-12)</b> <b>Or</b> Popcorn Chicken <b>Tortilla Chips (9-12)</b></p> <p>Red Bell Pepper Strips Sliced Cucumber Fresh Nectarine Cinnamon Roll Canned Fruit Choice Milk Choice</p>	<p>Chicken Nuggets Whole Wheat Roll <b>Or</b> Rock and Roll Beef Wrap</p> <p>Mashed Potatoes &amp; Gravy Tossed Salad Fresh Blueberries Canned Fruit Choice Milk Choice</p>	<p>Baked Ham Angel Biscuit &amp; Jelly <b>Or</b> Grilled Chicken Sandwich</p> <p>Apple Glazed Sweet Potatoes Green Beans Diced Peaches <b>Honey Apple Crisp (9-12)</b> Fresh Fruit Choice Milk Choice</p>	<p>Macaroni &amp; Cheese Meatballs <b>Whole Wheat Bread &amp; Jelly (6-12)</b> <b>Or</b> Pepperoni Pizza</p> <p>Baked Beans Fresh Baby Carrots Fresh Strawberries Canned Fruit Choice Milk Choice</p>

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# **Healthier Kansas Menus with Alternate Entrées**



## **FALL WEEK 1 - DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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**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)

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- (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).

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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.

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

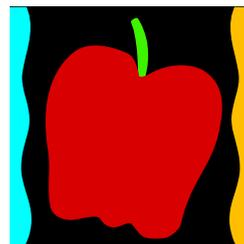
**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Pig in a Blanket <b>Or</b> Peanut Butter & Jelly Sandwich  Roasted Red Potatoes Broccoli w/Cheese Fresh Cantaloupe Canned Fruit Choice Milk Choice	Chicken Wrap Spanish Brown Rice <b>Or</b> Chicken Crispito Spanish Brown Rice  Romaine Lettuce Tomato Slice Sautéed Zucchini Sliced Pears <b>Oatmeal Cookie (9-12)</b> Fresh Fruit Choice Milk Choice	Spaghetti w/ Meat Sauce Garlic Bread <b>Or</b> Hamburger on a Bun  Garden Salad Green Beans Honeydew Melon Canned Fruit Choice Milk Choice	Taco Salad & Tortilla Chips and Salsa <b>Or</b> Yogurt & Blueberry Oat Muffin Plate  Red Bell Pepper Strips Refried Beans Romaine Lettuce Apple Salad <b>Cinnamon Puff (6-12)</b> Canned Fruit Choice Milk Choice	Chicken & Noodles <b>Whole Wheat Roll (6-12)</b> <b>Or</b> Turkey & Cheese Sub Sandwich  Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>643</b>	<b>669</b>	<b>779</b>
					<b>Sodium (mg)</b>	<b>777</b>	<b>797</b>	<b>851</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.3%</b>	<b>7.9%</b>	<b>7.4%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Pig in a Blanket	30	27
Tuesday	Chicken Wrap	158	15
	Spanish Brown Rice	237	82
	Oatmeal Cookie (9-12 only)	37	73
Wednesday	Spaghetti & Meat Sauce	170	31
	Garden Salad	164	55
	Whole Wheat French Garlic Bread	163	89
Thursday	Taco Salad	78	40
	Taco Meat	76	39
	Blueberry Oat Muffin	28	64
	Whole Wheat Cinnamon Puff (6-12 only)	46	85
Friday	Chicken & Noodles	152	11
	Whole Wheat Rolls (6-12 only)	877	91
	Turkey & Cheese Sub	144	42

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

## Purchasing, Preparation & Serving Instructions

### Week 1 – Monday

Menu Item	Purchasing & Preparation	Serving
Pig in a Blanket	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 30, Pig in a Blanket.</li> <li>Purchase turkey frankfurters, 8 per lb with each hot dog providing 2 oz equivalent M/MA; no more than 8 gm of fat, and no more than 500 mg of sodium per serving.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich Meal (K-5)	<ul style="list-style-type: none"> <li>Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 17 gm of fat; and no more than 320 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-5: 1 sandwich, 1 oz crackers, 1 oz cheese
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich (6-12)	<ul style="list-style-type: none"> <li>Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 2 oz equivalent M/MA and 2 oz equivalent Grains, no more than 33 gm of fat; and no more than 620 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	6-12: 1 sandwich (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal)
Roasted Red Potatoes	<ul style="list-style-type: none"> <li>Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup.</li> <li>Follow manufacturer's directions for baking and holding.</li> <li>Batch cook. May add pepper or other non-sodium seasonings.</li> <li>Weigh out each portion size indicated and use as a sample.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Broccoli w/Cheese	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Batch cook by steaming or by cooking in stock pot with minimal liquid close to service. Sprinkle with 5 oz shredded cheddar or American cheese per 6 lb broccoli.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 1 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Cantaloupe, Fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> <li>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz or 2 Tbsp or 2 PC
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 1 – Tuesday:** Chill diced pears.







## Purchasing, Preparation & Serving Instructions Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Chicken Wrap	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 158, Chicken Wrap.</li> <li>• Purchase precooked, un-breaded, chicken patties providing 2 oz equivalent M/MA. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Purchase 8" whole grain tortillas weighing at least 1.5 oz.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Crispito, chicken chili	<ul style="list-style-type: none"> <li>• Purchase Crispito providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 14 gm of fat; and no more than 370 mg sodium per piece. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-8: 1 each 9-12: 2 each
Spanish Brown Rice	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 237, Spanish Brown Rice.</li> <li>• Purchase brown rice.</li> <li>• Purchase canned salsa that is low in sodium.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Romaine Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands.</li> <li>• Slice ¼" thick.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: 1 slice 9-12: 2 slices
Zucchini, sautéed	<ul style="list-style-type: none"> <li>• Purchase fresh zucchini or frozen sliced zucchini.</li> <li>• If fresh, with gloved hands, wash and remove ends. Cut into slices.</li> <li>• Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Pears, canned, sliced	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase sliced pears packed in light syrup or juice.</li> <li>• Chill cans overnight. Wipe tops clean before opening. Drain, cover, and refrigerate until servings.</li> <li>• Serve with slotted utensil. Level utensil when serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p><small>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</small></p>	K-8: N/A* 9-12: ½ cup
Oatmeal Cookie	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 37, Oatmeal Cookie.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-8: N/A 9-12: 1 each
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

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

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Tuesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES																																							
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Chicken Wrap		1 each				1.750	1.500																																																		
Spanish Brown Rice		1/2 cup					1.000																																																		
Crispito, chicken chili		1 each				1.000	1.000																																																		
Spanish Brown Rice		1/2 cup					1.000																																																		
Tomato Slice		1/4" slice								0.125					0.125																																										
Romaine Lettuce		1/2 cup							0.250						0.250																																										
Sauteed Zucchini		1/2 cup										0.500		0.500																																											
Sliced Pears, canned		1/2 cup						0.500																																																	
Fruit Choice, fresh		N/A																																																							
Oatmeal Cookie		N/A																																																							
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						1.750	2.500	0.500	0.250	0.125			0.500	0.875																																											
<b>Alternate Entrée Lunch Component Totals</b>						1.000	2.000																																																		

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
Chicken Wrap		1 each				1.750	1.500													
Spanish Brown Rice		1/2 cup					1.000													
Crispito, chicken chili		1 each				1.000	1.000													
Spanish Brown Rice		1/2 cup					1.000													
Tomato Slice		1/4" slice								0.125						0.125				
Romaine Lettuce		1/2 cup							0.250							0.250				
Sauteed Zucchini		1/2 cup											0.500			0.500				
Sliced Pears, canned		1/2 cup						0.500												
Fruit Choice, fresh		N/A																		
Oatmeal Cookie		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						1.750	2.500	0.500	0.250	0.125				0.500		0.875				
<b>Alternate Entrée Lunch Component Totals</b>						1.000	2.000													

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Tuesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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Sliced Pears, canned		1/2 cup						0.500																																																	
Fruit Choice, fresh		1/2 cup						0.500																																																	
Oatmeal Cookie		1 each					0.750																																																		
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.250	3.250	1.000	0.250	0.250			0.500		1.000																																										
<b>Alternate Entrée Lunch Component Totals</b>						2.000	3.750																																																		

## Purchasing, Preparation & Serving Instructions Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Spaghetti & Meat Sauce	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 170, Spaghetti &amp; Meat Sauce.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 cup
French Garlic Bread	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 163, Whole Wheat French Garlic Bread.</li> </ul>	K-12: 1 piece
<b>Alternate Entrée:</b> Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
Garden Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>• Handle salad with gloved hands, tongs or serving utensils.</li> <li>• May estimate serving sizes using measured portions as samples.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 cup
Green Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wipe can tops clean before opening.</li> <li>• Batch cook by steaming or by stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Honeydew Melon, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 1 – Thursday:** Defrost ground beef under refrigeration. Prepare and chill Apple Salad.





## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Spaghetti w/ Meat Sauce		1 cup				2.000	1.500																																																		
Whole Wheat Garlic Bread		1 slice					1.250																																																		
Hamburger on a Bun		1 each				2.000	2.000																																																		
Garden Salad		1 cup							0.500							0.500																																									
Green Beans		1/2 cup											0.500		0.500																																										
Honeydew Melon		1/2 cup						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
Ketchup		1 fl oz																																																							
Mustard		1 tsp																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.750	1.000	0.500				0.500		1.000																																										
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

## Purchasing, Preparation & Serving Instructions Week 1 – Thursday

Menu Item	Purchasing & Preparation	Serving
Taco Salad	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 78, Taco Salad.</li> </ul>	K-12: 1 plate
Tortilla Chips	<ul style="list-style-type: none"> <li>Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-12: 1 oz
Tomato Salsa	<ul style="list-style-type: none"> <li>Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	K-12: ⅓ cup
<b>Alternate Entrée:</b> Yogurt & Blueberry Oat Muffin Meal	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain.</li> <li>Purchase low-fat, flavored yogurt cups that are 1 cup (8 oz) each or may purchase in bulk and pre-portion 1 cup (8 oz) servings.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8oz yogurt, 2 muffins each
Red Bell Pepper Strips	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, core and slice bell peppers into strips.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Refried Beans	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared.</li> <li>For dried beans, prepare according to manufacturer directions.</li> <li>For canned beans, wipe top of cans before opening.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Romaine Lettuce	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle produce with gloved hands. May be pre-portioned.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Cinnamon Puff	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 46, Whole Wheat Cinnamon Puff.</li> <li>This menu item will count as a grain based dessert.</li> </ul>	K-5: N/A 6-12: 1 each

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Apple Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 121, Apple Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

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

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <b>Thursday</b>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Shredded Cheese		1/8 cup				0.500																																																			
Romaine Lettuce		1 cup																																																							
Tomatoes		1/8 cup																																																							
Whole Grain Corn Tortilla Chips		1 oz					1.000																																																		
Yogurt & Muffins		8oz/2 each				2.000	2.000																																																		
Red Bell Pepper Strips		1/4 cup								0.250						0.250																																									
Refried Beans		1/2 cup									0.500					0.500																																									
Romaine Lettuce		1/4 cup							0.125							0.125																																									
Apple Salad		1/2 cup						0.500																																																	
Fruit Choice, canned		N/A																																																							
Whole Wheat Cinnamon Puff		N/A																																																							
Milk Choice		8 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	1.000	0.500	0.125	0.250	0.500					0.875																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
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Shredded Cheese		1/8 cup				0.500														
Romaine Lettuce		1 cup																		
Tomatoes		1/8 cup																		
Whole Grain Corn Tortilla Chips		1 oz					1.000													
Yogurt & Muffins		8oz/2 each				2.000	2.000													
Red Bell Pepper Strips		1/4 cup								0.250							0.250			
Refried Beans		1/2 cup									0.500						0.500			
Romaine Lettuce		1/4 cup							0.125								0.125			
Apple Salad		1/2 cup						0.500												
Fruit Choice, canned		N/A					1.000													
Whole Wheat Cinnamon Puff		N/A																		
Milk Choice		8 fl oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.125	0.250	0.500					0.875				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	3.000													

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Thursday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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<b>Daily Lunch Component Totals</b>						2.000	2.000	1.000	0.250	0.500	0.500					1.250																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	3.000																																																		

## Purchasing, Preparation & Serving Instructions

### Week 1 – Friday

Menu Item	Purchasing & Preparation	Serving
Chicken & Noodles	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 152, Chicken &amp; Noodles.</li> <li>• Purchase chicken base with no more than 750 mg of sodium per cup prepared.</li> <li>• Purchase dry, whole grain egg noodles and frozen pulled or diced cooked chicken with no skin and no added salt.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 cup
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-5: N/A 6-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes.</li> <li>• Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Grapes, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Honey	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings.</li> </ul>	K-5: N/A 6-12: 1 PC each <b>or</b> 1 Tbsp
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings.</li> </ul>	K-12: ½ oz or 1 Tbsp

**Pre-preparation for Week 2 - Monday:** None



# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

## Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
Chicken & Noodles		1 cup				2.000	1.250													
Whole Wheat Roll		1 each					1.000													
Turkey & Cheese Sub Sandwich		1 each				2.000	2.000													
Mashed Potatoes		1/2 cup											0.500				0.500			
Fresh Baby Carrots		1/2 cup								0.500							0.500			
Fresh Grapes		1/2 cup						0.500												
Fruit Choice, canned		N/A																		
Milk Choice		8 fl oz																		
Honey		1 Tbsp																		
Ranch Dressing		1 fl oz																		
Mustard		1 tsp																		
Mayo		1/2 oz																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.250	0.500		0.500		0.500					1.000			
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000													

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ Friday																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES																																							
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Chicken & Noodles		1 cup				2.000	1.250																																																		
Whole Wheat Roll		1 each					1.000																																																		
Turkey & Cheese Sub Sandwich		1 each				2.000	2.000																																																		
Mashed Potatoes		1/2 cup											0.500			0.500																																									
Fresh Baby Carrots		1/2 cup								0.500						0.500																																									
Fresh Grapes		1/2 cup						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
Honey		1 Tbsp																																																							
Ranch Dressing		1 fl oz																																																							
Mustard		1 tsp																																																							
Mayo		1 oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.250	1.000		0.500		0.500				1.000																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

## Fruit & Vegetable Order Guide Week 1

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion      AP = As Purchased      lb = Pound      oz = ounce      # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Potatoes, frozen, red roasted, chopped	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
	Broccoli, frozen, chopped	½ cup	21 lb	½ cup	21 lb	½ cup	21 lb
	Cantaloupe, fresh, whole, 18 count, AP	½ cup	35 lb	½ cup	35 lb	½ cup	35 lb
Tuesday	Spanish Brown Rice	½ cup		½ cup		½ cup	
	Salsa, canned		7 cups		7 cups		7 cups
	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz
	Tomato, large, fresh, AP	¼” slice	5 lb 12 oz	¼” slice	5 lb 12 oz	2 - ¼” slices	11 lb 8 oz
	Zucchini, fresh, whole, AP	½ cup	19 lb 13 oz	½ cup	19 lb 13 oz	½ cup	19 lb 13 oz
	OR Zucchini, sliced, frozen		28 lb 10 oz		28 lb 10 oz		28 lb 10 oz
Pears, sliced, canned in 100% juice or light syrup	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans	

## Fruit & Vegetable Order Guide

### Week 1, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Wednesday	Spaghetti Sauce, canned		3.25 #10 cans		3.25 #10 cans		3.25 #10 cans
	Garden Salad:	1 cup		1 cup		1 cup	
	Lettuce, Romaine, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
	Carrots, fresh, AP		15 oz		15 oz		15 oz
	Cucumber, fresh, AP		14 oz		14 oz		14 oz
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
Honeydew Melon, fresh, whole	½ cup	41 lb	½ cup	41 lb	½ cup	41 lb	
Thursday	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	Lettuce, Romaine, AP	¼ cup	3 lb 3 ½ oz	¼ cup	3 lb 3 ½ oz	½ cup	6 lb 7 oz
	Tomato, large, fresh, AP	⅛ cup	6 lb 10 oz	⅛ cup	6 lb 10 oz	⅛ cup	6 lb 10 oz
	Tomato Salsa	⅛ cup		⅛ cup		⅛ cup	
	Tomatoes, crushed, salsa-ready, canned		1 #10 cans		1 #10 cans		1 #10 cans
	Peppers, jalapeno, canned		2 oz		2 oz		2 oz
	Peppers, bell, fresh, red	¼ cup	6 lb 14 oz	¼ cup	6 lb 14 oz	½ cup	13 lb 12 oz
	Refried Beans, canned <b>OR</b>	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans
	Refried Beans, dried		9 lb 13 oz		9 lb 13 oz		9 lb 13 oz
	Blueberry Oat Muffin	2 muffins		2 muffins		2 muffins	
	Applesauce, canned, unsweetened		1 ½ #10 can		1 ½ #10 can		1 ½ #10 can
	Blueberries, frozen, unsweetened		5 lb		5 lb		5 lb
	Apple Salad	½ cup		½ cup		½ cup	
	Apples, fresh, #125-#138, AP		10 lb 8 oz		10 lb 8 oz		10 lb 8 oz
Raisins, seedless, unsweetened		2 lb		2 lb		2 lb	

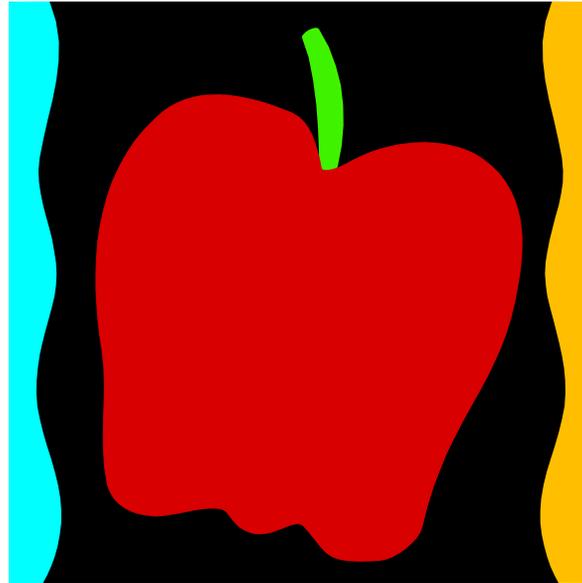
## Fruit & Vegetable Order Guide

### Week 1, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Friday	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz

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# **Healthier Kansas Menus with Alternate Entrées**



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

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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**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)

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- (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).

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

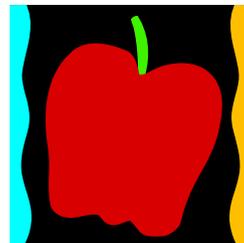
**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Mini Meatball Sub <b>Or</b> Fruit, Yogurt & Granola Parfait  Ranch Potato Wedges Tossed Salad Fresh Apple Canned Fruit Choice Milk Choice	BBQ Chicken Drumstick Whole Wheat Roll <b>Or</b> Popcorn Chicken Whole Wheat Roll  Baked Beans Creamy Cole Slaw Fresh Baby Carrots Fresh Nectarine Canned Fruit Choice Milk Choice	White Chicken Chili Cornbread Muffin <b>Or</b> Rock and Roll Beef Wrap  Cherry Tomatoes Cucumber Slices Fresh Blueberries Canned Fruit Choice Milk Choice	Cheese Pizza <b>Or</b> Grilled Chicken Sandwich  Broccoli Florets Fresh Baby Carrots Diced Peaches Fresh Fruit Choice Milk Choice	Biscuits & Gravy <b>Sausage Patty                      (6-12)                      Or</b> Pepperoni Pizza  Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>618</b>	<b>657</b>	<b>803</b>
					<b>Sodium                      (mg)</b>	<b>837</b>	<b>887</b>	<b>1007</b>
					<b>% of                      Total                      Calories                      from                      Sat. Fat</b>	<b>6.8%</b>	<b>6.9%</b>	<b>6.5%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Mini Meatball Sub	132	25
	Ranch Potato Wedges	131	56
	Tossed Salad	74	62
Tuesday	BBQ Chicken Drumstick	130	2
	Whole Wheat Roll	877	91
	Baked Beans	188	50
	Creamy Cole Slaw	20	52
Wednesday	White Chicken Chili	128	43
	Cornbread Muffin	127	69
	Rock and Roll Beef Wrap	133	30
Thursday	N/A		
Friday	Biscuits & Sausage Gravy	118	7
	Angel Biscuits	120	63

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

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

Menu Item	Purchasing & Preparation	Serving
Mini Meatball Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 132, Mini Meatball Sub.</li> <li>• Purchase pre-cooked beef meatballs where 5 meatballs equal 2 M/MA (or use number of meatballs needed to provide 1 M/MA to K-8 and 2 M/MA to 9-12), and each meatball has no more than 60 mg sodium and no more than 2 g fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount spaghetti sauce needed.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	<p>K-8: 1 sandwich (made with 3 meatballs or number needed to provide 1 oz equivalent M/MA) 9-12: 1 sandwich (made with 5 meatballs or number needed to provide 2 oz equivalent M/MA)</p>
<b>Alternate Entrée:</b> Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> <li>• Purchase a fresh, frozen or canned fruit (packed in light syrup or 100% juice). Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving.</li> <li>• Purchase pre-prepared granola that provides 2 oz Grains per ½ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving.</li> <li>• Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering ½ cup yogurt, ¼ cup fruit, ½ cup yogurt and ¼ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	<p>K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola</p>
Ranch Potato Wedges	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 131, Ranch Potato Wedges.</li> <li>• Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Weigh out each portion size indicated and use as a sample.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	<p>K-12: ½ cup</p>
Tossed Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 74, Tossed Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	<p>K-12: 1 cup</p>

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 2 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Apple Slices, Fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138.</li> <li>Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>Dip in lemon, orange, pineapple juice, or antioxidant solution to preserve color.</li> <li>Cover and refrigerate or store at room temperature until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	K-12: ½ apple
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> <li>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is used.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or 2 Tbsp or 2 PC</b>

**Pre-preparation for Week 2 – Tuesday:** Thaw chicken under refrigeration.







## Purchasing, Preparation & Serving Instructions

### Week 2 – Tuesday

Menu Item	Purchasing & Preparation	Serving
BBQ Chicken	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 130, BBQ Chicken.</li> <li>Purchase raw, frozen chicken legs with skin that provide 1.5 oz equivalent M/MA per serving OR purchase a CN labeled, pre-cooked product that provides 1.5 oz equivalent M/MA per serving and prepare according to manufacturer's instructions. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-5: 1 drumstick 6-12: 2 drumsticks
Whole Wheat Roll	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%.</li> </ul>	K-8: 1 each 9-12: 2 each
<b>Alternate Entrée:</b> Chicken, popcorn	<ul style="list-style-type: none"> <li>Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Heat according to manufacturer's instructions.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain)
<b>Alternate Entrée:</b> Whole Wheat Roll	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%.</li> </ul>	K-5: N/A 6-12: 1 each
Baked Beans	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Creamy Cole Slaw	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 20, Creamy Cole Slaw.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Purchase pre-shredded green cabbage.</li> <li><b>CCP: Hold for cold service at 41° F or below.</b></li> </ul>	K-12: ¼ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 2 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ¼ cup
Nectarines, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash nectarines.</li> <li>• Cover and refrigerate or store at room temperature until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 each
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p><small>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</small></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Jelly	<ul style="list-style-type: none"> <li>• Purchase .5 oz packets or purchase in bulk container.</li> </ul>	6-12: ½ oz each <b>or</b> 1 Tbsp

**Pre-preparation for Week 2 - Wednesday:** Thaw chicken under refrigeration.





# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ Tuesday																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
BBQ Chicken Drumstick		2 drumsticks				3.000																																																			
Whole Wheat Roll		2 each					2.000																																																		
Popcorn Chicken		15 pieces				2.000	1.000																																																		
Whole Wheat Roll		1 each					1.000																																																		
Baked Beans		1/2 cup										0.500				0.500																																									
Creamy Coleslaw		1/4 cup												0.250		0.250																																									
Fresh Baby Carrots		1/2 cup										0.500				0.250																																									
Nectarine, fresh		1 each						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
Jelly		1/2 oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						3.000	2.000	1.000	0.500	0.500		0.250		1.250																																											
Alternate Entrée Lunch Component Totals						2.000	2.000																																																		

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

Menu Item	Purchasing & Preparation	Serving
White Chicken Chili	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 128, White Chicken Chili.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount onions, great northern beans, and green chili peppers needed.</li> <li><b>CCP: Hold for hot service at 135° F or higher.</b></li> </ul>	K-12: ¾ cup
Cornbread Muffins	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 127, Cornbread Muffins.</li> </ul>	K-8: 1 muffin 9-12: 2 muffins
<b>Alternate Entrée:</b> Rock and Roll Beef Wraps	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 133, Rock and Roll Beef Wraps.</li> <li>Purchase 8" whole grain rich tortillas weighing 1.5 oz each.</li> <li><b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 wrap
Cherry Tomatoes	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash and stem tomatoes.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-9-12: 6 tomatoes (½ cup)
Cucumber Slices	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash and slice cucumbers.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ¼ cup
Blueberries, Fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash blueberries.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> <li>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup

*Continued on next page*

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

Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp

**Pre-preparation for Week 2 – Thursday:** Chill peaches.





# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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White Chicken Chili		3/4 cup				2.000																																																			
Cornbread Muffin		2 each					2.500																																																		
Rock & Roll Beef Wrap		1 each				2.000	2.000																																																		
Cherry Tomatoes		3/4 cup							0.750						0.750																																										
Cucumber Slices		1/4 cup											0.250		0.250																																										
Blueberries, fresh		1/2 cup						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
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<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.500	1.000		0.750			0.250		1.000																																										
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

## Purchasing, Preparation & Serving Instructions Week 2 - Thursday

Menu Item	Purchasing & Preparation	Serving
Cheese Pizza	<ul style="list-style-type: none"> <li>• Purchase pre-prepared cheese pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 piece
<b>Alternate Entrée:</b> Grilled Chicken Sandwich	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
Broccoli Florets	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Peaches, canned, sliced	<ul style="list-style-type: none"> <li>• Purchase slices peaches packed in light syrup. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. Wipe can tops clean before opening. Drain, cover, and refrigerate until serving.</li> <li>• Serve with slotted utensil. Level utensil when serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 2 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 2 - Friday:** Thaw sausage under refrigeration.

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
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Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Cheese Pizza		1 piece				2.000	2.000																																																		
Grilled Chicken Sandwich		1 each				2.000	2.000																																																		
Broccoli Florets		1/2 cup							0.500							0.500																																									
Fresh Baby Carrots		1/2 cup								0.500						0.500																																									
Sliced Peaches, canned		1/2 cup						0.500																																																	
Fruit Choice, fresh		N/A																																																							
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Mustard		1 tsp																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.500	0.500						1.000																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

## Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_  
 Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
Cheese Pizza		1 piece				2.000	2.000													
Grilled Chicken Sandwich		1 each				2.000	2.000													
Broccoli Florets		1/2 cup							0.500							0.500				
Fresh Baby Carrots		1/2 cup								0.500						0.500				
Sliced Peaches, canned		1/2 cup						0.500												
Fruit Choice, fresh		N/A																		
Milk Choice		8 fl oz																		
Ranch Dressing		1 fl oz																		
Ketchup		1 fl oz																		
Mustard		1 tsp																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.500	0.500						1.000				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000													

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Thursday</u>																																																									
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

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

Menu Item	Purchasing & Preparation	Serving
Biscuits & Sausage Gravy	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 118, Biscuits and Sausage Gravy.</li> <li>• If purchasing biscuits, purchase whole grain rich biscuit that provides 2 oz equivalent Grains.</li> <li>• If preparing biscuits, prepare HKM Recipe 120, Angel Biscuits.</li> <li>• <b>CCP: Hold gravy for hot service at 135° F or above.</b></li> </ul>	Biscuits K-12: 1 biscuit  Gravy K-12: 3 oz
Sausage Patty, turkey	<ul style="list-style-type: none"> <li>• Purchase pre-cooked turkey sausage patties where 1 serving provides 1 oz equivalent M/MA, contains no more than 360 mg of sodium and no more than 8 grams of fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-5: N/A 6-12: 1 each
<b>Alternate Entrée:</b> Pepperoni Pizza	<ul style="list-style-type: none"> <li>• Purchase pre-prepared pepperoni pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 9 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: 1 piece
Hash Brown Patty	<ul style="list-style-type: none"> <li>• Purchase 2.25 oz hash brown patties.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Follow manufacturer's directions for baking and holding. Batch cook.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-8: 1 patty 9-12: 2 patties
Sugar Snap Peas, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 2 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Strawberries, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash strawberries.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 3 - Monday:** None







## Fruit & Vegetable Order Guide Week 2

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion    AP = As Purchased    lb = Pound    oz = ounce    # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Spaghetti Sauce, canned		2.1 #10 cans		2.1 #10 cans		2.1 #10 cans
	Potato Wedges, IQF, frozen	½ cup	17 lb	½ cup	17 lb	½ cup	17 lb
	Tossed Salad	1 cup		1 cup		1 cup	
	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
	Romaine Lettuce, AP		7 lb		7 lb		7 lb
	Apples, fresh, #125-138, AP	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each
Tuesday	Baked Beans	½ cup		½ cup		½ cup	
	Beans, baked, canned, vegetarian		4.25 #10 cans		4.25 #10 cans		4.25 #10 cans
	Tomato Sauce, canned		6 cups		6 cups		6 cups
	Carrots, baby, fresh, EP	¼ cup	7 lb 13 oz	¼ cup	7 lb 13 oz	¼ cup	7 lb 13 oz
	Creamy Cole Slaw	¼ cup		¼ cup		¼ cup	
	Cabbage, fresh, green, shredded ready to use		6 lb		6 lb		6 lb
	Carrots, fresh, AP		12 oz		12 oz		12 oz
	Nectarines, fresh	1 nectarine	45 lb 10 oz	1 nectarine	45 lb 10 oz	1 nectarine	45 lb 10 oz

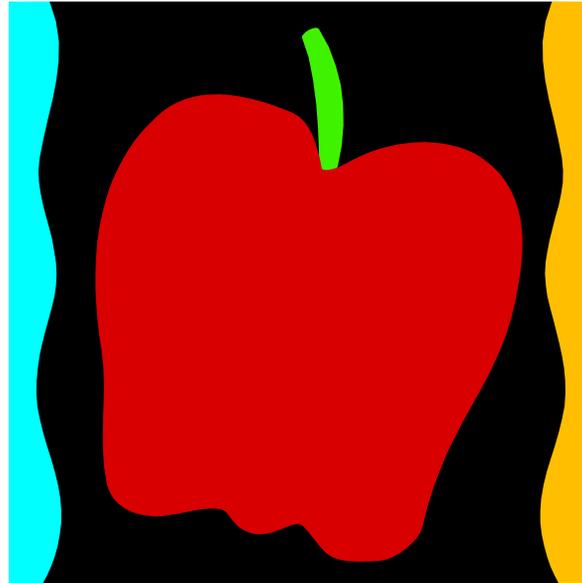
## Fruit & Vegetable Order Guide

### Week 2, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Wednesday	White Chicken Chili	¾ cup		¾ cup		¾ cup	
	Onions, yellow, AP		3 lb 8 oz		4 lb		4 lb
	Great Northern Beans, canned, low sodium		3.25 #10 cans		3.25 #10 cans		3.25 #10 cans
	Green Chili Peppers, canned, diced		15 oz		15 oz		15 oz
	Tomatoes, cherry, AP	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz
	Cucumber, fresh, AP	¼ cup	8 lb 2 oz	¼ cup	8 lb 2 oz	¼ cup	8 lb 2 oz
	Blueberries, fresh	½ cup	23 lb 13 oz	½ cup	23 lb 13 oz	½ cup	23 lb 13 oz
Thursday	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
	Peaches, cling, sliced, canned in 100% juice or light syrup	½ cup	5.6 #10 cans	½ cup	5.6 #10 cans	½ cup	5.6 #10 cans
Friday	Hash Brown Patties, frozen, 2.25 oz each	1 each	14 lb 1 oz or 100 each	1 each	14 lb 1 oz or 100 each	2 each	28 lb 2 oz or 200 each
	Sugar Snap Peas, fresh	½ cup	20 lb 10 oz	½ cup	20 lb 10 oz	½ cup	20 lb 10 oz
	Strawberries, fresh, whole, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz

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# **Healthier Kansas Menus with Alternate Entrées**



## **FALL WEEK 3 – DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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**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)

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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).

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

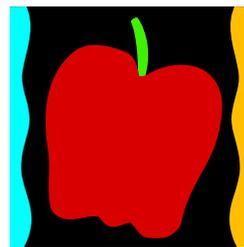
**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Pork Rib on a Bun <b>Or</b> Peanut Butter & Jelly Sandwich  Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fresh Cantaloupe Canned Fruit Choice Milk Choice	Taco Soup & Tortilla Chips <b>Or</b> Chicken Crispito & Tortilla Chips  Tomato Salsa Refried Beans Sliced Pears Fresh Fruit Choice Milk Choice	Corn Dog <b>Or</b> Hamburger on a Bun  Green Beans Tater Tots Honeydew Melon Snickerdoodle Canned Fruit Choice Milk Choice	Chicken Quesadilla <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt & Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b>  <b>Black Bean &amp; Corn Salsa (9-12)</b> Broccoli Florets Fresh Baby Carrots Apple Salad Canned Fruit Choice Milk Choice	Cowboy Cavatini Whole Wheat Roll <b>Or</b> Turkey & Cheese Sub Sandwich  Seasoned Corn Garden Salad Fresh Grapes Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>655</b>	<b>661</b>	<b>823</b>
					<b>Sodium (mg)</b>	<b>856</b>	<b>858</b>	<b>922</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.7%</b>	<b>7.5%</b>	<b>6.9%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Whole Wheat Bun	877	91
Tuesday	Taco Soup Tomato Salsa	20 129	41 61
Wednesday	Snickerdoodle	19	81
Thursday	Chicken Quesadilla Black Bean & Corn Salsa (9-12 only) Blueberry Oat Muffin	29 81 28	13 51 64
Friday	Cowboy Cavatini Turkey & Cheese Sub Whole Wheat Roll Garden Salad	32 144 877 164	19 42 91 55

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

## Purchasing, Preparation & Serving Instructions

### Week 3 – Monday

Menu Item	Purchasing & Preparation	Serving
Pork Rib on a Bun	<ul style="list-style-type: none"> <li>Purchase a pre-cooked rib patty that provides 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Heat according to manufacturer's instructions.</li> <li>Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, hamburger bun variation.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich Meal (K-5)	<ul style="list-style-type: none"> <li>Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 17 gm of fat; and no more than 320 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-5: 1 sandwich, 1 oz crackers, 1 oz cheese
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich (6-12)	<ul style="list-style-type: none"> <li>Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 2 oz equivalent M/MA and 2 oz equivalent Grains, no more than 33 gm of fat; and no more than 620 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	6-12: 1 sandwich (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal)
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle produce with gloved hands. May be pre-portioned.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle produce with gloved hands.</li> <li>Slice ¼" thick.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: 1 slice 9-12: 2 slices
Sweet Potato Puffs	<ul style="list-style-type: none"> <li>Purchase ovenable sweet potato puffs.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Heat in oven according to manufacturer's instructions.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Cantaloupe, Fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC

**Pre-preparation for Week 3 – Tuesday:** Prepare Tomato Salsa. Thaw ground beef under refrigeration.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Monday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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MENU ITEM AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES																																							
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Pork Rib on a Bun		1 sandwich				2.000	2.000																																																		
Peanut Butter & Jelly		1 each (2.6 oz)				1.000	1.000																																																		
WG Crackers		1 oz					1.000																																																		
String Cheese		1 oz				1.000																																																			
Dark Green Leaf Lettuce		1/2 cup							0.250							0.250																																									
Tomato Slice		1 1/4" Slice								0.125						0.125																																									
Sweet Potato Puffs		1/2 cup								0.500						0.500																																									
Cantaloupe, fresh		1/2 cup						0.500																																																	
Fruit Choice, canned		N/A																																																							
Milk Choice		8 fl oz																																																							
Ketchup		1 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																																																									
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.250	0.625						0.875																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		
																Notes:																																									





## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Taco Soup	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 20, Taco Soup.</li> <li>• Purchase 80/20 ground beef.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 cup
<b>Alternate Entrée:</b> Crispito, chicken chili	<ul style="list-style-type: none"> <li>• Purchase Crispito providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 14 gm of fat; and no more than 370 mg sodium per piece. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 each 9-12: 2 each
Tortilla Chips	<ul style="list-style-type: none"> <li>• Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>• May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-8: 1 oz 9-12: 2 oz
Tomato Salsa	<ul style="list-style-type: none"> <li>• Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• May be served, self-serve or pre-portioned for service.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Refried Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared.</li> <li>• For dried beans, prepare according to manufacturer directions.</li> <li>• For canned beans, wipe top of cans before opening.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Pears, canned, sliced	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase sliced pears packed in light syrup or juice.</li> <li>• Chill cans overnight. Wipe tops clean before opening. Drain, cover, and refrigerate until servings.</li> <li>• Serve with slotted utensil. Level utensil when serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 3 - Wednesday:** Cut and chill honeydew melon.





## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Tuesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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Taco Soup		1 cup				2.000																																																			
Tortilla Chips		2 oz					2.000																																																		
Crispito, chicken chili		2 each				2.000	2.000																																																		
Tortilla Chips		2 oz					2.000																																																		
Tomato Salsa		1/2 cup							0.500						0.500																																										
Refried Beans		1/2 cup								0.500					0.500																																										
Sliced Pears, canned		1/2 cup						0.500																																																	
Fruit Choice, fresh		1/2 cup						0.500																																																	
Milk Choice		8 fl oz																																																							
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Daily Lunch Component Totals						2.000	2.000	1.000		0.500	0.500				1.000																																										
Alternate Entrée Lunch Component Totals						2.000	4.000																																																		

## Purchasing, Preparation & Serving Instructions

### Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Corn Dog	<ul style="list-style-type: none"> <li>• Purchase a whole grain-rich, pre-cooked product that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Green Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wipe can tops clean before opening.</li> <li>• Batch cook by steaming or by stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Tater Tots	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase frozen, ovenable, tater tots.</li> <li>• Follow manufacturer’s directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Snickerdoodle	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 19, Snickerdoodle.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-12: 1 each

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Honeydew Melon, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz or 2 Tbsp or 2 PC
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 3 – Thursday:** Thaw chicken under refrigeration. Prepare and chill apple salad.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
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Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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Corn Dog		1 each				2.000	2.000																																																		
Hamburger on a Bun		1 each				2.000	2.000																																																		
Green Beans		1/2 cup												0.500		0.500																																									
Tater Tots		1/2 cup											0.500			0.500																																									
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.500																																																		

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_  
 Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES	
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Corn Dog		1 each				2.000	2.000												
Hamburger on a Bun		1 each				2.000	2.000												
Green Beans		1/2 cup												0.500		0.500			
Tater Tots		1/2 cup											0.500			0.500			
Honeydew Melon, fresh		1/2 cup						0.500											
Fruit Choice, canned		N/A																	
Snickerdoodle		1 each					0.500												
Milk Choice		8 fl oz																	
Ketchup		1 fl oz																	
Mustard		1 tsp																	
<b>Daily Breakfast Component Totals</b>																			
<b>Daily Lunch Component Totals</b>						2.000	2.500	0.500					0.500	0.500		1.000			
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.500												

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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Offer? Yes _____ No _____																																																									
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## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday

Menu Item	Purchasing & Preparation	Serving
Chicken Quesadilla	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 29, Chicken Quesadilla.</li> <li>• Purchase frozen pulled or diced cooked chicken with no skin and no added salt.</li> <li>• Purchase 8" whole grain tortillas, weighing at least 1.5 oz.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 Quesadilla
<b>Alternate Entrée:</b> Yogurt & Blueberry Oat Muffin Meal	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain.</li> <li>• Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8oz yogurt, 2 muffins each
Tortilla Chips	<ul style="list-style-type: none"> <li>• Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>• May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-8: N/A 9-12: 1 oz
Black Bean & Corn Salsa	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 81, Black Bean &amp; Corn Salsa.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: N/A 9-12: ¼ cup
Broccoli Florets	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli. Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Apple Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 121, Apple Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> <li>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 3 - Friday:** Thaw beef under refrigeration.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Fresh Baby Carrots		1/4 cup								0.250						0.250																																									
Apple Salad		1/2 cup									0.500																																														
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Ranch Dressing		1 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																																																									
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# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Tortilla Chips		1 oz					1.000																																																		
Yogurt & Muffins		8oz/2 each				2.000	2.000																																																		
Tortilla Chips		1 oz					1.000																																																		
Black Bean & Corn Salsa		1/4 cup												0.250	0.250																																										
Broccoli Florets		1/2 cup							0.500							0.500																																									
Fresh Baby Carrots		1/2 cup								0.500						0.500																																									
Apple Salad		1/2 cup						0.500																																																	
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## Purchasing, Preparation & Serving Instructions

### Week 3 – Friday

Menu Item	Purchasing & Preparation	Serving
Cowboy Cavatini	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 32, Cowboy Cavatini.</li> <li>• Purchase 80/20 raw ground beef.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¾ cup
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
Garden Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>• Handle salad with gloved hands, tongs or serving utensils.</li> <li>• May estimate serving sizes using measured portions as samples.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 cup
Corn, steamed	<ul style="list-style-type: none"> <li>• Purchase frozen or canned corn. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• If using canned corn, wipe tops of cans clean before opening.</li> <li>• Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Grapes, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 3 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Jelly	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: ½ oz each <b>or</b> 1 Tbsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings.</li> </ul>	K-12: ½ oz or 1 Tbsp
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

Pre-preparation for Week 4 - Monday: None

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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## Fruit & Vegetable Order Guide

### Week 3

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion    AP = As Purchased    lb = Pound    oz = ounce    # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Lettuce, Dark Green Leafy, AP	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz
	Tomato, large, fresh, AP	¼” slice	5 lb 12 oz	¼” slice	5 lb 12 oz	2 - ¼” slices	11 lb 8 oz
	Sweet Potato Puffs	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz
	Cantaloupe, fresh, whole, 18 count, AP	½ cup	35 lb	½ cup	35 lb	½ cup	35 lb
Tuesday	Taco Soup	1 cup		1 cup		1 cup	
	Corn, whole kernel, frozen		7 lb		7 lb		7 lb
	Pinto Beans, Canned		2.75 #10 cans		2.75 #10 cans		2.75 #10 cans
	Salsa, Canned		1.75 #10 cans		1.75 #10 cans		1.75 #10 cans
	Refried Beans, canned <b>OR</b>	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans
	Refried Beans, dried		9 lb 13 oz		9 lb 13 oz		9 lb 13 oz
	Pears, sliced, canned in 100% juice or light syrup	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans	½ cup	6.8 #10 cans
	Tomato Salsa	¼ cup		¼ cup		¼ cup	
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)		2 #10 can		2 #10 can		2 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		4 oz		4 oz		4 oz
Wednesday	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	Honeydew Melon, fresh, whole	½ cup	41 lb	½ cup	41 lb	½ cup	41 lb
	Tater Tots, frozen	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz	½ cup	15 lb 13 oz

## Fruit & Vegetable Order Guide

### Week 3, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Thursday	Chicken Quesadilla	1 quesadilla		1 quesadilla		1 quesadilla	
	Peppers, bell, green, AP		2 lb		2 lb		2 lb
	Onion, fresh, AP		1 lb 4 oz		1 lb 4 oz		1 lb 4 oz
	Corn, whole kernel, frozen		5 lb		5 lb		5 lb
	Tomato, fresh, AP		2 lb 4 oz		2 lb 4 oz		2 lb 4 oz
	Black Bean & Corn Salsa	N/A		N/A		¼ cup	
	Black Beans, canned						1 1/3 #10 cans
	Corn, whole kernel, frozen						3 lb 12 oz
	Peppers, bell, green, AP						1 lb
	Peppers, bell, red, AP						1 lb
	Onions, red, AP						5 oz
	Picante Sauce						3 ¼ cups
	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	Carrots, baby, fresh, EP	¼ cup	7 lb 13 oz	¼ cup	7 lb 13 oz	½ cup	15 lb 10 oz
	Blueberry Oat Muffin	2 muffins		2 muffins		2 muffins	
	Applesauce, canned, unsweetened		1 ½ #10 can		1 ½ #10 can		1 ½ #10 can
	Blueberries, frozen, unsweetened		5 lb		5 lb		5 lb
	Apple Salad	½ cup		½ cup		½ cup	
	Apples, fresh, #125-#138, AP		10 lb 8 oz		10 lb 8 oz		10 lb 8 oz
Raisins, seedless, unsweetened		2 lb		2 lb		2 lb	

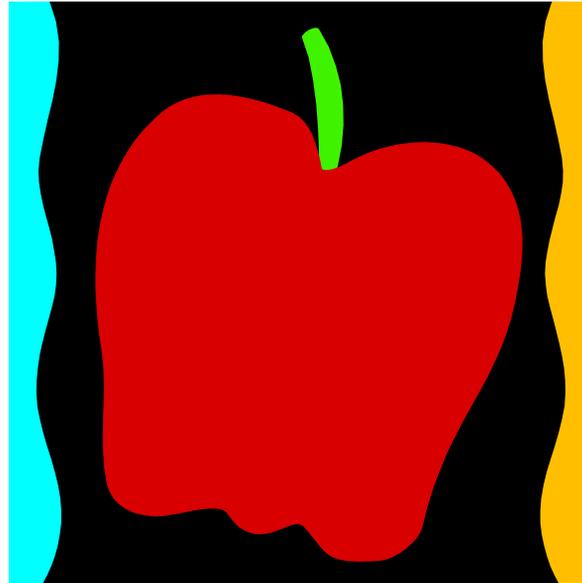
## Fruit & Vegetable Order Guide

### Week 3, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Friday	Cowboy Cavatini	¾ cup		¾ cup		¾ cup	
	Tomato Sauce, canned		2.5 #10 cans		2.5 #10 cans		2.5 #10 cans
	Corn, frozen OR	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz
	Corn, canned		5.2 #10 cans		5.2 #10 cans		5.2 #10 cans
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz
	Garden Salad:	1 cup		1 cup		1 cup	
	Lettuce, Romaine, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
	Carrots, fresh, AP		15 oz		15 oz		15 oz
Cucumber, fresh, AP		14 oz		14 oz		14 oz	

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# **Healthier Kansas Menus with Alternate Entrées**



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

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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**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)

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- (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.

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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.

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

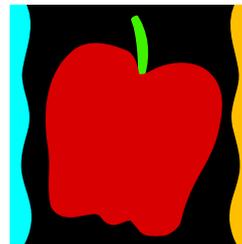
**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Hamburger on a Bun <b>Or</b> Fruit, Yogurt & Granola Parfait	Chili <b>Tortilla Chips (9-12)</b> <b>Or</b> Popcorn Chicken <b>Tortilla Chips (9-12)</b>	Chicken Nuggets Whole Wheat Roll <b>Or</b> Rock and Roll Beef Wrap	Baked Ham Angel Biscuit & Jelly <b>Or</b> Grilled Chicken Sandwich	Macaroni & Cheese Meatballs <b>Whole Wheat Bread &amp; Jelly (6-12)</b> <b>Or</b> Pepperoni Pizza	<b>Calories</b>	<b>637</b>	<b>655</b>	<b>813</b>
Dark Green Leaf Lettuce Tomato Slice Oven Fries Fresh Apple Canned Fruit Choice Milk Choice	Red Bell Pepper Strips Sliced Cucumber Fresh Nectarine Cinnamon Roll Canned Fruit Choice Milk Choice	Mashed Potatoes & Gravy Tossed Salad Fresh Blueberries Canned Fruit Choice Milk Choice	Apple Glazed Sweet Potatoes Green Beans Diced Peaches <b>Honey Apple Crisp (9-12)</b> Fresh Fruit Choice Milk Choice	Baked Beans Fresh Baby Carrots Fresh Strawberries Canned Fruit Choice Milk Choice	<b>Sodium (mg)</b>	<b>880</b>	<b>899</b>	<b>957</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.9%</b>	<b>8.7%</b>	<b>7.9%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Whole Grain Bun	877	91
Tuesday	Chili Whole Wheat Cinnamon Roll	218 167	17 87
Wednesday	Whole Grain Roll Tossed Salad Rock & Roll Beef Wrap	877 74 133	91 62 30
Thursday	Apple Glazed Sweet Potatoes Angel Biscuit, Whole Wheat Honey Apple Crisp (9-12 only)	122 120 39	47 63 71
Friday	Macaroni & Cheese Whole Wheat Bread Baked Beans	184 107 188	23 83 50

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

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

Menu Item	Purchasing & Preparation	Serving
Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> <li>• Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving.</li> <li>• Purchase pre-prepared granola that provides 2 oz Grains per ½ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving.</li> <li>• Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering ½ cup yogurt, ¼ cup fruit, ½ cup yogurt and ¼ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands.</li> <li>• Slice ¼” thick.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 2 slices
Oven Fries	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase ovenable straight cut fries.</li> <li>• Heat in oven according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Apple Slices, Fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138.</li> <li>Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>Dip in lemon, orange, pineapple juice, or antioxidant solution to preserve color.</li> <li>Cover and refrigerate or store at room temperature until serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	K-12: ½ apple
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> <li>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or 2 Tbsp or 2 PC</b>
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 4 - Tuesday:** Thaw ground beef under refrigeration.





## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																										
Date: _____ <u>Monday</u>																																																										
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			After Cook	Start of Service	End of Service	M/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																											
Hamburger on a Bun		1 each				2.000	2.000																																																			
Fruit, Yogurt & Granola Parfait		1 each				2.000	2.000																																																			
Dark Green Leaf Lettuce		1/2 cup							0.250								0.250																																									
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<b>Daily Lunch Component Totals</b>						2.000	2.000	1.000	0.250	0.250	0.500					1.000																																										
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																			
																Notes:																																										

## Purchasing, Preparation & Serving Instructions

### Week 4 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Chili	<ul style="list-style-type: none"> <li>• Purchase 80/20 ground beef. Prepare HKM Recipe 218, Chili.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¾ cup 9-12: 1 cup
<b>Alternate Entrée:</b> Chicken, popcorn	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain)
Tortilla Chips	<ul style="list-style-type: none"> <li>• Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>• May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-8: N/A 9-12: 1 oz
Red Bell Pepper Strips	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, core and slice bell peppers into strips.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Cucumber Slices	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash and slice cucumbers.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Nectarines, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash nectarines.</li> <li>• Cover and refrigerate or store at room temperature until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 each

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 4 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Whole Wheat Cinnamon Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 167, Whole Wheat Cinnamon Roll.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-12: 1 each
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

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







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

Menu Item	Purchasing & Preparation	Serving
Chicken Nuggets	<ul style="list-style-type: none"> <li>• Purchase pre-cooked nuggets providing 2 oz equivalent M/MA and 1 oz equivalent Grains; no more than 15 gm of fat; and no more than 450 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 serving (providing 2 oz M/MA and 1 oz equivalent Grains)
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Rock and Roll Beef Wraps	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 133, Rock and Roll Beef Wraps.</li> <li>• Purchase 8" whole grain rich tortillas weighing 1.5 oz each.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 wrap
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes.</li> <li>• Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Tossed Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 74, Tossed Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup
Blueberries, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash blueberries.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Gravy	<ul style="list-style-type: none"> <li>• Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Jelly	<ul style="list-style-type: none"> <li>• Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: ½ oz each or 1 Tbsp

**Pre-preparation for Week 4 - Thursday:** Chill peaches

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
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Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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			After Cook	Start of Service	End of Service	M/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Chicken Nuggets		1 serving				2.000	1.000																																																		
Whole Wheat Roll		1 each					1.000																																																		
Rock & Roll Beef Wrap		1 each				2.000	2.000																																																		
Mashed Potatoes		1/2 cup											0.500				0.500																																								
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Ranch Dressing		1 fl oz																																																							
<b>Daily Breakfast Component Totals</b>																		Notes:																																							
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.500			0.500			1.000																																										
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

## Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES			
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg						
Chicken Nuggets		1 serving				2.000	1.000														
Whole Wheat Roll		1 each					1.000														
Rock & Roll Beef Wrap		1 each				2.000	2.000														
Mashed Potatoes		1/2 cup											0.500				0.500				
Tossed Salad		1 cup							0.500								0.500				
Blueberries, fresh		1/2 cup						0.500													
Fruit Choice, canned		N/A																			
Milk Choice		8 fl oz																			
Jelly		1/2 oz																			
Gravy		1 fl oz																			
Ranch Dressing		1 fl oz																			
<b>Daily Breakfast Component Totals</b>																					
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.500			0.500				1.000					
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000														

Notes: \_\_\_\_\_



## Purchasing, Preparation & Serving Instructions

### Week 4 – Thursday

Menu Item	Purchasing & Preparation	Serving
Baked Ham	<ul style="list-style-type: none"> <li>Purchase pre-cooked ham with no more than 650 mg sodium per serving and no more than 3 gm of fat per serving.</li> <li>Slice prior to heating. Each slice before heating should weigh 2.5 oz. Prepare according to manufacturer's instructions.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 2.5 oz slice
Angel Biscuit	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 120, Angel Biscuits, Whole Wheat.</li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Grilled Chicken Sandwich	<ul style="list-style-type: none"> <li>Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Prepare according to manufacturer's instructions.</li> <li>Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Apple Glazed Sweet Potatoes	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 122, Apple Glazed Sweet Potatoes.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¼ cup (2 wedges) 9-12: ½ cup (4 wedges)
Green Beans	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Wipe can tops clean before opening.</li> <li>Batch cook by steaming or by stock pot with minimal liquid close to serving time.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Peaches, canned, sliced	<ul style="list-style-type: none"> <li>Purchase slices peaches packed in light syrup. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Chill cans overnight. Wipe can tops clean before opening. Drain, cover, and refrigerate until serving.</li> <li>Serve with slotted utensil. Level utensil when serving.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Thursday, continued

Fruit Choice, fresh	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Honey Apple Crisp, Whole Wheat	<ul style="list-style-type: none"> <li>Prepare Honey Apple Crisp, Whole Wheat HKM Recipe 39.</li> <li>This menu item will count as a grain based dessert.</li> </ul>	K-8: N/A 9-12: 1 piece
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or 2 Tbsp or 2 PC</b>
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
Jelly	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: ½ oz each <b>or 1 Tbsp</b>

**Pre-preparation for Week 4 - Friday:** N/A

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																										
Date: _____ <u>Thursday</u>																																																										
Preparation Site: _____																																																										
Offer? Yes _____ No _____																																																										
Grades _____																																																										
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BREAKFAST				LUNCH																																																						
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Angel Biscuit		1 each					2.000																																																			
Grilled Chicken Sandwich		1 each				2.000	2.000																																																			
Apple Glazed Sweet Potatoes		1/4 cup								0.250						0.250																																										
Green Beans		1/2 cup												0.500		0.500																																										
Peaches, canned		1/2 cup						0.500																																																		
Fruit Choice, fresh		N/A																																																								
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<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500		0.250				0.500		0.750	Notes:																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																			



## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Thursday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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Angel Biscuit		1 each					2.000																																																		
Grilled Chicken Sandwich		1 each				2.000	2.000																																																		
Apple Glazed Sweet Potatoes		1/2 cup								0.500					0.500																																										
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.750																																																		

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

Menu Item	Purchasing & Preparation	Serving
Macaroni & Cheese	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 184, Macaroni &amp; Cheese.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Meatballs, beef	<ul style="list-style-type: none"> <li>• Purchase pre-cooked beef meatballs that provide 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 300 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 3 each (or number needed to provide 1 oz equivalent M/MA)
Sliced Whole Wheat Bread	<ul style="list-style-type: none"> <li>• Purchase sliced, whole wheat bread; 1 oz per slice (first ingredient listed is whole wheat flour) or prepare HKM Recipe 107, Whole Wheat Bread.</li> </ul>	K-5: N/A 6-12: 1 slice
<b>Alternate Entrée:</b> Pepperoni Pizza	<ul style="list-style-type: none"> <li>• Purchase pre-prepared pepperoni pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 9 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 piece
Baked Beans	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 4 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Strawberries, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash strawberries.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Jelly	<ul style="list-style-type: none"> <li>• Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings.</li> </ul>	K-5: N/A 6-12: ½ oz each <b>or</b> 1 Tbsp
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 1 - Monday:** None

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																										
Date: _____ <u>Friday</u>																																																										
Preparation Site: _____																																																										
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000	0.500		0.500	0.500						1.000																																								
																Notes:																																									

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																										
Date: _____ <u>Friday</u>																																																										
Preparation Site: _____																																																										
Offer? Yes _____ No _____																																																										
Grades _____																																																										
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MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES																																								
			After Cook	Start of Service	End of Service	M/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																											
Macaroni and Cheese		1/2 cup				1.000	1.000																																																			
Meatballs		3 each				1.000																																																				
Whole Wheat Bread		1 slice					1.000																																																			
Pepperoni Pizza		1 slice				2.000	2.000																																																			
Baked Beans		1/2 cup											0.500				0.500																																									
Fresh Baby Carrots		1/2 cup											0.500				0.500																																									
Fresh Strawberries		1/2 cup											0.500																																													
Fruit Choice, canned		1/2 cup											0.500																																													
Milk Choice		8 fl oz																																																								
Jelly		1/2 oz																																																								
Ranch Dressing		1 fl oz																																																								
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<b>Daily Lunch Component Totals</b>						2.000	2.000																																																			
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000	1.000		0.500	0.500						1.000																																									
																Notes:																																										

## **Fruit & Vegetable Order Guide**

### **Week 4**

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion    AP = As Purchased    lb = Pound    oz = ounce    # = Number**

<b>Day</b>	<b>Fruit or Vegetable</b>	<b>K-5 Portion Size</b>	<b>K-5 Amount to Order per 100 Servings</b>	<b>6-8 Portion Size</b>	<b>6-8 Amount to Order per 100 Servings</b>	<b>9-12 Portion Size</b>	<b>9-12 Amount to Order per 100 Servings</b>
Monday	Lettuce, Dark Green Leafy, AP	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz
	Tomato, large, fresh, AP	2 - ¼” slices	11 lb 8 oz	2 - ¼” slices	11 lb 8 oz	2 - ¼” slices	11 lb 8 oz
	Potatoes, French Fries, frozen, straight cup	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz
	Apples, fresh, #125-138, AP	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each
Tuesday	Chili	¾ cup		¾ cup		1 cup	
	Tomato Juice		6 lb 8 oz		6 lb 8 oz		8 lb 11 oz
	Pinto Beans, canned		5.5 #10 cans		5.5 #10 cans		7.33 #10 cans
	Tomato, canned, Puree		0.5 #10 can		0.5 #10 can		0.66 #10 can
	Cucumber, fresh, AP	¼ cup	8 lb 2 oz	¼ cup	8 lb 2 oz	½ cup	16 lb 4 oz
	Peppers, bell, fresh, red	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz
	Nectarines, fresh	1 nectarine	45 lb 10 oz	1 nectarine	45 lb 10 oz	1 nectarine	45 lb 10 oz

## Fruit & Vegetable Order Guide

### Week 4, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Wednesday	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Tossed Salad	1 cup	7 lb	1 cup	7 lb	1 cup	7 lb
	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
	Romaine Lettuce, AP						
Blueberries, fresh	½ cup	23 lb 13 oz	½ cup	23 lb 13 oz	½ cup	23 lb 13 oz	
Thursday	Apple Glazed Sweet Potatoes	2 wedges (1/4 cup)		2 wedges (1/4 cup)		4 wedges (1/2 cup)	
	Sweet Potatoes, whole, AP		15 lb 8 oz		15 lb 8 oz		31 lb
	Juice, Apple, 100%		½ gal		½ gal		1 gal
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	Peaches, cling, sliced, canned in 100% juice or light syrup	½ cup	5.6 #10 cans	½ cup	5.6 #10 cans	½ cup	5.6 #10 cans
	Honey Apple Crisp, Whole Wheat	N/A		N/A		1 piece	
Apples, sliced, canned in water		N/A		N/A		2 #10 cans	
Friday	Baked Beans	½ cup		½ cup		½ cup	
	Beans, baked, canned, vegetarian		4.25 #10 cans		4.25 #10 cans		4.25 #10 cans
	Tomato Sauce, canned		6 cups		6 cups		6 cups
	Carrots, baby, fresh, EP	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz	½ cup	15 lb 10 oz
	Strawberries, fresh, whole, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz



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Revised July 2019

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					K-5	6-8	9-12	
<p><b>Week 1</b></p> <p>Hot Ham &amp; Cheese on a Bun <b>Or</b> Pork Rib on a Bun</p> <p>Potato Wedges Red Bell Pepper Strips Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Pepperoni Pizza <b>Or</b> Popcorn Chicken <b>Whole Wheat Roll (9-12)</b></p> <p>Broccoli Florets Cherry Tomatoes Fruit Cocktail Fresh Fruit Choice Milk Choice</p>	<p>Taco Burger on a Bun <b>Tortilla Chips (6-12)</b> <b>Or</b> Fruit, Yogurt &amp; Granola Parfait <b>Tortilla Chips (6-12)</b></p> <p>Tomato Salsa Dark Green Leaf Lettuce Refried Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p>	<p>Lasagna Garlic Bread Stick w/ Marinara Sauce <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Garden Salad Fresh Baby Carrots Fresh Grapes Chocolate Chip Cookie Canned Fruit Choice Milk Choice</p>	<p>Chicken Patty Whole Wheat Roll <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Mashed Potatoes &amp; Gravy Steamed Asparagus Fresh Peach Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>649</b></p> <p><b>890</b></p> <p><b>8.5%</b></p>	<p><b>683</b></p> <p><b>858</b></p> <p><b>8.4%</b></p>	<p><b>759</b></p> <p><b>910</b></p> <p><b>7.6%</b></p>
<p><b>Week 2</b></p> <p>Sweet and Sour Chicken Nuggets Seasoned Brown Rice <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate</p> <p>Asian Fresh Vegetables Cherry Tomatoes Fresh Pear Canned Fruit Choice Milk Choice</p>	<p>Super Nachos <b>Or</b> Chicken Crispito</p> <p>Romaine Lettuce Southwestern Lentils Tomato Salsa Fresh Plum Canned Fruit Choice Milk Choice</p>	<p>Cheese Breadsticks w/ Marinara Sauce <b>Or</b> Grilled Chicken Sandwich</p> <p>Seasoned Corn Tossed Salad Fresh Watermelon Canned Fruit Choice Milk Choice</p>	<p>Pulled Pork Sandwich <b>Or</b> Hamburger on a Bun</p> <p>Creamy Cole Slaw Baked Beans Applesauce Fresh Fruit Choice Milk Choice</p>	<p>Rock and Roll Beef Wrap <b>Or</b> Cheese Pizza</p> <p>Steamed Carrots Broccoli Florets Fresh Orange <b>Cherry Crisp (6-12)</b> Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>627</b></p> <p><b>706</b></p> <p><b>8.8%</b></p>	<p><b>664</b></p> <p><b>722</b></p> <p><b>8.6%</b></p>	<p><b>790</b></p> <p><b>772</b></p> <p><b>8.8%</b></p>

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## Spring Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
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<p><b>Week 3</b></p> <p>Chicken Tetrizzini Garlic Bread <b>Or</b> Pork Rib on a Bun</p> <p>Tossed Salad Sliced Cucumber Baby Carrots Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Hamburger on a Bun <b>Or</b> Popcorn Chicken <b>Whole Wheat Roll (9-12)</b></p> <p>Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fruit Cocktail Fresh Fruit Choice Milk Choice</p>	<p>Pancakes Sausage Patty <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Hash Brown Patty Green Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p>	<p>Baked Chicken Drumstick w/ Savory Rice &amp; Oatmeal Roll <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Fresh Broccoli Cherry Tomatoes Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p>Yummy Sloppy Joe on a Bun <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Roasted Red Potatoes Edamame Fresh Peach Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>636</b></p> <p><b>814</b></p> <p><b>7.7%</b></p>	<p><b>666</b></p> <p><b>847</b></p> <p><b>7.7%</b></p>	<p><b>772</b></p> <p><b>923</b></p> <p><b>7.2%</b></p>
<p><b>Week 4</b></p> <p>Beef &amp; Bean Burrito <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b></p> <p>Tomato Salsa Romaine Lettuce Mexican Corn Fresh Pear Canned Fruit Choice Milk Choice</p>	<p>Stromboli Squares <b>Garlic Breadstick (9-12)</b> <b>Or</b> Chicken Crispito</p> <p>Garden Salad Fresh Baby Carrots Fresh Plum Canned Fruit Choice Milk Choice</p>	<p>BBQ Beef on a Bun <b>Or</b> Grilled Chicken Sandwich</p> <p>Fresh Snow Peas Baked Beans Fresh Watermelon <b>Royal Brownie (6-12)</b> Canned Fruit Choice Milk Choice</p>	<p>Turkey &amp; Cheese Sub Sandwich <b>Or</b> Hamburger on a Bun</p> <p>Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Applesauce Fresh Fruit Choice Milk Choice</p>	<p>Country Style Beef Pattie <b>Whole Wheat Roll (6-12)</b> <b>Or</b> Cheese Pizza</p> <p>Mashed Potatoes &amp; Gravy Steamed Broccoli Fresh Orange Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>613</b></p> <p><b>782</b></p> <p><b>7.6%</b></p>	<p><b>655</b></p> <p><b>821</b></p> <p><b>7.5%</b></p>	<p><b>780</b></p> <p><b>870</b></p> <p><b>6.9%</b></p>

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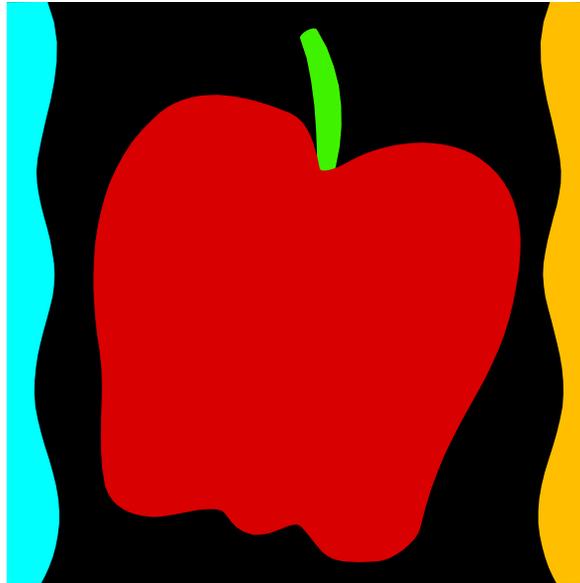
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# **Healthier Kansas Menus with Alternate Entrées**



## **SPRING WEEK 1 - DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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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.

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**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)

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- (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).

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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.

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

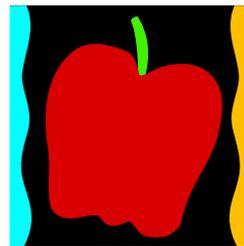
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					K-5	6-8	9-12	
Hot Ham & Cheese on a Bun <b>Or</b> Pork Rib on a Bun  Potato Wedges Red Bell Pepper Strips Fresh Apple Canned Fruit Choice Milk Choice	Pepperoni Pizza <b>Or</b> Popcorn Chicken <b>Whole Wheat Roll (9-12)</b>  Broccoli Florets Cherry Tomatoes Fruit Cocktail Fresh Fruit Choice Milk Choice	Taco Burger on a Bun <b>Tortilla Chips (6-12) Or</b> Fruit, Yogurt & Granola Parfait <b>Tortilla Chips (6-12)</b>  Tomato Salsa Dark Green Leaf Lettuce Refried Beans Fresh Raspberries Canned Fruit Choice Milk Choice	Lasagna Garlic Bread Stick w/ Marinara Sauce <b>Or</b> Turkey & Cheese Sub Sandwich  Garden Salad Fresh Baby Carrots Fresh Grapes Chocolate Chip Cookie Canned Fruit Choice Milk Choice	Chicken Patty Whole Wheat Roll <b>Or</b> Peanut Butter & Jelly Sandwich  Mashed Potatoes & Gravy Steamed Asparagus Fresh Peach Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>649</b>	<b>683</b>	<b>759</b>
					<b>Sodium (mg)</b>	<b>890</b>	<b>858</b>	<b>910</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.5%</b>	<b>8.4%</b>	<b>7.6%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Hot Ham & Cheese on a Bun	48	20
	Whole Wheat Bun	877	91
Tuesday	Whole Wheat Roll	877	91
Wednesday	Taco Burger on a Bun	77	37
	Whole Wheat Bun	877	91
	Tomato Salsa	129	61
Thursday	Lasagna	40	21
	Whole Wheat Bread Stick: Garlic Variation	877	91
	Garden Salad	164	55
	Chocolate Chip Cookie	1079	67
Friday	Whole Wheat Roll	877	91

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

## Purchasing, Preparation & Serving Instructions Week 1 – Monday

Menu Item	Purchasing & Preparation	Serving
Hot Ham & Cheese on a Bun	<ul style="list-style-type: none"> <li>• Purchase pre-cooked “Ham, water added”.</li> <li>• Prepare HKM Recipe 48, Hot Ham &amp; Cheese on Whole Wheat Bun. Batch cook as necessary.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Pork Rib on a Bun	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked rib patty that provides 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, hamburger bun variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
Potato Wedges	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber.</li> <li>• Follow manufacturer’s directions for baking and holding.</li> <li>• Batch cook. May add pepper or other non-sodium seasonings.</li> <li>• May estimate serving sizes using measure portions as samples.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Red Bell Pepper Strips	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, core and slice bell peppers into strips.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Apple Slices, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138.</li> <li>• Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>• Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ apple

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC

**Pre-preparation for Week 1 – Tuesday:** None







## Purchasing, Preparation & Serving Instructions

### Week 1 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Pepperoni Pizza	<ul style="list-style-type: none"> <li>• Purchase pre-prepared pepperoni pizza that provides 2 oz equivalent M/MA, 2 oz equivalent Grains, and 0.125 cup vegetables, RO; no more than 9 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 piece
<b>Alternate Entrée:</b> Chicken, popcorn	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain)
<b>Alternate Entrée:</b> Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-8: N/A 9-12: 1 each (1 oz)
Broccoli Florets, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Cherry Tomatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash and stem tomatoes.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 6 tomatoes (½ cup)

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Cocktail, canned	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase a canned product that includes peaches, pears, pineapple, grapes, and cherries packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>• Cover, drain, and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9 gm or 12 gm). If bulk, purchase 1 #10 can or 0.8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz or 2 Tbsp or 2 PC

**Pre-preparation for Week 1 - Wednesday:** Thaw ground beef under refrigeration.

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																										
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Ketchup		1 fl oz																																																								
Daily Breakfast Component Totals																																																										
Daily Lunch Component Totals						2.000	2.000	0.500	0.250	0.500						0.750																																										
Alternate Entrée Lunch Component Totals						2.000	2.000																																																			
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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## Purchasing, Preparation & Serving Instructions Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Taco Burger on a Bun	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 77, Taco Burger.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> <li>• Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving.</li> <li>• Purchase pre-prepared granola that provides 2 oz Grains per ½ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving.</li> <li>• Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering ½ cup yogurt, ¼ cup fruit, ½ cup yogurt and ¼ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola
Tortilla Chips	<ul style="list-style-type: none"> <li>• Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>• May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-5: N/A 6-12: 1 oz
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Refried Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per ½ cup prepared.</li> <li>• For dried beans, prepare according to manufacturer directions.</li> <li>• For canned beans, wipe top of cans before opening.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Tomato Salsa	<ul style="list-style-type: none"> <li>• Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• May be served, self-serve or pre-portioned for service.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ¼ cup
Raspberries, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash raspberries.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 1 – Thursday:** Thaw ground beef under refrigeration. Chill grapes.

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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<b>Daily Breakfast Component Totals</b>																																																										
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.250	0.250	0.500						1.000																																									
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																			
																Notes:																																										

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
TOTAL MEALS			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES			
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg						
Taco Burger on a Bun		1 sandwich				2.000	2.000														
Tortilla Chips		1 oz					1.000														
Fruit, Yogurt, & Granola Parfait		1 each				2.000	2.000														
Tortilla Chips		1 oz					1.000														
Tomato Salsa		1/4 cup								0.250							0.250				
Dark Green Leaf Lettuce		1/2 cup							0.250								0.250				
Refried Beans		1/2 cup									0.500						0.500				
Raspberries, fresh		1/2 cup						0.500													
Fruit Choice, canned		N/A																			
Milk Choice		8 fl oz																			
<b>Daily Breakfast Component Totals</b>																					
<b>Daily Lunch Component Totals</b>						2.000	3.000	0.500	0.250	0.250	0.500						1.000				
<b>Alternate Entrée Lunch Component Totals</b>						2.000	3.000														

Notes:

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																										
Date: _____ <u>Wednesday</u>																																																										
Preparation Site: _____																																																										
Offer? Yes _____ No _____																																																										
Grades _____																																																										
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## Purchasing, Preparation & Serving Instructions Week 1 – Thursday

Menu Item	Purchasing & Preparation	Serving
Lasagna	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 40, Lasagna.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 piece (4 x 6 cut)
Garlic Bread Stick	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns: Garlic Bread Stick Variation.</li> </ul>	K-12: 1 each
Marinara Sauce	<ul style="list-style-type: none"> <li>Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¼ cup
<b>Alternate Entrée:</b> Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</li> <li>Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
Garden Salad	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>Handle salad with gloved hands, tongs or serving utensils.</li> <li>May estimate serving sizes using measured portions as samples.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>Weigh or count number needed per portion.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Grapes, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 1 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Chocolate Chip Cookie	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe1079, Chocolate Chip Cookie, Whole Grain.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-12: 1 each
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>• Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings</li> </ul>	K-12: ½ oz or 1 Tbsp
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

Pre-preparation for Week 1 - Friday: N/A

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																										
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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## Purchasing, Preparation & Serving Instructions Week 1 – Friday

Menu Item	Purchasing & Preparation	Serving
Chicken Patty	<ul style="list-style-type: none"> <li>• Purchase pre-cooked chicken patties that provide 2 oz equivalent M/MA, 1 oz equivalent Grains; no more than 16 gm of fat; and no more than 500 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich Meal (K-5)	<ul style="list-style-type: none"> <li>• Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 17 gm of fat; and no more than 320 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-5: 1 sandwich, 1 oz crackers, 1 oz cheese
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich (6-12)	<ul style="list-style-type: none"> <li>• Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 2 oz equivalent M/MA and 2 oz equivalent Grains, no more than 33 gm of fat; and no more than 620 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	6-12: 1 sandwich (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal)
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes.</li> <li>• Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Gravy	<ul style="list-style-type: none"> <li>• Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 fl oz

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 1 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Asparagus, steamed	<ul style="list-style-type: none"> <li>• Purchase fresh asparagus or frozen spears.</li> <li>• If fresh, with gloved hands, wash and remove ends.</li> <li>• Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Peach, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash peaches.</li> <li>• Cover and refrigerate or store at room temperature until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 peach
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Honey	<ul style="list-style-type: none"> <li>• Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings.</li> </ul>	K-12: 1 PC each <b>or</b> 1 Tbsp

**Pre-preparation for Week 2 - Monday:** Chill canned pears.







## Fruit & Vegetable Order Guide Week 1

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion    AP = As Purchased    lb = Pound    oz = ounce    # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Potato Wedges, frozen, ovenable, unseasoned	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
	Red Bell Pepper, AP	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz
	Apples, fresh, #125-138, AP	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each
Tuesday	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	Tomatoes, cherry, AP	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz
	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	5.5 #10 cans	½ cup	5.5 #10 cans	½ cup	5.5 #10 cans

## Fruit & Vegetable Order Guide

### Week 1, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Wednesday	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	Lettuce, Dark Green Leafy, AP	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz
	Refried Beans, canned <b>OR</b>	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans	½ cup	4.2 #10 cans
	Refried Beans, dried		9 lb 13 oz		9 lb 13 oz		9 lb 13 oz
	Picante Sauce <b>OR</b>	¼ cup	1.6 gallons	¼ cup	1.6 gallons	¼ cup	1.6 gallons
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)		2 #10 can		2 #10 can		2 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		4 oz		4 oz		4 oz
	Raspberries, fresh	½ cup	16 lb 10 oz	½ cup	16 lb 10 oz	½ cup	16 lb 10 oz
Thursday	Lasagna	1 piece		1 piece		1 piece	
	Spaghetti Sauce, canned		1.5 #10 cans		1.5 #10 cans		1.5 #10 cans
	Tomatoes, diced, canned		1 #10 can		1 #10 can		1 #10 can
	Marinara Sauce, canned	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz
	Carrots, baby, fresh, EP	¼ cup	7 lb 13 oz	¼ cup	7 lb 13 oz	½ cup	15 lb 10 oz
	Garden Salad:	1 cup		1 cup		1 cup	
	Lettuce, Romaine, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
	Carrots, fresh, AP		15 oz		15 oz		15 oz
	Cucumber, fresh, AP		14 oz		14 oz		14 oz

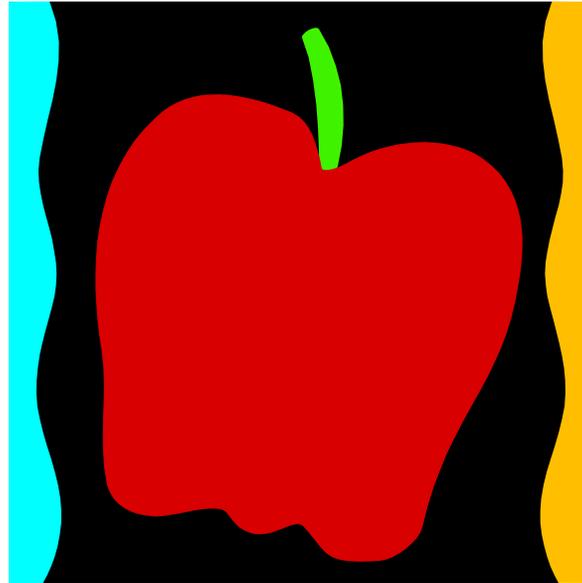
## Fruit & Vegetable Order Guide

### Week 1, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Friday	Potatoes, dehydrated, flakes	½ cup prepared	4 lb	½ cup prepared	4 lb	½ cup prepared	4 lb
	Asparagus, fresh	½ cup	41 lb 13 oz	½ cup	41 lb 13 oz	½ cup	41 lb 13 oz
	Peaches, fresh, 80 count, AP	1 each	22 lb 5 oz or 100 each	1 each	22 lb 5 oz or 100 each	1 each	22 lb 5 oz or 100 each

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# **Healthier Kansas Menus with Alternate Entrées**



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

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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**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)

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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).

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

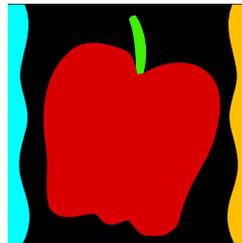
**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Sweet and Sour Chicken Nuggets Seasoned Brown Rice <b>Or</b> Yogurt & Blueberry Oat Muffin Plate  Asian Fresh Vegetables Cherry Tomatoes Fresh Pear Canned Fruit Choice Milk Choice	Super Nachos <b>Or</b> Chicken Crispito  Romaine Lettuce Southwestern Lentils Tomato Salsa Fresh Plum Canned Fruit Choice Milk Choice	Cheese Breadsticks w/ Marinara Sauce <b>Or</b> Grilled Chicken Sandwich  Seasoned Corn Tossed Salad Fresh Watermelon Canned Fruit Choice Milk Choice	Pulled Pork Sandwich <b>Or</b> Hamburger on a Bun  Creamy Cole Slaw Baked Beans Applesauce Fresh Fruit Choice Milk Choice	Rock and Roll Beef Wrap <b>Or</b> Cheese Pizza  Steamed Carrots Broccoli Florets Fresh Orange <b>Cherry Crisp (6-12)</b> Canned Fruit Choice Milk Choice	<b>Calories</b>	627	664	790
					<b>Sodium (mg)</b>	706	722	772
					<b>% of Total Calories from Sat. Fat</b>	8.8%	8.6%	8.8%



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Sweet and Sour Chicken Nuggets	143	36
	Seasoned Brown Rice	142	80
	Asian Fresh Vegetables	141	49
	Blueberry Oat Muffin	28	64
Tuesday	Super Nachos	140	35
	Taco Meat	76	39
	Cheese Sauce	139	9
	Tomato Salsa	129	61
	Southwestern Lentils	138	58
Wednesday	Cheese Breadstick	125	8
	Tossed Salad	74	62
Thursday	Pulled Pork Sandwich	136	29
	Whole Wheat Bun	877	91
	Baked Beans	188	46
	Creamy Cole Slaw	20	52
Friday	Rock and Roll Beef Wraps	133	30
	Cherry Crisp, Whole Wheat	82	65

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

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

Menu Item	Purchasing & Preparation	Serving
Sweet and Sour Chicken Nuggets	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 143, Sweet and Sour Chicken Nuggets.</li> <li>Purchase whole grain rich, chicken nuggets that provide 2 oz equivalent M/MA and 1 oz equivalent Grains per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 5 nuggets (or number needed to meet 2 oz M/MA and 1 oz eq Grains)
Seasoned Brown Rice	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 142, Seasoned Brown Rice.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
<b>Alternate Entrée:</b> Yogurt & Blueberry Oat Muffin Meal	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain.</li> <li>Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8oz yogurt, 2 muffins each
Asian Fresh Vegetables	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 141, Asian Fresh Vegetables.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Cherry Tomatoes	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash and stem tomatoes.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: 3 whole tomatoes (¼ cup) 9-12: 6 whole tomatoes (½ cup)
Pear, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash pears.</li> <li>Cover and refrigerate or store at room temperature until serving.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 each
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</p>	K-8: N/A* 9-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 2 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp

**Pre-preparation for Week 2 – Tuesday:** Thaw ground beef under refrigeration.

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Monday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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Yogurt & Muffins		8oz/2 each				2.000	2.000																																																		
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Cherry Tomatoes		1/4 cup								0.250					0.250																																										
Fresh Pear		1 each						0.500																																																	
Fruit Choice, canned		N/A																																																							
Milk Choice		8 fl oz																																																							
Ranch Dressing		1 fl oz																																																							
Daily Breakfast Component Totals																		Notes:																																							
Daily Lunch Component Totals						2.000	2.000							0.250	0.750																																										
Alternate Entrée Lunch Component Totals						2.000	2.000	0.500	0.125	0.375																																															



## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Monday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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Daily Lunch Component Totals						2.000	2.000	1.000	0.125	0.625				0.250	1.000																																										
Alternate Entrée Lunch Component Totals						2.000	2.000																																																		

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

Menu Item	Purchasing & Preparation	Serving
Super Nachos	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 140, Super Nachos (see following for information on sub-recipes used in Super Nachos recipe)</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 plate
Taco Meat	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 76, Taco Meat.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¼ cup
Cheese Sauce	<ul style="list-style-type: none"> <li>Prepare HKM Recipe 139, Cheese Sauce.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1/8 cup (#30 scoop) 9-12: ¼ cup (#16 scoop)
Tortilla Chips	<ul style="list-style-type: none"> <li>Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-8: 1 oz 9-12: 2 oz
<b>Alternate Entrée:</b> Crispito, chicken chili	<ul style="list-style-type: none"> <li>Purchase Crispito providing 1 oz equivalent M/Ma and 1 oz equivalent Grain, no more than 14 gm of fat; and no more than 370 mg sodium per piece. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>Heat according to manufacturer's instructions.</li> <li><b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 each 9-12: 2 each
Romaine Lettuce	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle produce with gloved hands. May be pre-portioned.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Salsa	<ul style="list-style-type: none"> <li>Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>May be served, self-serve or pre-portioned for service.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ¼ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 2 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Southwestern Lentils	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 138, Southwestern Lentils.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Plum, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash plums.</li> <li>• Cover and refrigerate or store at room temperature until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 each
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 2 - Wednesday:** Cut and chill watermelon.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Tuesday</u>																																																									
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Southwestern Lentils		1/4 cup									0.125			0.125	0.250																																										
Fresh Plum		1 each						0.500																																																	
Fruit Choice, canned		N/A																																																							
Milk Choice		8 fl oz																																																							
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Daily Lunch Component Totals						1.750	1.000	0.500	0.250	0.250	0.125			0.125	0.750																																										
Alternate Entrée Lunch Component Totals						1.000	1.000																																																		

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
Tortilla Chips		1 oz					1.000													
Taco Meat		1/4 cup				1.500														
Cheese Sauce		1/8 cup				0.250														
Crispito, chicken chili		1 each				1.000	1.000													
Tomato Salsa		1/4 cup							0.250							0.250				
Romain Lettuce		1/2 cup							0.250							0.250				
Southwestern Lentils		1/4 cup								0.125				0.125	0.250					
Fresh Plum		1 each						0.500												
Fruit Choice, canned		N/A																		
Milk Choice		8 fl oz																		
<b>Daily Breakfast Component Totals</b>																				
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<b>Alternate Entrée Lunch Component Totals</b>						1.000	1.000													

Notes: \_\_\_\_\_

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
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## Purchasing, Preparation & Serving Instructions

### Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Cheese Breadsticks	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 126, Cheese Breadsticks.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 2 breadsticks
Marinara Sauce	<ul style="list-style-type: none"> <li>• Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ¼ cup
<b>Alternate Entrée:</b> Grilled Chicken Sandwich	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Corn, steamed	<ul style="list-style-type: none"> <li>• Purchase frozen or canned corn. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• If using canned corn, wipe tops of cans clean before opening.</li> <li>• Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid.</li> <li>• <b>CCP: Hold for hot service at 135° F or above.</b></li> </ul>	K-12: ½ cup
Tossed Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 74, Tossed Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup

*Continued on next page*

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

Menu Item	Purchasing & Preparation	Serving
Watermelon, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and cut into ½” cubes.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>• Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings</li> </ul>	K-12: ½ oz or 1 Tbsp
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 2 – Thursday:** Thaw pulled pork under refrigeration. Chill applesauce.







## Purchasing, Preparation & Serving Instructions

### Week 2 – Thursday

Menu Item	Purchasing & Preparation	Serving
Pulled Pork Sandwich	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 136, Pulled Pork Sandwich.</li> <li>• Purchase pre-prepared pulled pork that provides 2 oz equivalent M/MA, contains no more than 500 mg of sodium and no more than 13 g of fat. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Creamy Cole Slaw	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 20, Creamy Cole Slaw.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase pre-shredded green cabbage.</li> <li>• <b>CCP: Hold for cold service at 41°F or below.</b></li> </ul>	K-12: ½ cup
Baked Beans	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Applesauce, unsweetened	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Cover and refrigerate until serving.</li> <li>• With gloved hands, wash strawberries.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 2 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

Pre-preparation for Week 2 - Friday: N/A

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Pulled Pork Sandwich		1 sandwich				2.000	2.000																																																		
Hamburger on a Bun		1 each				2.000	2.000																																																		
Creamy Cole Slaw		1/2 cup												0.500	0.500																																										
Baked Beans		1/2 cup									0.500				0.500																																										
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Ketchup		1 fl oz																																																							
Mustard		1 tsp																																																							
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## Purchasing, Preparation & Serving Instructions Week 2 – Friday

Menu Item	Purchasing & Preparation	Serving
Rock and Roll Beef Wraps	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 133, Rock and Roll Beef Wraps.</li> <li>• Purchase 8" whole grain rich tortillas weighing 1.5 oz each.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 wrap
<b>Alternate Entrée:</b> Cheese Pizza	<ul style="list-style-type: none"> <li>• Purchase pre-prepared cheese pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 piece
Carrots, Steamed	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Broccoli Florets	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ¼ cup 9-12: ½ cup
Orange Wedges, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase oranges, size #138.</li> <li>• Handle with gloved hands. Rinse peel.</li> <li>• Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half.</li> <li>• Cover and refrigerate.</li> <li>• <b>CCP: Hold for cold service at 41°F or below.</b></li> </ul>	K-12: 1 orange

## Purchasing, Preparation & Serving Instructions Week 2 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Cherry Crisp, Whole Wheat	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 65 Cherry Crisp, Whole Wheat.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-5: N/A 6-12: 1 piece
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 3 - Monday:** Thaw chicken under refrigeration.





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Cheese Pizza		1 slice				2.000	2.000																																																		
Steamed Carrots		1/2 cup								0.500						0.500																																									
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## Fruit & Vegetable Order Guide Week 2

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion    AP = As Purchased    lb = Pound    oz = ounce    # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Sweet and Sour Chicken Nuggets (Sauce)	5 nuggets		5 nuggets		5 nuggets	
	Juice, pineapple, 100% juice		2 lb		2 lb		2 lb
	Asian Fresh Vegetables	½ cup		½ cup		½ cup	
	Cabbage, AP		3 lb 10 oz		3 lb 10 oz		3 lb 10 oz
	Peas, green, frozen		2 lb 10 oz		2 lb 10 oz		2 lb 10 oz
	Broccoli, florets, AP		1 lb 12 oz		1 lb 12 oz		1 lb 12 oz
	Carrots, sliced or crinkle, frozen		5 lb 4 oz		5 lb 4 oz		5 lb 4 oz
	Peppers, bell, green, AP		2 lb 10 oz		2 lb 10 oz		2 lb 10 oz
	Cherry Tomatoes, fresh, AP	3 tomatoes	8 lb 5 oz	3 tomatoes	8 lb 5 oz	6 tomatoes	16 lb 10 oz
	Pear, fresh, 120 count, AP	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each
	Blueberry Oat Muffin	2 muffins		2 muffins		2 muffins	
	Applesauce, canned, unsweetened		1 ½ #10 can		1 ½ #10 can		1 ½ #10 can
	Blueberries, frozen, unsweetened		5 lb		5 lb		5 lb

## Fruit & Vegetable Order Guide

### Week 2, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Tuesday	Taco Meat	¼ cup		¼ cup		¼ cup	
	Tomato Paste, canned		3 cups		3 cups		3 cups
	Picante Sauce <b>OR</b>	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups
	Tomato Salsa	¼ cup		¼ cup		¼ cup	
	Tomatoes, crushed, salsa-ready, canned		2 #10 cans		2 #10 cans		2 #10 cans
	Peppers, jalapeno, canned		4 oz		4 oz		4 oz
	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz
	Southwestern Lentils	¼ cup		¼ cup		½ cup	
	Lentils, brown, AP		2 lb 2 oz		2 lb 2 oz		4 lb 4 oz
	Onions, AP		2 lb 4 oz		2 lb 4 oz		4 lb 8 oz
	Tomatoes, crushed, canned		2 lb 8 oz		2 lb 8 oz		5 lb
Plum, fresh, 45-50 count, AP	1 each	20 lb 2 oz or 100 each	1 each	20 lb 2 oz or 100 each	1 each	20 lb 2 oz or 100 each	
Wednesday	Marinara Sauce, canned	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans	¼ cup	2.1 #10 cans
	Watermelon, fresh, AP	½ cup	32 lb 13 oz	½ cup	32 lb 13 oz	½ cup	32 lb 13 oz
	Tossed Salad	1 cup		1 cup		1 cup	
	Spinach, fresh, trimmed, AP		7 lb		7 lb		7 lb
	Romaine Lettuce, AP		7 lb		7 lb		7 lb
	Corn, frozen <b>OR</b>	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz	½ cup	18 lb 4 oz
	Corn, canned		5.2 #10 cans		5.2 #10 cans		5.2 #10 cans

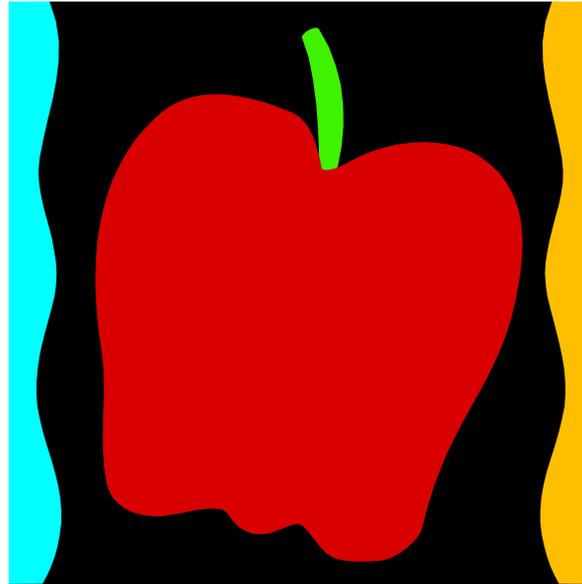
## Fruit & Vegetable Order Guide

### Week 2, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Thursday	Creamy Cole Slaw	½ cup		½ cup		½ cup	
	Cabbage, fresh, green, shredded ready to use		12 lb		12 lb		12 lb
	Carrots, fresh, AP		1 lb 8 oz		1 lb 8 oz		1 lb 8 oz
	Baked Beans	½ cup		½ cup		½ cup	
	Beans, baked, canned, vegetarian		4.25 #10 cans		4.25 #10 cans		4.25 #10 cans
	Tomato Sauce, canned		6 cups		6 cups		6 cups
	Applesauce, canned, unsweetened	½ cup	4.4 #10 cans	½ cup	4.4 #10 cans	½ cup	4.4 #10 cans
Friday	Rock and Roll Beef Wraps	1 wrap		1 wrap		1 wrap	
	Broccoli Slaw, AP		9 lb 13 oz		9 lb 13 oz		9 lb 13 oz
	Broccoli, florets, fresh, EP	¼ cup	3 lb 8 oz	¼ cup	3 lb 8 oz	½ cup	7 lb
	Carrots, frozen, sliced	½ cup	20 lb 7 oz	½ cup	20 lb 7 oz	½ cup	20 lb 7 oz
	Oranges, fresh, whole, #138	1 orange	29 lb 8 oz or 100 each	1 orange	29 lb 8 oz or 100 each	1 orange	29 lb 8 oz or 100 each
	Cherry Crisp, Whole Wheat	N/A		1 piece		1 piece	
	Cherries, canned, packed in water		N/A		3 #10 cans		3 #10 cans
	Orange Juice, Frozen, unsweetened		N/A		½ cup		½ cup

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# **Healthier Kansas Menus with Alternate Entrées**



## **SPRING WEEK 3 – DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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**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)

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- (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).

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

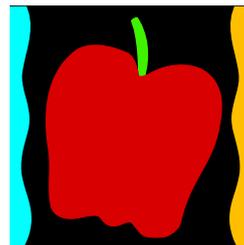
**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Chicken Tetrazzini Garlic Bread <b>Or</b> Pork Rib on a Bun  Tossed Salad Sliced Cucumber Baby Carrots Fresh Apple Canned Fruit Choice Milk Choice	Hamburger on a Bun <b>Or</b> Popcorn Chicken <b>Whole Wheat Roll (9-12)</b>  Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fruit Cocktail Fresh Fruit Choice Milk Choice	Pancakes Sausage Patty <b>Or</b> Fruit, Yogurt & Granola Parfait  Hash Brown Patty Green Beans Fresh Raspberries Canned Fruit Choice Milk Choice	Baked Chicken Drumstick w/ Savory Rice & Oatmeal Roll <b>Or</b> Turkey & Cheese Sub Sandwich  Fresh Broccoli Cherry Tomatoes Fresh Grapes Canned Fruit Choice Milk Choice	Yummy Sloppy Joe on a Bun <b>Or</b> Peanut Butter & Jelly Sandwich  Roasted Red Potatoes Edamame Fresh Peach Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>636</b>	<b>666</b>	<b>772</b>
					<b>Sodium (mg)</b>	<b>814</b>	<b>847</b>	<b>923</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.7%</b>	<b>7.7%</b>	<b>7.2%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Chicken Tetrazzini	7	13
	Tossed Salad	74	62
	French Garlic Bread	163	89
Tuesday	Whole Wheat Roll	877	91
Wednesday	N/A		
Thursday	Baked Chicken Drumstick	27	1
	Savory Rice	17	79
	Oatmeal Roll	14	75
	Turkey and Cheese Sub	144	42
	Whole Wheat Bun	877	91
Friday	Yummy Sloppy Joe	123	45
	Whole Wheat Bun	877	91

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

## Purchasing, Preparation & Serving Instructions Week 3 – Monday

Menu Item	Purchasing & Preparation	Serving
Chicken Tetrazzini	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 7, Chicken Tetrazzini.</li> <li>• Purchase chicken broth with no more than 500 mg of sodium per cup.</li> <li>• Purchase dry, whole grain spaghetti noodles and frozen pulled or diced cooked chicken with no skin or added salt.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: ¾ cup 9-12: 1 cup
Garlic Bread	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 163, Whole Wheat French Garlic Bread.</li> </ul>	K-12: 1 piece
<b>Alternate Entrée:</b> Pork Rib on a Bun	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked rib patty that provides 2 oz equivalent M/MA; no more than 10 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, hamburger bun variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
Tossed Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 74, Tossed Salad.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup
Cucumber Slices	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash and slice cucumbers.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ⅛ cup 9-12: ¼ cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: ⅛ cup 9-12: ¼ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 3 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Apple Slices, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138.</li> <li>• Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>• Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ apple
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz or 2 Tbsp or 2 PC

Pre-preparation for Week 3 – Tuesday: None.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																					
Date: _____ <u>Monday</u>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
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			After Cook	Start of Service	End of Service	M/M/A	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg																						
Chicken Tetrazzini		3/4 cup				2.000	1.000																														
Whole Wheat Garlic Bread		1 piece					1.250																														
Pork Rib on a Bun		1 each				2.000	2.000																														
Tossed Salad		1 cup							0.500							0.500																					
Cucumber Slices		1/8 cup											0.125		0.125																						
Fresh Baby Carrots		1/8 cup								0.125					0.125																						
Apple Slices, fresh		1/2 apple						0.500																													
Fruit Choice, canned		N/A																																			
Milk Choice		8 fl oz																																			
Ranch Dressing		1 fl oz																																			
Ketchup		1 fl oz																																			
<b>Daily Breakfast Component Totals</b>																		Notes:																			
<b>Daily Lunch Component Totals</b>						2.000	2.250	0.500	0.500	0.125			0.125	0.750																							
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)																																					
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Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
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Whole Wheat Garlic Bread		1 piece					1.250																														
Pork Rib on a Bun		1 each				2.000	2.000																														
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Fresh Baby Carrots		1/8 cup								0.125					0.125																						
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														



## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked, oven-ready hamburger patty that provides 2 oz equivalent M/MA; no more than 16 gm fat; no more than 500 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Chicken, popcorn	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain)
<b>Alternate Entrée:</b> Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-8: N/A 9-12: 1 each (1 oz)
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands.</li> <li>• Slice ¼” thick.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: 1 slice 9-12: 2 slices
Oven Fries	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase ovenable straight cup fries.</li> <li>• Heat in oven according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Red Bell Pepper Strips	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, core and slice bell peppers into strips.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Cocktail, canned	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Purchase a canned product that includes peaches, pears, pineapple, grapes, and cherries packed in 100% juice or light syrup.</li> <li>Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>Cover, drain, and refrigerate until serving. Serve with slotted utensil.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC
Mustard	<ul style="list-style-type: none"> <li>Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

Pre-preparation for Week 3 - Wednesday: N/A

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																					
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Popcorn Chicken		15 pieces				2.000	1.000																														
Whole Wheat Roll		N/A																																			
Dark Green Leaf Lettuce		1/2 cup							0.250							0.250																					
Tomato Slice		1 1/4" slice								0.125						0.125																					
Oven Fries		1/2 cup										0.500				0.500																					
Red Bell Pepper Strips		1/2 cup								0.500						0.500																					
Fruit Cocktail, canned		1/2 cup						0.500																													
Fruit Choice, fresh		N/A																																			
Milk Choice		8 fl oz																																			
Ketchup		1 fl oz																																			
Mustard		1 tsp																																			
Ranch Dressing		1 fl oz																																			
<b>Daily Breakfast Component Totals</b>																		Notes:																			
<b>Daily Lunch Component Totals</b>						2.000	2.000	0.500	0.250	0.625		0.500			1.375																						
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																														

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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<b>Alternate Entrée Lunch Component Totals</b>						2.000	1.000																														



## Purchasing, Preparation & Serving Instructions Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Pancakes	<ul style="list-style-type: none"> <li>• Purchase packaged whole grain-rich pancakes that provide 2 oz equivalent Grain per serving.</li> <li>• Heat according to manufacturer’s instructions and hold hot for service.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 pack
Sausage Patty	<ul style="list-style-type: none"> <li>• Purchase pre-cooked turkey sausage patties where 1 patty provides 1 oz equivalent M/MA.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-5: 1 patty 6-12: 2 patties
<b>Alternate Entrée:</b> Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> <li>• Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving.</li> <li>• Purchase pre-prepared granola that provides 2 oz Grains per ½ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving.</li> <li>• Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering ½ cup yogurt, ¼ cup fruit, ½ cup yogurt and ¼ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola
Hash Brown Patty	<ul style="list-style-type: none"> <li>• Purchase 2.25 oz hash brown patties.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Follow manufacturer’s directions for baking and holding. Batch cook.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 patty 9-12: 2 patties
Green Beans	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wipe can tops clean before opening.</li> <li>• Batch cook by steaming or by stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 3 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Raspberries, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash raspberries.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 3 – Thursday:** Thaw chicken under refrigeration.







## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday

Menu Item	Purchasing & Preparation	Serving
Baked Chicken Drumstick	<ul style="list-style-type: none"> <li>• Purchase raw, frozen chicken legs with skin that provide 1.5 oz equivalent M/MA per serving and prepare HKM Recipe 27, Baked Chicken Drumsticks. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• <b>OR</b> purchase a CN labeled (or one with a Product Formulation Statement), pre-cooked product that provides 1.5 oz equivalent M/MA per serving and prepare according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 drumstick 9-12: 2 drumsticks
Savory Rice	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 17, Savory Rice.</li> <li>• Purchase Long Grain &amp; Wild Mix rice with seasoning packets that have less than 600 mg sodium per 1 cup serving prepared.</li> <li>• Purchase chicken base with no more than 750 mg of sodium per cup prepared.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Oatmeal Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 14, Oatmeal Roll.</li> </ul>	K-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
Broccoli Florets	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve.</li> <li>• Wash broccoli.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 3 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Cherry Tomatoes	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>With gloved hands, wash and stem tomatoes.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 6 whole tomatoes (½ cup)
Grapes, fresh	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>Cover and refrigerate until serving.</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Choice, canned	<ul style="list-style-type: none"> <li>Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p><i>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</i></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li><b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz or 2 Tbsp
Jelly	<ul style="list-style-type: none"> <li>Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-12: ½ oz each or 1 Tbsp
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings</li> </ul>	K-12: ½ oz or 1 Tbsp

**Pre-preparation for Week 3 - Friday:** Thaw beef under refrigeration.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																					
Date: _____ <b>Thursday</b>																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
Grades _____																																					
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Savory Rice		1/2 cup					1.000																														
Oatmeal Roll		1 each					1.000																														
Turkey & Cheese Sub		1 sandwich				2.000	2.000																														
Broccoli Florets		1/2 cup							0.500							0.500																					
Cherry Tomatoes		1/2 cup								0.500						0.500																					
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)																																					
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																					
Date: _____ <b>Thursday</b>																																					
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Offer? Yes _____ No _____																																					
Grades _____																																					
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## Purchasing, Preparation & Serving Instructions Week 3 – Friday

Menu Item	Purchasing & Preparation	Serving
Yummy Sloppy Joe on a Bun	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 123, Yummy Sloppy Joe.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for hot service at 135°F or above</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich Meal (K-5)	<ul style="list-style-type: none"> <li>• Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 17 gm of fat; and no more than 320 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-5: 1 sandwich, 1 oz crackers, 1 oz cheese
<b>Alternate Entrée:</b> Peanut Butter & Jelly Sandwich (6-12)	<ul style="list-style-type: none"> <li>• Purchase or prepare Peanut Butter &amp; Jelly sandwich providing 2 oz equivalent M/MA and 2 oz equivalent Grains, no more than 33 gm of fat; and no more than 620 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	6-12: 1 sandwich (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal)
Roasted Red Potatoes	<ul style="list-style-type: none"> <li>• Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup.</li> <li>• Follow manufacturer's directions for baking and holding.</li> <li>• Batch cook. May add pepper or other non-sodium seasonings.</li> <li>• Weigh out each portion size indicated and use as a sample.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Edamame	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 3 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Peach, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash peaches.</li> <li>• Cover and refrigerate or store at room temperature until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 peach
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

**Pre-preparation for Week 4 - Monday:** None.







## Fruit & Vegetable Order Guide Week 3

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion    AP = As Purchased    lb = Pound    oz = ounce    # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Chicken Tetrazzini	¾ cup		¾ cup		1 cup	
	Chilies, diced, canned		1 lb 1 oz		1 lb 1 oz		1 lb 7 oz
	Pimentos, canned		11 oz		11 oz		15 oz
	Tossed Salad	1 cup		1 cup		1 cup	
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Romaine Lettuce, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Cucumber, fresh, AP	⅛ cup	4 lb 1 oz	⅛ cup	4 lb 1 oz	¼ cup	8 lb 2 oz
	Carrots, baby, fresh, EP	⅛ cup	3 lb 15 oz	⅛ cup	3 lb 15 oz	¼ cup	7 lb 13 oz
Apples, fresh, #125-138, AP	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each	½ apple	13 lb 10 oz or 50 each	
Tuesday	Lettuce, Dark Green Leafy, AP	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz	½ cup	9 lb 7 oz
	Tomato, large, fresh, AP	¼” slice	5 lb 12 oz	¼” slice	5 lb 12 oz	2 - ¼” slices	11 lb 8 oz
	Potatoes, French Fries, frozen, straight cup	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz	½ cup	14 lb 7 oz
	Red Bell Pepper, AP	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz	½ cup	13 lb 13 oz
	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	5.5 #10 cans	½ cup	5.5 #10 cans	½ cup	5.5 #10 cans

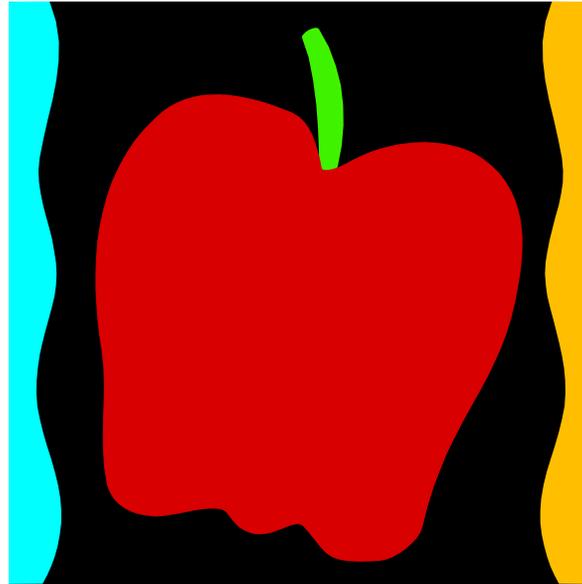
## Fruit & Vegetable Order Guide

### Week 3, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Wednesday	Hash Brown Patties, frozen, 2.25 oz each	1 each	14 lb 1 oz or 100 each	1 each	14 lb 1 oz or 100 each	2 each	28 lb 2 oz or 200 each
	Green Beans, canned	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans	½ cup	4.6 #10 cans
	Raspberries, fresh	½ cup	16 lb 10 oz	½ cup	16 lb 10 oz	½ cup	16 lb 10 oz
Thursday	Broccoli, florets, fresh, EP	½ cup	7 lb	½ cup	7 lb	½ cup	7 lb
	Tomatoes, cherry, AP	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz	6 tomatoes	16 lb 10 oz
	Grapes, fresh, AP	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz	½ cup	19 lb 4 oz
Friday	Yummy Sloppy Joes	½ cup filling		½ cup filling		½ cup filling	
	Cabbage, shredded, ready to use		2 lb 7 oz		2 lb 7 oz		2 lb 7 oz
	Celery, AP		1 lb 11 oz		1 lb 11 oz		1 lb 11 oz
	Green Bell Pepper, AP		1 lb 4 oz		1 lb 4 oz		1 lb 4 oz
	Potatoes, frozen, red roasted, chopped	½ cup	19 lb	½ cup	19 lb	½ cup	19 lb
	Peaches, fresh, 80 count, AP	1 each	22 lb 5 oz or 100 each	1 each	22 lb 5 oz or 100 each	1 each	22 lb 5 oz or 100 each
	Edamame, shelled, EP	½ cup	18 lb 13 oz	½ cup	18 lb 13 oz	½ cup	18 lb 13 oz

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# **Healthier Kansas Menus with Alternate Entrées**



**SPRING WEEK 4 – DAILY PRODUCTION RECORDS**

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Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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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.

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**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)

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- (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.

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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.

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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

Thank you to the following schools for assisting with menu development and recipe testing:

- Logan Elementary School – USD 345 Seaman
- St. Joseph Catholic School – Mt. Hope, KS
- Winfield Scott Elementary School – USD 234 Fort Scott

## Menus for the Week

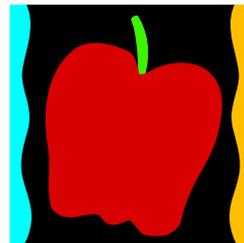
**PLEASE NOTE:**

Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
Beef & Bean Burrito <b>Tortilla Chips (9-12)</b> Or Yogurt & Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b>  Tomato Salsa Romaine Lettuce Mexican Corn Fresh Pear Canned Fruit Choice Milk Choice	Stromboli Squares <b>Garlic Breadstick (9-12)</b> Or Chicken Crispito  Garden Salad Fresh Baby Carrots Fresh Plum Canned Fruit Choice Milk Choice	BBQ Beef on a Bun Or Grilled Chicken Sandwich  Fresh Snow Peas Baked Beans Fresh Watermelon <b>Royal Brownie (6-12)</b> Canned Fruit Choice Milk Choice	Turkey & Cheese Sub Sandwich Or Hamburger on a Bun  Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Applesauce Fresh Fruit Choice Milk Choice	Country Style Beef Pattie <b>Whole Wheat Roll (6-12)</b> Or Cheese Pizza  Mashed Potatoes & Gravy Steamed Broccoli Fresh Orange Canned Fruit Choice Milk Choice	<b>Calories</b>	<b>613</b>	<b>655</b>	<b>780</b>
					<b>Sodium (mg)</b>	<b>782</b>	<b>821</b>	<b>870</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>7.6%</b>	<b>7.5%</b>	<b>6.9%</b>



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Monday	Blueberry Oat Muffin	28	64
	Tomato Salsa	129	61
Tuesday	Stromboli Squares	181	33
	Garden Salad	164	55
	Whole Wheat Garlic Breadstick	877	91
Wednesday	BBQ Beef on a Bun	135	3
	Whole Wheat Bun	877	91
	Baked Beans	188	50
	Royal Brownies	62	78
Thursday	Turkey & Cheese Sub	144	42
	Whole Wheat Bun	877	91
Friday	Whole Wheat Roll	877	91

## Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM	Healthier Kansas Menus	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram		
mg	milligram		

\* For example, purchase pre-portioned servings of condiments.

## Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

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

Menu Item	Purchasing & Preparation	Serving
Beef & Bean Burrito	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked Beef &amp; Bean Burrito that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 500 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
<b>Alternate Entrée:</b> Yogurt & Blueberry Oat Muffin Meal	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain.</li> <li>• Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8oz yogurt, 2 muffins each
Tortilla Chips	<ul style="list-style-type: none"> <li>• Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium).</li> <li>• May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs.</li> </ul>	K-8: N/A 9-12: 1 oz
Romaine Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Mexican Corn	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase frozen or canned Mexican corn or plain corn.</li> <li>• If using plain corn, clean, seed and dice one fresh green pepper and one fresh red pepper for each 20 lb. frozen corn or 5 #10 cans used. Add to corn just before end point of cooking.</li> <li>• Wipe tops of cans clean before opening. Batch cook close to serving time by steaming or by cooking in stock pot with minimal liquid.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Tomato Salsa	<ul style="list-style-type: none"> <li>• Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• May be served, self-serve or pre-portioned for service.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ¼ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 4 – Monday, continued

Menu Item	Purchasing & Preparation	Serving
Pear, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash pears.</li> <li>• Cover and refrigerate or store at room temperature until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 each
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz

Pre-preparation for Week 4 – Tuesday: N/A

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Monday</u>																																																									
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Offer? Yes _____ No _____																																																									
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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## Purchasing, Preparation & Serving Instructions

### Week 4 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Stromboli Squares	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 181, Stromboli Squares.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 piece
Garlic Breadstick	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns, 51%, garlic breadstick variation.</li> </ul>	K-8: N/A 9-12: 1 each
<b>Alternate Entrée:</b> Crispito, chicken chili	<ul style="list-style-type: none"> <li>• Purchase Crispito providing 1 oz equivalent M/MA and 1 oz equivalent Grain, no more than 14 gm of fat; and no more than 370 mg sodium per piece. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-8: 1 each 9-12: 2 each
Garden Salad	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts of individual ingredients needed.</li> <li>• Handle salad with gloved hands, tongs or serving utensils.</li> <li>• May estimate serving sizes using measured portions as samples.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 cup
Carrots, baby, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Plum, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash plums.</li> <li>• Cover and refrigerate or store at room temperature until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 each

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Tuesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ranch Dressing, Reduced Fat	<ul style="list-style-type: none"> <li>• Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.</li> <li>• <b>CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served.</b></li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp

**Pre-preparation for Week 4 - Wednesday:** Thaw beef under refrigeration. Cut and chill watermelon.





## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Whole Wheat Garlic Breadstick		1 each					1.000																																																		
Crispito, chicken chili		2 each				2.000	2.000																																																		
Garden Salad		1 cup							0.500							0.500																																									
Fresh Baby Carrots		1/2 cup								0.500						0.500																																									
Fresh Plum		1 plum						0.500																																																	
Fruit Choice, canned		1/2 cup						0.500																																																	
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Alternate Entrée Lunch Component Totals						2.000	2.000	1.000	0.500	0.500						1.000																																									

## Purchasing, Preparation & Serving Instructions

### Week 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving
BBQ Beef on a Bun	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 135, BBQ Beef on a Bun.</li> <li>• Purchase a raw sliced and shaped beef product that provides no more than 250 mg of sodium per serving.</li> <li>• Purchase BBQ sauce with no more than 500 mg sodium per fl oz.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Grilled Chicken Sandwich	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, un-breaded chicken patties that provide 2 oz equivalent M/MA, no more than 3.5 gm of fat; and no more than 210 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Snow Peas, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloved hands or serving utensils. Cover and refrigerate until serving.</li> <li>• Weigh or count number needed per portion.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Baked Beans	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Watermelon, Fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and cut into ½" cubes.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Wednesday, continued

Menu Item	Purchasing & Preparation	Serving
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> <li>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Royal Brownie	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 62, Royal Brownie.</li> <li>• This menu item will count as a grain based dessert.</li> </ul>	K-5: N/A 6-12: 1 piece
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or 2 Tbsp or 2 PC</b>
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 4 – Thursday:** Chill applesauce.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
Grades _____																																																									
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BBQ Beef on a Bun		1 sandwich				2.000	2.000																																																		
Grilled Chicken Sandwich		1 each				2.000	2.000																																																		
Fresh Snow Peas		1/2 cup												0.500		0.500																																									
Baked Beans		1/2 cup												0.500		0.500																																									
Watermelon, fresh		1/2 cup						0.500																																																	
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Royal Brownie		N/A																																																							
Milk Choice		8 fl oz																																																							
Ketchup		1 fl oz																																																							
Mustard		1 tsp																																																							
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000	0.500			0.500		0.500		1.000																																										

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

### Production Record (6-8)

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

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

Offer? Yes \_\_\_\_\_ No \_\_\_\_\_

Grades \_\_\_\_\_

BREAKFAST			
	Age/grade Group	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	6-8		
ADULT MEALS			
<b>TOTAL MEALS</b>			

MENU ITEMS AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES		
			After Cook	Start of Service	End of Service	M/MA	Grains	Fruit	Dark Green Veg	Red Orange Veg	Legumes Veg	Starchy Veg	Other Veg	Additional Veg	Total Veg					
BBQ Beef on a Bun		1 sandwich				2.000	2.000													
Grilled Chicken Sandwich		1 each				2.000	2.000													
Fresh Snow Peas		1/2 cup												0.500		0.500				
Baked Beans		1/2 cup											0.500		0.500					
Watermelon, fresh		1/2 cup						0.500												
Fruit Choice, canned		N/A																		
Royal Brownie		N/A																		
Milk Choice		8 fl oz																		
Ketchup		1 fl oz																		
Mustard		1 tsp																		
<b>Daily Breakfast Component Totals</b>																				
<b>Daily Lunch Component Totals</b>						2.000	2.000													
<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000	0.500			0.500		0.500		1.000					
																<b>Notes:</b>				

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)																																																									
Date: _____ <u>Wednesday</u>																																																									
Preparation Site: _____																																																									
Offer? Yes _____ No _____																																																									
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.500	1.000		0.500		0.500			1.000																																										

## Purchasing, Preparation & Serving Instructions

### Week 4 – Thursday

Menu Item	Purchasing & Preparation	Serving
Turkey & Cheese Sub	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 144, Turkey &amp; Cheese Sub.</li> <li>• Purchase lean, deli-sliced, turkey with no more than 500 mg of sodium per 2 oz serving. Product should be CN labeled or have a product formulation statement with crediting information.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns.</li> <li>• <b>CCP: Hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 sandwich
<b>Alternate Entrée:</b> Hamburger on a Bun	<ul style="list-style-type: none"> <li>• Purchase pre-cooked, oven-ready hamburger patties that provides 2 oz equivalent M/MA; no more than 13 gm of fat; and no more than 300 mg sodium. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns, Hamburger Bun Variation.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Dark Green Leaf Lettuce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands. May be pre-portioned.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ cup
Tomato Slice	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle produce with gloved hands.</li> <li>• Slice ¼" thick.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-8: 1 slice 9-12: 2 slices
Sweet Potato Fries	<ul style="list-style-type: none"> <li>• Purchase crinkle-cut, ovenable sweet potato fries.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions

### Week 4 – Thursday, continued

Menu Item	Purchasing & Preparation	Serving
Applesauce, unsweetened	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Cover and refrigerate until serving.</li> <li>• With gloved hands, wash strawberries.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service</b></li> </ul>	K-12: ½ cup
Fruit Choice, fresh	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12.</li> </ul> <p><small>*Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</small></p>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Mayo-type Salad Dressing, reduced fat	<ul style="list-style-type: none"> <li>• Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1fl oz servings.</li> </ul>	K-12: ½ oz or 1 Tbsp
Ketchup	<ul style="list-style-type: none"> <li>• Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings.</li> </ul>	K-12: 1 fl oz <b>or</b> 2 Tbsp <b>or</b> 2 PC
Mustard	<ul style="list-style-type: none"> <li>• Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings.</li> </ul>	K-12: 1 tsp

**Pre-preparation for Week 4 - Friday:** Cut and chill oranges.

## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Tomato Slice		1 1/4" slice								0.125						0.125																																									
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Applesauce, canned		1/2 cup						0.500																																																	
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Preparation Site: _____																																																									
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<b>Alternate Entrée Lunch Component Totals</b>						2.000	2.000																																																		
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## Purchasing, Preparation & Serving Instructions Week 4 – Friday

Menu Item	Purchasing & Preparation	Serving
Country Style Beef Patty	<ul style="list-style-type: none"> <li>• Purchase a pre-cooked, breaded beef patty that provides at least 2 oz equivalent M/MA and 1 oz equivalent Grains; no more than 15 gm of fat; and no more than 400 mg of sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Prepare according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
Whole Wheat Roll	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns.</li> </ul>	K-5: N/A 6-12: 1 each (1 oz)
<b>Alternate Entrée:</b> Cheese Pizza	<ul style="list-style-type: none"> <li>• Purchase pre-prepared cheese pizza that provides 2 oz equivalent M/MA and 2 oz equivalent Grains; no more than 8 gm of fat; and no more than 600 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement.</li> <li>• Heat in oven according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 piece
Mashed Potatoes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes.</li> <li>• Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup
Broccoli, steamed	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Batch cook close to serving time by steaming or by stock pot with minimal liquid.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: ½ cup

*Continued on next page*

## Purchasing, Preparation & Serving Instructions Week 4 – Friday, continued

Menu Item	Purchasing & Preparation	Serving
Orange Wedges, fresh	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase oranges, size #138.</li> <li>• Handle with gloved hands. Rinse peel.</li> <li>• Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half.</li> <li>• Cover and refrigerate.</li> <li>• <b>CCP: Hold for cold service at 41°F or below.</b></li> </ul>	K-12: 1 orange
Fruit Choice, canned	<ul style="list-style-type: none"> <li>• Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as ½ cup of fruit, to meet the minimum daily requirement, for grades 9-12. *Note: The fruit choice is encouraged for grades K-5 and 6-8, but not required. The fruit choice is not included in the nutrient analysis for grades K-5 and 6-8.</li> </ul>	K-8: N/A* 9-12: ½ cup
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 8 fl oz
Gravy	<ul style="list-style-type: none"> <li>• Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 fl oz
Jelly	<ul style="list-style-type: none"> <li>• Purchase .5 oz packets or purchase in bulk container.</li> </ul>	K-5: N/A 6-12: ½ oz each or 1 Tbsp

**Pre-preparation for Week 1 - Monday:** Chill fruit cocktail.

# Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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Cheese Pizza		1 slice				2.000	2.000																														
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## Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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## Fruit & Vegetable Order Guide Week 4

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-5, 6-8, and 9-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size (K-5, 6-8 or 9-12).
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

**Abbreviations Key: EP = Edible Portion      AP = As Purchased      lb = Pound      oz = ounce      # = Number**

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Monday	Lettuce, Romaine, AP	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz	½ cup	6 lb 7 oz
	Mexican Corn	½ cup					
	Corn, frozen, whole kernel <b>OR</b>		18 lb 4 oz		18 lb 4 oz		18 lb 4 oz
	Corn, canned, whole kernel, liquid packed		5.2 #10 cans		5.2 #10 cans		5.2 #10 cans
	Green Bell Pepper, fresh, AP		1 medium pepper		1 medium pepper		1 medium pepper
	Red Bell Pepper, fresh, AP		1 medium pepper		1 medium pepper		1 medium pepper
	Picante Sauce <b>OR</b>	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups	¼ cup	1 gal 9 cups
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)	2 #10 can		2 #10 can		2 #10 can	
	Jalapeno Peppers, canned (for Tomato Salsa)	4 oz		4 oz		4 oz	
	Pear, fresh, 120 count, AP	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each	1 each	25 lb 7 oz or 100 each
	Blueberry Oat Muffin	2 muffins		2 muffins		2 muffins	
	Applesauce, canned, unsweetened		1 ½ #10 can		1 ½ #10 can		1 ½ #10 can
Blueberries, frozen, unsweetened		5 lb		5 lb		5 lb	

## Fruit & Vegetable Order Guide

### Week 4, continued

Day	Fruit or Vegetable	K-5 Portion Size	K-5 Amount to Order per 100 Servings	6-8 Portion Size	6-8 Amount to Order per 100 Servings	9-12 Portion Size	9-12 Amount to Order per 100 Servings
Tuesday	Garden Salad:	1 cup		1 cup		1 cup	
	Lettuce, Romaine, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Spinach, fresh, trimmed, AP		6 lb 8 oz		6 lb 8 oz		6 lb 8 oz
	Tomato, fresh, AP		1 lb 5 oz		1 lb 5 oz		1 lb 5 oz
	Carrots, fresh, AP		15 oz		15 oz		15 oz
	Cucumber, fresh, AP		14 oz		14 oz		14 oz
	Carrots, baby, fresh, EP	½ cup		15 lb 10 oz	½ cup		15 lb 10 oz
Plum, fresh, 45-50 count, AP	1 each		20 lb 2 oz or 100 each	1 each		20 lb 2 oz or 100 each	
Wednesday	Snow Peas, fresh	½ cup		½ cup		½ cup	
	Baked Beans	½ cup		½ cup		½ cup	
	Beans, baked, canned, vegetarian		4.25 #10 cans		4.25 #10 cans		4.25 #10 cans
	Tomato Sauce, canned		6 cups		6 cups		6 cups
	Watermelon, fresh, AP	½ cup		32 lb 13 oz	½ cup		32 lb 13 oz
Thursday	Lettuce, Dark Green Leafy, AP	½ cup		½ cup		½ cup	
	Tomato, large, fresh, AP	¼" slice		¼" slice		2 - ¼" slices	
	Sweet Potato Fries, crinkle-cut, frozen	½ cup		½ cup		½ cup	
	Applesauce, canned, unsweetened	½ cup		½ cup		½ cup	
Friday	Potatoes, dehydrated, flakes	½ cup prepared		½ cup prepared		½ cup prepared	
	Broccoli, frozen, chopped	½ cup		½ cup		½ cup	
	Oranges, fresh, whole, #138	1 orange		1 orange		1 orange	