
Healthier Kansas Menus with Alternate Entrées

- Lunch



INTRODUCTION

Child Nutrition & Wellness, Kansas State
Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées - INTRODUCTION



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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

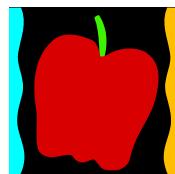
- X0618 St. Joseph Catholic School, Ost
- USD 234 Fort Scott, Winfield Scott Elementary School
- USD 345 Seaman, Logan Elementary School

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

Table of Contents

| | Page |
|--|-------------|
| Introduction | 1 |
| Tips for Using Healthier Kansas Menus | 2 |
| Healthier Kansas Menus with Alternate Entrées 8-Week Cycle | 4 |
| Adapting Menus to Meet Your Needs | 8 |
| Menu Standards of Excellence | 11 |



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

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 |
| Week 1 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 Oatmeal Cookie (9-12) 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 Cinnamon Puff (6-12) Canned Fruit Choice Milk Choice | Chicken & Noodles Whole Wheat Roll (6-12) Or Turkey & Cheese Sub Sandwich Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice | Calories Sodium (mg) % of Total Calories from Sat. Fat | 643 777 8.3% | 669 797 7.9% | 779 851 7.4% |
| Week 2 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 Sausage Patty (6-12) Or Pepperoni Pizza Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice | Calories Sodium (mg) % of Total Calories from Sat. Fat | 618 837 6.8% | 657 887 6.9% | 803 1007 6.5% |

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

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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>Week 1</p> <p>Hot Ham & 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 Whole Wheat Roll (9-12)</p> <p>Broccoli Florets Cherry Tomatoes Fruit Cocktail Fresh Fruit Choice Milk Choice</p> | <p>Taco Burger on a Bun Tortilla Chips (6-12) Or Fruit, Yogurt & Granola Parfait Tortilla Chips (6-12)</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 & 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 & Jelly Sandwich</p> <p>Mashed Potatoes & Gravy Steamed Asparagus Fresh Peach Canned Fruit Choice Milk Choice</p> | <p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p> | 649 | 683 | 759 |
| <p>Week 2</p> <p>Sweet and Sour Chicken Nuggets Seasoned Brown Rice Or Yogurt & 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 Cherry Crisp (6-12) Canned Fruit Choice Milk Choice</p> | <p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p> | 627 | 664 | 790 |

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

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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, 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.

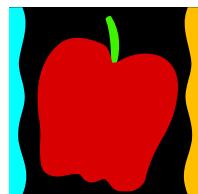
Be cautious if adding choices of high-fat or high-sodium menu items. Many entrees, cheese, cookies, desserts, salad dressings or items containing salad dressing are high in fat. Salad bar toppings such as cheese, cottage cheese and sunflower seeds can dramatically increase the amount of fat and sodium 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

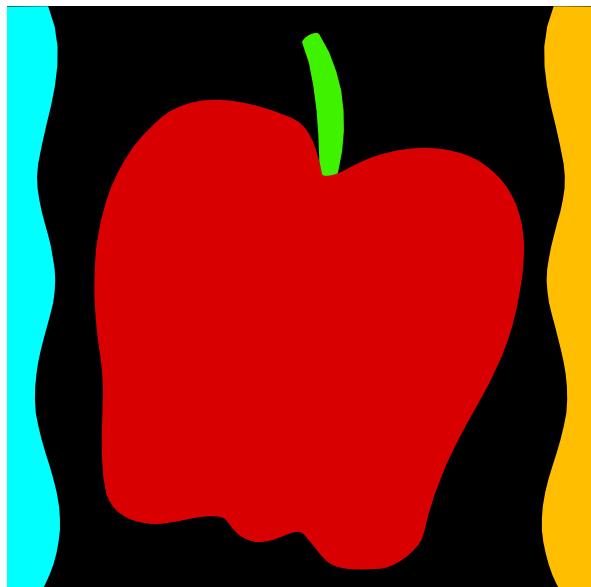
2015 Dietary Guidelines for Americans and MyPlate

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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APPENDICES

Child Nutrition & Wellness, Kansas State
Department of Education

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(2) Fax: (202) 690-7442; or

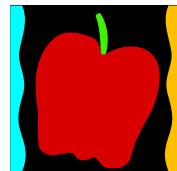
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Table of Contents

| | Page |
|---|-------------|
| Converting Common Measures | 1 |
| Healthier Kansas Menus – Nutrient Analysis..... | 2 |



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

Healthier Kansas Menus



RECIPES

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus – RECIPES



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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

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Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: 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.

Healthier Kansas Menus – RECIPES

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

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

Healthier Kansas Menus – RECIPES

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Table of Contents

| Main Dishes: | | Page |
|-------------------------------|--|-------------|
| Baked Chicken Drumstick..... | | 1 |
| BBQ Chicken Drumstick | | 2 |
| BBQ Beef on a Bun | | 3 |
| Beef & Noodles..... | | 5 |
| Biscuit & Sausage Gravy | | 7 |
| Cheese Breadsticks..... | | 8 |
| Cheese Sauce | | 9 |
| Chicken & Noodles | | 11 |
| Chicken Quesadilla..... | | 13 |
| Chicken Tetrazzini | | 13 |
| Chicken Wrap | | 15 |
| Chili..... | | 17 |
| Cowboy Cavatini..... | | 19 |
| Hot Ham & Cheese on Bun | | 20 |

Healthier Kansas Menus – RECIPES

| Main Dishes, continued | Page |
|-------------------------------------|------|
| Lasagna..... | 21 |
| Macaroni & Cheese | 23 |
| Mexican Seasoning Mix..... | 24 |
| Mini Meatball Sub | 25 |
| Pig in a Blanket..... | 27 |
| Pulled Pork Sandwich..... | 29 |
| Rock and Roll Beef Wraps..... | 30 |
| Spaghetti & Meat Sauce | 31 |
| Stromboli Squares | 33 |
| Super Nachos..... | 35 |
| Sweet and Sour Chicken Nuggets..... | 36 |
| Taco Burger..... | 37 |
| Taco Meat..... | 39 |
| Taco Salad | 40 |
| Taco Soup | 41 |

Healthier Kansas Menus – RECIPES

| Main Dishes, continued | Page |
|-----------------------------------|-------------|
| Turkey & Cheese Sub..... | 42 |
| White Chicken Chili..... | 43 |
| Yummy Sloppy Joe on a Bun | 45 |
| Fruits and Vegetables: | Page |
| Apple Glazed Sweet Potatoes | 47 |
| Apple Salad | 48 |
| Asian Fresh Vegetables..... | 49 |
| Baked Beans | 50 |
| Black Bean & Corn Salsa | 51 |
| Creamy Cole Slaw | 52 |
| Fresh Citrus Fruit Cup | 53 |
| Fresh Mixed Fruit Cup | 54 |
| Garden Salad | 55 |
| Ranch Potato Wedges..... | 56 |

Healthier Kansas Menus – RECIPES

| | | |
|--|----|-------------|
| Fruits and Vegetables, continued | | Page |
| Strawberries & Bananas | 57 | |
| Southwestern Lentils | 58 | |
| Summer Fruit Salad..... | 59 | |
| Sunshine Garden Salad..... | 60 | |
| Tomato Salsa | 61 | |
| Tossed Salad..... | 62 | |
| Breads, Grains, and Desserts: | | Page |
| Angel Biscuits, Whole Wheat..... | 63 | |
| Blueberry Oat Muffins, Whole Grain | 64 | |
| Cherry Crisp, Whole Wheat | 65 | |
| Chocolate Chip Cookies, Whole Wheat..... | 67 | |
| Cornbread Muffins | 69 | |
| Honey Apple Crisp, Whole Wheat | 71 | |

Healthier Kansas Menus – RECIPES

| Breads, Grains, and Desserts, continued | | Page |
|--|--|-------------|
| Oatmeal Cookies, Whole Wheat..... | | 73 |
| Oatmeal Rolls, Whole Grain | | 75 |
| Rice Crispy Bars, Whole Grain | | 77 |
| Royal Brownies, Whole Wheat | | 78 |
| Savory Rice | | 79 |
| Seasoned Brown Rice | | 80 |
| Snickerdoodles, Whole Grain | | 81 |
| Spanish Brown Rice | | 82 |
| Whole Wheat Bread, 51% | | 83 |
| Whole Wheat Cinnamon Puffs, 51% | | 85 |
| Whole Wheat Cinnamon Rolls, 51%..... | | 87 |
| Whole Wheat French Garlic Bread, 51% | | 89 |
| Whole Wheat Rolls, Breadsticks and Buns, 51% | | 91 |

Healthier Kansas Menus – RECIPES

| Abbreviation | What it Means | Abbreviation | What it Means |
|---------------------|------------------------|---------------------|----------------------|
| 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) 1 Tbsp 3 oz | As needed | | | <ol style="list-style-type: none"> Thaw chicken under refrigeration overnight. Lay thawed chicken in single layer on sheet pans lined with parchment paper. Spray with pan release spray. Combine pepper and dressing mix in a shaker. Sprinkle dry mix evenly over chicken. |
| | | | | | <ol style="list-style-type: none"> Bake until internal temperature reaches 180°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes. CCP: Heat to 180°F or higher for 15 seconds. CCP: Hold at 135°F or higher. Serve 1 leg for K-8 and 2 legs for 9-12. |

| Serving Size | 1 Serving Provides | Yield |
|--|---|------------|
| K-8: 1 drumstick 9-12: 2 drumsticks | K-8: 1.5 oz equivalent M/MA 9-12: 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"> Thaw chicken under refrigeration overnight. Lay thawed chicken in single layer on sheet pans lined with parchment paper. Spray with pan release spray. Bake until internal temperature reaches 180°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes. <p>CCP: Heat to 180°F or higher for 15 seconds.</p> |
| *Barbeque Sauce 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"> Combine all ingredients in bowl and mix well and store in refrigerator (if prepared ahead of time). During the last 7 minutes of baking, brush or spread BBQ sauce onto full surface of chicken. <p>CCP: Hold at 135°F or higher.</p> |

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

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 | | Serving | | Directions |
|---|--------------|------------|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Beef, steak slices, raw | 21 lb | 1 gal 1 qt | | | 1. Cook beef slices according to manufacturer's instructions. CCP: Heat to 145°F or higher for 15 seconds. |
| Barbecue Sauce, no more than 500 mg sodium per 1 fl oz | | | | | 2. Add BBQ sauce. Rinse out the BBQ sauce bottle with the water. Add to meat and sauce. Mix. |
| Water | | 2½ cups | | | 3. Heat in oven, tilting skillet, steam kettle or on the stove top. Add water if needed to maintain volume as water evaporates. |
| Hamburger Bun, whole wheat, 2 oz equivalent Grains OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | 100 each | | | CCP: Heat to 135°F or higher for 15 seconds. CCP: Hold at 135°F or higher. 4. Portion a #8 scoop (1/2 cup) of beef mixture on bun. <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 each 100 servings. |

| 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 – $\frac{3}{4}$ 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. CCP: Heat to 145°F or higher for 15 seconds. |
| 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 $\frac{3}{4}$ -cup servings. 7. Pour into steam table pans. CCP: Hold at 135°F or higher. |

| Serving Size | 1 Serving Provides | Yield |
|---|--|--------------|
| K-8: $\frac{3}{4}$ cup (6 oz spoodle) 9-12: 1 cup (8 oz spoodle) | K-8: 2.0 oz equivalent M/MA + 1.0 oz equivalent Grains 9-12: 2.5 oz equivalent M/MA + 1.25 oz equivalent Grains | 75 cups |

Beef & Noodles, continued

Nutrients Per ¾ 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) OR Purchased Whole Wheat Biscuits weighing at least 2 oz | | 100 each | | | <ol style="list-style-type: none"> 1. Prepare angel biscuits according to recipe or Slice and warm pre-made whole wheat biscuits. |
| Gravy, country style Sausage, turkey, raw* OR Sausage, turkey, pre-cooked, crumbles* | 7 lb 6 lb 4 oz | 2 gal 2 qt | | | <ol style="list-style-type: none"> 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. OR heat pre-cooked sausage crumbles according to manufacturer's instructions to a minimum of 135° F. 4. Mix cooked drained sausage with gravy mix. CCP: Heat to 135°F or higher. 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) | 12 lb 8 oz (2 recipes for 100 rolls) | | | | <ol style="list-style-type: none"> 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. |
| Cheese, mozzarella, low-fat, shredded, frozen | 12 lb 8 oz | | | | |

| 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 | | Serving | | Directions |
|-----------------------------|--------------|---------|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Butter, unsalted* | 12 oz | | | | 1. Melt margarine. Add flour and salt. Stir until smooth. |
| All-purpose flour, enriched | 13 oz | | | | |
| Salt | | 1½ tsp | | | |
| 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. CCP: Hold for hot service at 135°F or higher. |

*May use margarine instead of butter, but must ensure that product is *trans* fat free

| 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 | | Serving | | 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 tsp $\frac{3}{4}$ tsp $\frac{1}{2}$ tsp $\frac{1}{3}$ cup $\frac{1}{4}$ tsp $\frac{1}{2}$ tsp | | | <ol style="list-style-type: none"> 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 | | | <ol style="list-style-type: none"> Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 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. <p>CCP: Heat to 165°F or higher for at least 15 seconds.</p> |
| | | | | | <ol style="list-style-type: none"> Add additional broth or cook down as needed to make 25 quarts for every 100 1-cup servings. Pour into steam table pans. <p>CCP: Hold at 135°F or above.</p> |

| 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

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 | | | | <ol style="list-style-type: none"> Line sheet pans (18"x26"x1") with parchment paper or pan liners (5 sheet pans per 100 servings). 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 | | | <ol style="list-style-type: none"> Chop peppers, onion and tomatoes. Combine chicken, peppers, onions, and corn in tilt skillet or steam kettle and heat. CCP: Heat to 165°F or higher for at least 15 seconds. Add tomatoes to chicken mixture. Drain excess liquid. 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 | | | | <ol style="list-style-type: none"> Combine shredded cheeses. Spoon 3/8 cup vegetable/chicken mixture on half of each tortilla. Sprinkle 2 Tbsp of cheese on top of vegetable mix on each tortilla. Fold tortillas in half and shingle quesadillas on lined sheet pans. Spray tortillas with pan release spray to aid browning. |
| | | | | | <ol style="list-style-type: none"> Bake until tops are golden brown: Conventional oven: 400°F for 10 minutes. Convection oven: 375°F for 7 minutes. Allow quesadillas to stand for 5 minutes. CCP: Hold hot for service at 135°F or higher. |

Chicken Quesadilla, continued

| 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 | 3 lb 12 oz | 1 qt 3½ cups | | | |
| Broth, chicken, low sodium | 27 lb 10 oz | 3 gal + 1 qt + 3 ¼ cup | | | |
| Margarine, liquid | 8 oz | 2 tsp | | | |
| Pepper, black | | | | | |
| 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. CCP: Hold hot for service at 135°F or above. |

| Serving Size | 1 Serving Provides | Yield |
|----------------------------|---|---------|
| K-8: ¾ cup (6 oz spoodle) | K-8: 2.0 oz equivalent M/MA + 1.0 oz equivalent Grains | 75 cups |
| 9-12: 1 cup (8 oz spoodle) | 9-12: 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 100 each | 1 lb 9 oz | 100 patties 100 each | <ol style="list-style-type: none"> Purchase CN labeled precooked, unbreaded, chicken patties with 2 oz equivalent M/MA per serving. Heat chicken according to manufacturer's directions and cut into strips. CCP: Hold at 135°F or above until served. For each wrap serve: K-8: 1.5 oz of chicken strips 9-12: 2 oz of chicken strips 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 | K-8: 1.75 oz equivalent M/MA + 1.5 oz equivalent Grains 9-12: 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) | | Serving | | 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 | | | <ol style="list-style-type: none"> Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. Drain beans. Add remaining ingredients, except water, to ground beef. 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. <p>CCP: Heat to 160°F or higher for at least 15 seconds.</p> <p>CCP: Hold hot for service at 135°F or above.</p> |
| | | | | | <p>Notes:</p> <ul style="list-style-type: none"> For less sodium, choose a “fancy” or very-low sodium chili powder. 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. May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions. May use minced garlic in place of garlic powder. May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product. |

Chili, continued

| Serving Size | 1 Serving Provides | Yield |
|-----------------------------|---|----------------------------|
| K-8: 6 oz spoodle (3/4 cup) | K-8: 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 |
| 9-12: 8 oz spoodle (1 cup) | 9-12: 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 | | Serving | | 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. CCP: Heat to 165°F or higher for 15 seconds. 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. CCP: Hold hot for service at 135°F or higher. |

| 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 | | Serving | | Directions |
|---|--------------|-------------------|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Ham, cooked, water added, sliced | 7 lb 11 oz | | | | 1. Slice ham into 0.6 oz slices. 2. Heat to a minimum of 135° F for at least 15 seconds. 3. Assemble sandwiches using 1 bun, 2 slices of cheese (1 oz), and 1.2 oz of ham (2 slices) per sandwich. 4. Place on paper-lined sheet pans and cover, or wrap individually in foil. 5. Heat in oven until cheese begins to melt. CCP: Hold for hot service at 135°F or above. |
| Cheese, American, slices | 6 lb 4 oz | (100 ½ oz slices) | | | |
| Hamburger Bun, whole wheat, 2 oz equivalent Grains OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | 100 each | | | Cold Ham & Cheese Variation: Do not preheat ham. Assemble sandwiches as above. CCP: Hold at 41°F or below for cold service. |

| 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 | | | <p>1. Brown beef and drain. 2. Add onions, spaghetti sauce, tomatoes, and water. Stir to combine. CCP: Heat to 160°F or higher for 15 seconds.</p> |
| 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 | | | <p>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: a) Place 8 uncooked lasagna noodles in each pan. b) Spread 1 qt of meat sauce on top of noodles in each pan. c) Spread 1½ cups of egg mixture over top of meat sauce in each pan. d) Cover with 1¼ cups of mozzarella cheese per pan. e) Repeat steps a-d 1 time. 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. CCP: Hold hot for service at 135°F or higher.</p> |

Lasagna, continued

| 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 % | | |

Macaroni & Cheese

| Main Dish | HACCP: #2 Same Day Service | | | | Healthier Kansas Recipe 184 – revised |
|--|--|---------|---------------------------------|---------|--|
| Ingredients | 100 Servings | | Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Water Macaroni, elbow, whole grain | 6 lb 4 oz | 6 gal | | | <ol style="list-style-type: none"> 1. Bring water to a boil. 2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. Do not overcook. Drain well, rinse with cool water, and drain again. 3. Transfer cooked macaroni to pans and set aside. |
| Cheese Sauce*, low sodium OR – Prepare homemade cheese sauce: Milk, skim Margarine, liquid Pepper Cheese, American, shredded | 13 lb 14 oz 11 lb 2 oz 1 lb 2 oz 7 lb | | 1 gal 1½ qt 2¼ cups 1 tsp | | <ol style="list-style-type: none"> 4. Prepare cheese sauce according to package directions. Heat to 165°F. Or prepare homemade cheese sauce per directions below. 5. Pour hot cheese sauce over macaroni and fold together until mixed. CCP: Hold for hot service at 135°F or higher. 6. Serve with a #8 scoop <p>* Note: Purchased cheese sauce will only credit toward M/MA component, with a CN label or Product Formulation Statement from the manufacturer.</p> <p>Option: To prepare homemade cheese sauce, heat milk and then add margarine, pepper, and shredded cheese to the warm milk.</p> |

* Nutritional analysis uses low sodium prepackaged cheese sauce.

| Serving Size | 1 Serving Provides | Yield |
|--------------------|--|--------------------------------|
| #8 scoop (1/2 cup) | 1 oz equivalent M/MA (*see note above) + 1 oz equivalent Grains | 100 servings 3 gal + 2 cups |

Nutrients Per Serving*

| | | | | | |
|---------------|----------|-----------------|-----------|-------------|-----------|
| Calories | 271 | Vitamin A | 589.96 IU | Iron | 1.10 mg |
| Protein | 12.88 gm | Vitamin C | 0 mg | Calcium | 254.65 mg |
| Carbohydrate | 24.3 gm | Fiber | 2.34 gm | Cholesterol | 31.25 mg |
| Fat | 14.37 gm | % Fat | 47.75 % | Sodium | 543.25 mg |
| Saturated Fat | 7.08 gm | % Saturated Fat | 23.53 % | | |

Mexican Seasoning Mix

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 | | | 1. Mix all ingredients together well. |
| Cumin, ground | | 1⅓ cups | | | 2. Store in an airtight container in a cool, dry place. |
| Paprika | | ¼ cup | 3 Tbsp | | During hot weather store in the refrigerator. |
| Onion Powder | | ¼ cup | 3 Tbsp | | 3. Use 1/4 cup + 3 Tbsp per 10 lbs of ground beef, adjusting to taste. |

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 (or number needed to meet 1 oz M/MA per serving) 2 #10 cans + 1 cup | 3 lb 2 oz | 500 each (or number needed to meet 2 oz M/MA per serving) 2 #10 cans + 1 cup | <ol style="list-style-type: none"> Preheat convection oven to 375°F. 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. During the last 5 minutes of cooking, sprinkle each pan with 1 lb 9 oz cheese. CCP: Heat to 165°F or higher for 15 seconds. |
| Sub Bun, whole wheat, purchased, 2 oz equivalent Grains OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | 100 each | | 100 each | <ol style="list-style-type: none"> At service, assemble subs: place 5 meatballs with sauce and cheese on bun. CCP: Hold for hot service at 135°F or higher. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|---|----------------|
| 1 sandwich | K-8: 1.5 oz equivalent M/MA + 2.0 oz equivalent Grains + 0.25 cups vegetables, RO 9-12: 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 OR Bread Dough, whole wheat, frozen | 12 lb 8 oz (2 recipes for 100 rolls) | | | | 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 CCP: Heat to 165°F or above for 15 seconds. 7. Spray pigs in a blanket lightly with pan release spray after removing from oven. CCP: Hold for hot service at 135°F or higher. |
| Frankfurter, turkey, 2 oz equivalent M/MA | 12 lb 8 oz | 100 each | | | |
| Pan Release Spray | | As needed | | | |
| | | | | | Alternate Wrapping Method: 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

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 | | Serving | | 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"> Thaw pork under refrigeration. Conventional oven: preheat oven to 350° F. 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. <p>CCP: Heat to 135°F or higher for 15 seconds.</p> |
| Hamburger Bun, whole wheat, 2 oz equivalent Grains OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | 100 each | | | <ol style="list-style-type: none"> Portion 4 oz of heated pork (or amount needed to meet 2 oz eq M/MA) onto bun for service. <p>CCP: Hold at 135°F or higher.</p> |
| *Optional Additional Barbeque Sauce 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"> 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. |

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

| 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 | 17 lb 8 oz | | | | <ol style="list-style-type: none"> Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. <p>CCP: Heat to 165°F or above for at least 15 seconds.</p> <ol style="list-style-type: none"> 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. <p>CCP: Hold at 135° F or higher.</p> |
| Spaghetti Sauce, canned | | 3½ #10 cans | | | |
| Water | | | | | <ol style="list-style-type: none"> Bring water to a boil. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly. Stir noodles into meat sauce. 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. 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. <p>CCP: Hold at 135°F or higher.</p> |
| Spaghetti Noodles, whole grain, dry | 9 lb 8 oz | 12 gal | | | |
| Pan Release Spray | | As needed | | | |

Note:

USDA Recipes D-35 Spaghetti Sauce may be used in place of purchased spaghetti sauce.

Spaghetti & Meat Sauce, continued

| 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 | | Serving | | Directions |
|--|--|-----------|---------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Dough from Whole Wheat Rolls, 51%, HKM Recipe 877 | 16 lb (approximately 2.5 x 100-roll recipe) | | | | <ol style="list-style-type: none"> 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 | | | <ol style="list-style-type: none"> 2. Mix shredded cheese and seasonings. |
| Turkey Ham, lean, shaved or deli sliced Italian Seasonings (optional) | 11 lb | As needed | | | <ol style="list-style-type: none"> 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.) <p>CCP: Hold for hot service at 135°F or higher.</p> |

Stromboli Squares, continued

| 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 % | | |

Super Nachos

Main Dish
HACCP: #2 Same Day Service
Healthier Kansas Recipe 140 - Revised

| Ingredients | 100 Servings (K-8) | | 100 Servings (9-12) | | Directions |
|---------------------------------------|--------------------|---------|---------------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Tortilla Chips, whole grain, unsalted | 100 oz | | 200 oz | | |
| Taco Meat, HKM Recipe 76 | | 25 cups | | 25 cups | |
| Cheese Sauce, HKM Recipe 139 | | 13 cups | | 25 cups | <ol style="list-style-type: none"> Place tortilla chips on a plate (portion 1 oz chips for grades K-8 and 2 oz chips for grades 9-12) Top with #16 scoop (1/4 cup) taco meat. Top with cheese sauce (1/8 cup/#30 scoop for K-8 and 1/4 cup/#16 scoop for 9-12). <p>CCP: Hold at 135°F or higher.</p> |

| Serving Size | 1 Serving Provides | Yield |
|----------------------------|---|--------------|
| K-8: 1 plate (1 oz chips) | K-8: 1.75 oz equivalent M/MA + 1.0 oz equivalent Grains | 100 servings |
| 9-12: 1 plate (2 oz chips) | 9-12: 2.0 oz equivalent M/MA + 2.0 oz equivalent Grains | |

Nutrients Per K-8 Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 336 | Vitamin A | 460.5 IU | Iron | 1.93 mg |
| Protein | 17.41 gm | Vitamin C | 4.96 mg | Calcium | 101.3 mg |
| Carbohydrate | 22.53 gm | Fiber | 1.65 gm | Cholesterol | 57.01 mg |
| Fat | 19.27 gm | % Fat | 51.67 % | Sodium | 293.24 mg |
| Saturated Fat | 8.82 gm | % Saturated Fat | 23.66 % | | |

Nutrients Per 9-12 Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 532 | Vitamin A | 585.8 IU | Iron | 2.39 mg |
| Protein | 21.88 gm | Vitamin C | 4.96 mg | Calcium | 183.49 mg |
| Carbohydrate | 41.88 gm | Fiber | 2.70 gm | Cholesterol | 68.95 mg |
| Fat | 30.37 gm | % Fat | 51.43 % | Sodium | 452.70 mg |
| Saturated Fat | 14.39 gm | % Saturated Fat | 24.36 % | | |

Sweet and Sour Chicken Nuggets

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 143

| Ingredients | 100 – Servings | | Serving | | 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 (or number needed to meet 2 oz M/MA per serving) | | | <ol style="list-style-type: none"> 1. Prepare according to manufacturer's instructions. 2. Portion 25 servings (125 nuggets) per pan. CCP: Hold at 135° F or higher. |
| Sweet and Sour Sauce, bottled Pineapple Juice Cornstarch Water, cold | 5 lb 2 lb | ¾ cup 3 ¼ cup | | | <ol style="list-style-type: none"> 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. <p>CCP: Hold at 135°F or higher.</p> |
| | | | | | |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--|--------------|
| 5 nuggets | 2.0 oz equivalent M/MA + 1.0 oz equivalent Grains | 100 servings |

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 | | Serving | | Directions |
|---|--------------|---------|---------|---------|------------|
| | Weight | Measure | Weight | Measure | |
| Beef, ground 80/20, raw | 13 lb | | | | |
| Dehydrated Onion Flakes | 2 oz | | | | |
| Pepper | | | | | |
| Tomato Paste | | | | | |
| Mexican Seasoning Mix (see HKM Recipe 79) | | | | | |
| OR | | | | | |
| Purchased Mexican Seasoning Mix | | | | | |
| Salt | | | | | |
| Sugar, brown | | | | | |
| Water | | | | | |
| Hamburger Bun, whole wheat, 2 oz equivalent Grains | | | | | |
| OR | | | | | |
| Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | | | | |
| Cheese, cheddar, low-fat, shredded | 3 lb 2 oz | | | | |

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

Taco Burger, continued

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)* OR 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 | | | <ol style="list-style-type: none"> Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. CCP: Heat to 165°F for at least 15 seconds. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. CCP: Hold at 135°F or higher. |

| 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 | | Serving | | 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 | | | | <ol style="list-style-type: none"> 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"> • 1 cup chopped romaine lettuce • #16 scoop (1/4 cup) taco meat • 1/8 cup diced tomatoes • 1/8 cup shredded cheese |

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

| 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"> 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). 2. Top with one slice (or 0.5 oz) of American cheese. 3. Place other half of bun on top. 4. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually in plastic wrap. CCP: Hold at 41°F or below. |
| Cheese American, slices | 3 lb 2 oz | (100 ½ oz slices) | | | |
| Hamburger Bun, whole wheat, purchased 2 oz equivalent Grains OR 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 | | | <ol style="list-style-type: none"> In a steam jacketed kettle, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. Simmer for 10 minutes to blend flavors, stirring occasionally. |
| Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base | 15 oz | 1 gal + 2 qt + 1 cup (as prepared) | | | <ol style="list-style-type: none"> Add green chili peppers. 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. <p>CCP: Heat to 165°F or higher for 15 seconds.</p> <ol style="list-style-type: none"> Pour into serving pans. Portion with 6 oz ladle (K-8) or 8 oz ladle (9-12). <p>CCP: Hold for hot service at 135°F or higher.</p> |
| Mozzarella Cheese, part skim, shredded | 3 lb 2 oz | | | | 6. Top chili with 0.5 oz mozzarella cheese at time of service. |

| 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 | | | <ol style="list-style-type: none"> Brown ground beef in tilt skillet. CCP: Cook to 160° Chop celery and bell pepper. Add shredded cabbage, onions, chopped celery, chopped green pepper and water. Cook until vegetables are tender. CCP: Heat to 135°F for at least 15 seconds. |
| Catsup Brown Sugar, packed Lemon Juice Vinegar, white Worcestershire Sauce Mustard, yellow Pepper, black | 12 oz 7 oz 7 oz | 2 qt 2½ cups 2⅔ cups ¾ cup 3 Tbsp | | | <ol style="list-style-type: none"> Stir in the catsup, brown sugar, lemon juice, vinegar, Worcestershire sauce, mustard and pepper. Simmer for 10 minutes or until cabbage is tender. CCP: Hold at 135°F or higher. |
| Hamburger Bun, whole wheat, purchased, 2 oz equivalent Grains OR prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | 100 each | | | <ol style="list-style-type: none"> 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

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 | | | <ol style="list-style-type: none"> Preheat oven to 375°F. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. Slice potatoes lengthwise into wedges (8 per potato). Place apple juice in steam kettle and reduce to ¼ over medium high heat. Add nutmeg, cinnamon, and salt to apple glaze and stir in pats of butter. Reduce heat. Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through. Serve 4 wedges per serving. CCP: Hold at 135°F or higher. |

| Serving Size | 1 Serving Provides | Yield |
|---|--|---|
| K-8: 2 wedges (1/4 cup) 9-12: 4 wedges (1/2 cup) | K-8: 0.25 cup vegetables, RO 9-12: 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 | | | | <ol style="list-style-type: none">With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well. CCP: Hold at 41°F or lower.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. |
| Peas, green, frozen | 2 lb 10 oz | | | | 2. Slice cabbage and peppers into medium strips. |
| Broccoli, raw, florets, EP | 1 lb 12 oz | | | | 3. Toss vegetables together. Steam all vegetables for 5 minutes. |
| Carrots, frozen, sliced or crinkle cut | 5 lb 4 oz | | | | CCP: Hold for hot service at 135°F or higher. |
| Peppers, green bell, AP | 2 lb 10 oz | | | | |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------|---|--------------|
| K-12: $\frac{1}{2}$ 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 4½ #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. CCP: Hold for hot service at 135°F or higher. |

| 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 | | Serving | | 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 | 1½ #10 cans | | | <ol style="list-style-type: none"> Thaw corn. Chill canned beans prior to preparation. Dice pepper and onion. Combine drained beans, corn, diced peppers and diced onions. |
| Lemon Juice Parsley, dried Cumin, ground Garlic Powder Salsa, canned, low sodium Salad Oil | | ½ cup 2 Tbsp 1 Tbsp 2 tsp 3¼ cups ¼ cup | | | <ol style="list-style-type: none"> Mix remaining ingredients to make the dressing. Pour dressing over the salad and toss lightly to combine. Chill 2 hours before serving. <p>CCP: Hold for cold service at 41°F or lower.</p> |

| Serving Size | 1 Serving Provides | Yield |
|----------------------|--------------------------------|--------------------------------|
| 2 oz spoodle (¼ 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 | | | | <ol style="list-style-type: none"> 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 | $\frac{1}{2}$ cup 2 Tbsp + 2 tsp 1 Tbsp + 1 tsp $\frac{1}{2}$ cup | | | <ol style="list-style-type: none"> In a small bowl, combine mayo, sugar, celery seed, dry mustard and vinegar. Pour dressing over cabbage/carrot mixture. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt + $\frac{1}{2}$ cup) into each shallow pan (12" x 20" x 2 $\frac{1}{2}$") to a product depth of 2" or less. For 100 servings, use 2 pans. CCP: Cool to 41° F or lower within 4 hours. Cover, refrigerate until ready to use. Mix lightly before serving. Portion with #8 scoop (1/2 cup). CCP: Hold for cold service at 41° F or lower. |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|--------------------------|------------------------------|
| K-12: #8 scoop ($\frac{1}{2}$ 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 | | Serving | | Directions |
|---|--------------|---------|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Mandarin Oranges, canned in 100% juice or light syrup | 8 lb 8 oz | | | | 1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening. |
| Bananas, fresh, AP | 9 lb | | | | 2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container. |
| Apples, fresh, AP | 3 lb 8 oz | | | | 3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges. |
| Grapes, fresh, AP | 3 lb 8 oz | | | | 4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. |
| | | | | | 5. Wash and remove stems from grapes. |
| | | | | | 6. Add apples and grapes to bananas and oranges. |
| | | | | | 7. Chill thoroughly. |
| | | | | | CCP: Hold for cold service at 41°F or lower. |
| | | | | | <i>Note: Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</i> |

| 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 | | Serving | | 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"> Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. Slice bananas. Mix fresh fruit with canned fruit. Chill thoroughly. CCP: Hold for cold service at 41°F or lower. |

| 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 | | | | 1. Handle all produce with clean gloved hands or clean utensils. |
| Romaine Lettuce, AP | 6 lb 8 oz | | | | 2. Rinse and trim spinach and lettuce, if not purchased ready-to-eat. |
| Tomatoes, fresh, AP | 1 lb 5 oz | | | | 3. Chop lettuce and spinach. |
| Carrots, fresh, AP | 15 oz | | | | Rinse, core and dice tomatoes. |
| Cucumber, fresh, AP | 14 oz | | | | Rinse, peel and grate carrots. |
| | | | | | Rinse, peel (or score) and chop cucumbers. |
| | | | | | 4. Toss all ingredients together. |
| | | | | | CCP: Hold for cold service at 41°F or lower. |

| 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 | | Serving | | Directions |
|---|--------------|--|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Potato, russet, IQF, wedges Vegetable Oil OR Pan Release Spray | 17 lb | ½ cup As needed | | | <ol style="list-style-type: none"> Preheat oven to 325°F. Spread each bag of potato wedges over a lined sheet pan. 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 | | | <ol style="list-style-type: none"> In a large bowl, mix garlic powder, dehydrated onions, parsley, salt and sugar. Evenly sprinkle ranch mixture over all pans and toss to coat. Bake 30 minutes. <p>CCP: Hold at 135°F or higher.</p> |

| 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 | 11 lb | | | | 1. Thaw strawberries in refrigerator. 2. Chill cans of applesauce. Wipe tops of cans clean before opening. |
| Applesauce, canned, unsweetened | | $\frac{1}{2}$ #10 can | | | 3. Mix applesauce into thawed strawberries. |
| Bananas, AP | 14 lb | | | | 4. Handle bananas with gloved hands. Peel and slice bananas. Add to strawberries. Combine gently. CCP: Hold for cold service at 41°F or lower. |

| 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 - 1/4 cup Servings OR 50 - 1/2 cup Servings | | Servings | | Directions |
|--|---|---|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Lentils, brown Water | 2 lb 2 oz | As needed | | | <ol style="list-style-type: none"> 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 | 1/4 cup 1/4 cup 2 Tbsp 1/4 cup 1 Tbsp | | | <ol style="list-style-type: none"> Chop onions. 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. |
| | | | | | <ol style="list-style-type: none"> Bring to a boil. Reduce the heat to low and simmer, uncovered, for 10 minutes. <p>CCP: Hold for hot service at 135°F or higher.</p> |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------|---|----------------------|
| K-8: 1/4 cup 9-12: 1/2 cup | K-8: 0.125 cup vegetable, BP + 0.125 cup vegetable, additional 9-12: 0.25 cup vegetable, BP + 0.25 cup vegetable, additional | 1 gal + 2 qt + 1 cup |

Nutrients Per 1/4 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 | | Serving | | Directions |
|-------------------------|--------------|---------|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Strawberries, fresh, AP | 8 lb | | | | 1. With gloved hands, wash berries, slice strawberries, and cut bananas into chunks. |
| Bananas, fresh, AP | 10 lb | | | | 2. Toss with 100% pineapple juice to keep from browning and refrigerate until serving. |
| Blueberries, fresh, AP | 4 lb | | | | |
| Pineapple Juice, 100% | | 3 cups | | | CCP: Hold for cold service at 41°F or lower. |

| 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 | | Serving | | 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. CCP: Hold salad for cold service at 41°F or lower. |

| 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 | | | <ol style="list-style-type: none"> 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. CCP: Refrigerate until served. Hold for cold service at 41°F or lower. 4. May be pre-portioned. |
| | | | | | Substitutions and Variations: <ul style="list-style-type: none"> May increase or decrease the amount of jalapeno peppers and/or seasonings to taste. 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. May substitute diced tomatoes for crushed tomatoes. |

| 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 | | | | <ol style="list-style-type: none">Handle salad with gloved hands. Chop spinach and Romaine lettuce into bite-sized pieces if needed.Toss together. CCP: Hold ingredients for cold service at 41°F or lower. |

| 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 Tbsp 2 tsp 1 Tbsp 2 tsp 1 Tbsp 2 tsp | | | 1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed. |
| 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 or 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 | 12 oz | 9 each | | | |
| Oil, soybean, salad or cooking | | 1½ cups | | | |
| Milk, lowfat, fluid, 1% | 1 lb 2 oz | 2¼ cups | | | |
| Sugar, granulated | 1 lb 5 oz | 3 cups | | | |
| Oats, rolled, dry | 2 lb 5 oz | | | | 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. |
| Baking Powder | 4 oz | | | | |
| Baking Soda | 1 oz | | | | |
| Cinnamon, ground | | 3 Tbsp | | | |
| Flour, whole wheat | 2 lb 4 oz | | | | |
| Blueberries, frozen, unsweetened | 2 lb 8 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. Note: 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 |

| 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 | | | <ol style="list-style-type: none"> 1. For topping: Combine flour, rolled oats, brown sugar and margarine. Mix until crumbly. Set aside for Step 8. 2. For filling: 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 | | | <ol style="list-style-type: none"> 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. |
| | | | | | <ol style="list-style-type: none"> 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

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 | | Serving | | Directions |
|---|----------------------------------|--|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Margarine, liquid Brown Sugar Sugar, granulated | 1 lb 3 oz 1 lb 1 lb 5 oz | 2 $\frac{3}{8}$ cups | | | 1. Beat margarine and sugars with paddle attachment in mixer until smooth. |
| Eggs, whole, raw Vanilla | 7 $\frac{1}{2}$ 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 | 13 $\frac{1}{2}$ oz 1 lb 6 oz | 1 Tbsp $\frac{3}{4}$ tsp $2\frac{1}{4}$ 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 | 8 $\frac{1}{2}$ 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 Do not overbake. 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

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 — | — — — — — | — — — — — | <p>1. Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.</p> |
| Eggs, whole, large Milk, low-fat Vegetable Oil Pan Release Spray | — — — — | — — — — | 6 each 2 qt 1¼ cup 1 cup 2 Tbsp As needed | — — — — | <p>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.</p> <p>3. Portion #20 disher in lined muffin tins.</p> <p>4. Bake until lightly browned: Conventional oven: 400°F for 30-35 minutes. Convection oven: 350°F for 20-25 minutes.</p> |

| Serving Size | 1 Serving Provides | Yield |
|----------------------------------|--|-------------|
| K-8: 1 muffin 9-12: 2 muffins | K-8: 1.25 oz equivalent Grains 9-12: 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. For topping: 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. For filling: 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

| 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 | | | <ol style="list-style-type: none"> 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 | | | <ol style="list-style-type: none"> Add shortening, margarine, eggs and vanilla. Mix for 1 minute on medium speed. 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. 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 Do not overbake. 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

| Ingredients | 100 Rolls | | Servings | | Directions |
|------------------------------|------------|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Oats, quick-cooking | 8 oz | | | | 1. Place oats, flours, sugars, yeast and salt in mixer bowl. |
| Flour, white whole wheat | 1 lb 11 oz | | | | 2. Blend with dough hook for approximately 2 minutes on low speed. |
| Flour, all-purpose, enriched | 1 lb 8 oz | | | | |
| Sugar, granulated | 1 oz | | | | |
| Sugar, brown | 5 oz | | | | |
| Yeast, instant, dry | 2 oz | | | | |
| Salt | | | | | |
| 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 | |
| | | | | | <p>7. Proof in a warm area until double in bulk (30-50 minutes).</p> <p>8. Bake until lightly browned:</p> <ul style="list-style-type: none"> * Conventional oven: 375°F for 18-20 minutes * Convection oven: 325°F for 12-14 minutes <p>Turn pans half-way through the baking time to promote even baking.</p> <p>Recommended internal temperature for baked bread Is 196-198°F.</p> <p>9. Lightly spray rolls with pan release spray when baking is completed. Let cool.</p> |

| 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 | | | <ol style="list-style-type: none"> Heat oven to 200°F. Add margarine and 1 lb 4 oz of marshmallows in each full 2" steam table pan (12" x 20" x 2"). Mix. Return to oven. When marshmallows are completely melted remove from oven and gently mix in 3 quarts of cereal per pan. Press mixture evenly and lightly into the pan. Spray utensil or gloved hands with pan release spray to prevent sticking to the mixture. 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 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 | | | 2. Add eggs and mix for 1 minute on medium speed. Scrape down sides of bowl. |
| 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 sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. |
| Pan Release Spray | | 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. |
| Powdered Sugar | | As needed | | | Optional: 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 | | | | <ol style="list-style-type: none"> 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 | 4 Tbsp 2 gal | | | <ol style="list-style-type: none"> 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. <p>CCP: Hold at 135°F or higher.</p> |

| 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 | | Serving | | 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 | | | <ol style="list-style-type: none"> Spray 12"x20"x4" steam pans (1 pan per 100 servings) with pan release spray. Combine rice, spices, and water in pans. Cover pans with foil. Bake: *Conventional oven: 350°F for 40-45 minutes. *Convection oven: 325°F for 30-35 minutes. Fluff when ready to serve. Serve hot. CCP: Hold at 135°F or higher. |

*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 | | | |
| 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 | | | | |
| 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 | | Serving | | Directions |
|--|-------------------------|---------|---------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Rice, brown, long-grain, dry Salsa, canned, mild Water | 6 lb 12 oz 10 lb | 7 cup | | | <ol style="list-style-type: none"> 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. CCP: Hold at 135°F or higher. |

*based on 1 oz dry = 1 oz equivalent (½ cup) cooked

| 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 | | | | <ol style="list-style-type: none"> Place flour, dry milk, sugar, yeast and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed. |
| Vegetable Oil | 7 oz | | | | <ol style="list-style-type: none"> 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) | | | <ol style="list-style-type: none"> 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. 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 | | | <ol style="list-style-type: none"> 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 | |
| | | | | | <p>7. Proof in a warm area until double in bulk (30 - 50 minutes).</p> <p>8. Bake until lightly browned:</p> <ul style="list-style-type: none"> * Conventional oven: 400°F for 28-40 minutes * Convection oven: 350°F for 20-30 minutes <p>Turn pans half-way through the baking time to promote even baking.</p> <p>Recommended internal temperature for baked bread is 196-198°F.</p> <p>9. Lightly spray loaves with pan release spray when baking is completed. Let cool.</p> <p>10. Trim off the crust on the ends of each loaf.</p> <p>11. Cut each loaf into 50 slices for 1 oz slices.</p> |

| 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) | | | | <ol style="list-style-type: none"> 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. 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 | | | <ol style="list-style-type: none"> Mix sugar and cinnamon in a separate bowl. |
| Butter-Flavored Spray | As Needed | | | | <ol style="list-style-type: none"> When rolls have risen, spray evenly with butter-flavored spray so that roll tops are covered. Sprinkle cinnamon sugar over the tops of the rolls, 2 oz per pan. |
| | | | | | <ol style="list-style-type: none"> 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 | | | <ol style="list-style-type: none"> Let rolls cool 5-10 minutes. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 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 | | | <ol style="list-style-type: none"> 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 | | | <ol style="list-style-type: none"> 2. Mix sugar and cinnamon in a separate bowl. |
| Salad Oil | 2 oz | ¼ cup | | | <ol style="list-style-type: none"> 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). |
| | | | | | <ol style="list-style-type: none"> 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 | | | <ol style="list-style-type: none"> 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

| 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 | | | | <p>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.</p> <p>10. Lightly spray loaves with pan release spray when baking is complete to improve the appearance. Let cool.</p> <p>11. Trim off the crusts on the ends of each loaf.</p> <p>12. Cut each loaf into 20 slices. Cut each slice in half for 1 serving.</p> <p>13. Lightly spray each slice with garlic-flavored spray. Hold and serve warm.</p> |
| | | | | | Optional: 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) | K-6: 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 | | | | <ol style="list-style-type: none"> Place flour, dry milk, sugar, yeast and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed. |
| Vegetable Oil | 7 oz | | | | <ol style="list-style-type: none"> 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) | | | <ol style="list-style-type: none"> 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. 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 | | | <ol style="list-style-type: none"> 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.) 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 | |
| | | | | | <p>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.</p> <p>9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.</p> |

| 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"> • 100 rolls/breadsticks (1 oz each) • 50 buns (2 oz each) |

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

Breadstick Variation

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

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

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 |
| Week 1 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 Oatmeal Cookie (9-12) 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 Cinnamon Puff (6-12) Canned Fruit Choice Milk Choice | Chicken & Noodles Whole Wheat Roll (6-12) Or Turkey & Cheese Sub Sandwich Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice | Calories Sodium (mg) % of Total Calories from Sat. Fat | 643 777 8.3% | 669 797 7.9% | 779 851 7.4% |
| Week 2 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 Sausage Patty (6-12) Or Pepperoni Pizza Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice | Calories Sodium (mg) % of Total Calories from Sat. Fat | 618 837 6.8% | 657 887 6.9% | 803 1007 6.5% |

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Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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, continued

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

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Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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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 |
|--|---|--|--|---|
| <p>Week 1</p> <p>Pig in a Blanket Or Peanut Butter & Jelly Sandwich</p> <p>Roasted Red Potatoes Broccoli w/Cheese Fresh Cantaloupe Canned Fruit Choice Milk Choice</p> | <p>Chicken Wrap Spanish Brown Rice Or Chicken Crispito Spanish Brown Rice</p> <p>Romaine Lettuce Tomato Slice Sautéed Zucchini Diced Pears Oatmeal Cookie (9-12) Fresh Fruit Choice Milk Choice</p> | <p>Spaghetti w/ Meat Sauce Garlic Bread Or Hamburger on a Bun</p> <p>Garden Salad Green Beans Honeydew Melon Canned Fruit Choice Milk Choice</p> | <p>Taco Salad & Tortilla Chips and Salsa Or Yogurt & Blueberry Oat Muffin Plate</p> <p>Red Bell Pepper Strips Refried Beans Romaine Lettuce Apple Salad Cinnamon Puff (6-12) Canned Fruit Choice Milk Choice</p> | <p>Chicken & Noodles Whole Wheat Roll (6-12) Or Turkey & Cheese Sub Sandwich</p> <p>Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice</p> |
| <p>Week 2</p> <p>Mini Meatball Sub Or Fruit, Yogurt & Granola Parfait</p> <p>Ranch Potato Wedges Tossed Salad Fresh Apple Canned Fruit Choice Milk Choice</p> | <p>BBQ Chicken Drumstick Whole Wheat Roll Or 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 Or Rock and Roll Beef Wrap</p> <p>Cherry Tomatoes Cucumber Slices Fresh Blueberries Canned Fruit Choice Milk Choice</p> | <p>Cheese Pizza Or Grilled Chicken Sandwich</p> <p>Broccoli Florets Fresh Baby Carrots Diced Peaches Fresh Fruit Choice Milk Choice</p> | <p>Biscuits & Gravy Sausage Patty (6-12) Or Pepperoni Pizza</p> <p>Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice</p> |

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Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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, continued

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

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

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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.

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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.

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

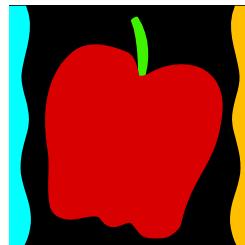
PLEASE NOTE:

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 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 Sliced Pears Oatmeal Cookie (9-12) 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 Cinnamon Puff (6-12) Canned Fruit Choice Milk Choice | Chicken & Noodles Whole Wheat Roll (6-12) Or Turkey & Cheese Sub Sandwich Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice | Calories Whole Wheat Roll (6-12) Or Turkey & Cheese Sub Sandwich Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice | 643 777 8.3% | 669 797 7.9% | 779 851 7.4% |



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

| Ladies & 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"> • Prepare HKM Recipe 30, Pig in a Blanket. • 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. • CCP: Hold for hot service at 135° F or above. | K-12: 1 each |
| Alternate Entrée: Peanut Butter & Jelly Sandwich Meal (K-5) | <ul style="list-style-type: none"> • Purchase or prepare Peanut Butter & 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. • Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-5: 1 sandwich, 1 oz crackers, 1 oz cheese |
| Alternate Entrée: Peanut Butter & Jelly Sandwich (6-12) | <ul style="list-style-type: none"> • Purchase or prepare Peanut Butter & 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. • CCP: Refrigerate and hold at 41° F or below for cold service. | 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"> • Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup. • Follow manufacturer's directions for baking and holding. • Batch cook. May add pepper or other non-sodium seasonings. • Weigh out each portion size indicated and use as a sample. • CCP: Hold for hot service at 135° F or above. | K-12: ½ cup |
| Broccoli w/Cheese | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • 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. • CCP: Hold for hot service at 135° F or above. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|---------------|------------------|----------------|-------------------------|---------------|-------|----------------|----------------|-------------|-------------|-----------|------------------|----------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | | | Age/Grade Groups | Meals Planned | | | | | | | | |
| STUDENT MEALS | | K-5 | Meals Served | | | K-5 | Meals Served | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | |
| MENU ITEM AND CONDIMENTS | HACCP PROCESS* | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | 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 |
| Pig in a Blanket | 1 each | | | 2.000 | 2.000 | | | | | | | | | | |
| Peanut Butter & Jelly | 1 each (2.6 oz) | | | 1.000 | 1.000 | | | | | | | | | | |
| WG Crackers | 1 oz eq | | | | 1.000 | | | | | | | | | | |
| String Cheese | 1 oz | | | 1.000 | | | | | | | | | | | |
| Roasted Red Potatoes | 1/2 cup | | | | | | | | 0.500 | | | 0.500 | | | |
| Broccoli w/ Cheese | 1/2 cup | | | | | 0.500 | | | | | | 0.500 | | | |
| Cantaloupe, fresh | 1/2 cup | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | 2.000 | 2.000 | | 0.500 | 0.500 | | | 0.500 | | | | 1.000 | | | |
| Alternate Entrée Lunch Component Totals | 2.000 | 2.000 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | Notes: | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: **Monday**

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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|-----------------|------------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | |
| | | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | |
| | | | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | | | |
| Pig in a Blanket | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | |
| Peanut Butter & Jelly | 1 each (5.3 oz) | | | | 2.000 | 2.000 | | | | | | | | | | |
| WG Crackers | N/A | | | | | | | | | | | | | | | |
| String Cheese | N/A | | | | | | | | | | | | | | | |
| Roasted Red Potatoes | 1/2 cup | | | | | | | | 0.500 | | | 0.500 | | | | |
| Broccoli w/ Cheese | 1/2 cup | | | | | | 0.500 | | | | | 0.500 | | | | |
| Cantaloupe, fresh | 1/2 cup | | | | | | 0.500 | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | | 0.500 | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | 2.000 | 2.000 | | 1.000 | 0.500 | | | 0.500 | | | 1.000 | | | | | |
| Alternate Entrée Lunch Component Totals | 2.000 | 2.000 | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | Notes: | | |

Purchasing, Preparation & Serving Instructions

Week 1 - Tuesday

| Menu Item | Purchasing & Preparation | Serving |
|--|--|--------------------------------|
| Chicken Wrap | <ul style="list-style-type: none"> • Prepare HKM Recipe 158, Chicken Wrap. • 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. • Purchase 8" whole grain tortillas weighing at least 1.5 oz. • CCP: Hold for hot service at 135° F or above. | K-12: 1 each |
| Alternate Entrée: Crispito, chicken chili | <ul style="list-style-type: none"> • 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. • Heat according to manufacturer's instructions. • CCP: Hold for hot service at 135° F or above. | K-8: 1 each 9-12: 2 each |
| Spanish Brown Rice | <ul style="list-style-type: none"> • Prepare HKM Recipe 237, Spanish Brown Rice. • Purchase brown rice. • Purchase canned salsa that is low in sodium. • CCP: Hold for hot service at 135° F or above. | K-12: ½ cup |
| Romaine Lettuce | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. May be pre-portioned. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: ½ cup |
| Tomato Slice | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. • Slice ¼" thick. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-8: 1 slice 9-12: 2 slices |
| Zucchini, sautéed | <ul style="list-style-type: none"> • Purchase fresh zucchini or frozen sliced zucchini. • If fresh, with gloved hands, wash and remove ends. Cut into slices. • Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time. • CCP: Hold for hot service at 135° F or above. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase sliced pears packed in light syrup or juice. Chill cans overnight. Wipe tops clean before opening. Drain, cover, and refrigerate until servings. Serve with slotted utensil. Level utensil when serving. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, fresh | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Oatmeal Cookie | <ul style="list-style-type: none"> Prepare HKM Recipe 37, Oatmeal Cookie. This menu item will count as a grain based dessert. | K-8: N/A 9-12: 1 each |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

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) | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------------|------------------|----------------|--------------------------------|---------------------|------------------|-----------------|----------------|-------------|-------------|------------------|-----------|----------------|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | |
| STUDENT MEALS | | K-5 | | | STUDENT MEALS | | K-5 | | | | | | | | |
| ADULT MEALS | | | | | ADULT MEALS | | | | | | | | | | |
| TOTAL MEALS | | | | | TOTAL MEALS | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | PRODUCTION NOTES | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | | Other Veg | Additional 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 | | |
| Sautéed 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 | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | |
| Daily Breakfast Component Totals | | 1.750 | 2.500 | 0.500 | 0.250 | 0.125 | | | | 0.500 | 0.875 | | | | |
| Alternate Entrée Lunch Component Totals | | 1.000 | 2.000 | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: Tuesday

Preparation Site:

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|------------------|----------------|-----------|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | |
| | | | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | |
| | | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | PRODUCTION NOTES | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | | Additional Veg | Total Veg |
| Chicken Wrap | 1 each | | | | 2.250 | 1.500 | | | | | | | | | | |
| Spanish Brown Rice | 1/2 cup | | | | | 1.000 | | | | | | | | | | |
| Crispito, chicken chili | 2 each | | | | 2.000 | 2.000 | | | | | | | | | | |
| Spanish Brown Rice | 1/2 cup | | | | | 1.000 | | | | | | | | | | |
| Romaine Lettuce | 1/2 cup | | | | | | 0.250 | | | | | 0.250 | | | | |
| Tomato Slice | 2 1/4" slices | | | | | | | 0.250 | | | | 0.250 | | | | |
| Sautéed Zucchini | 1/2 cup | | | | | | | | | | 0.500 | 0.500 | | | | |
| 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 | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | | 2.250 | 3.250 | 1.000 | 0.250 | 0.250 | | | 0.500 | 1.000 | | | | |
| Alternate Entrée Lunch Component Totals | | | | 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"> Prepare HKM Recipe 170, Spaghetti & Meat Sauce. CCP: Hold for hot service at 135° F or above. | K-12: 1 cup |
| French Garlic Bread | <ul style="list-style-type: none"> Prepare HKM Recipe 163, Whole Wheat French Garlic Bread. | K-12: 1 piece |
| Alternate Entrée: Hamburger on a Bun | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. 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. CCP: Hold for hot service at 135° F or above. | K-12: 1 each |
| Garden Salad | <ul style="list-style-type: none"> Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts of individual ingredients needed. Handle salad with gloved hands, tongs or serving utensils. May estimate serving sizes using measured portions as samples. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 1 cup |
| Green Beans | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wipe can tops clean before opening. Batch cook by steaming or by stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135° F or above. | K-12: ½ cup |
| Honeydew Melon, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. CCP: Refrigerate and hold at 41° F or below for cold service. | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

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 (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|--------------------------|-----------------|-------|-------------------------|----------------|--------------|-------------|-----------|---|-----------|--|--|-------------------------|-------|--------------|-----------|--|--|--|--|--|--|--|--|--|--|-------|--|--|--|--|-----------------|--|---------------|--|--------------|--|--|--|--|------------------|--|---------------|--|--------------|--|--|--|--|---------------|--|-----|--|--|--|--|--|--|---------------|--|-----|--|--|--|--|--|--|-------------|--|--|--|--|--|--|--|--|-------------|--|--|--|--|--|--|--|--|-------------|--|--|--|--|--|--|--|--|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="3"></th> <th colspan="2" style="text-align: center;">BREAKFAST</th> <th colspan="3"></th> <th colspan="3"></th> <th colspan="3"></th> <th colspan="2" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="3"></th> <th colspan="2" style="text-align: center;">Age/grade Group</th> <th colspan="2" style="text-align: center;">Meals Planned</th> <th colspan="2" style="text-align: center;">Meals Served</th> <th colspan="3"></th> <th colspan="2" style="text-align: center;">Age/Grade Groups</th> <th colspan="2" style="text-align: center;">Meals Planned</th> <th colspan="2" style="text-align: center;">Meals Served</th> </tr> <tr> <th colspan="3"></th> <th colspan="2" style="text-align: center;">STUDENT MEALS</th> <th colspan="2" style="text-align: center;">K-5</th> <th colspan="2"></th> <th colspan="3"></th> <th colspan="2" style="text-align: center;">STUDENT MEALS</th> <th colspan="2" style="text-align: center;">K-5</th> <th colspan="2"></th> </tr> <tr> <th colspan="3"></th> <th colspan="2" style="text-align: center;">ADULT MEALS</th> <th colspan="2" style="background-color: #cccccc;"></th> <th colspan="2"></th> <th colspan="3"></th> <th colspan="2" style="text-align: center;">ADULT MEALS</th> <th colspan="2" style="background-color: #cccccc;"></th> <th colspan="2"></th> </tr> <tr> <th colspan="3"></th> <th colspan="2" style="text-align: center;">TOTAL MEALS</th> <th colspan="2"></th> <th colspan="2"></th> <th colspan="3"></th> <th colspan="2" style="text-align: center;">TOTAL MEALS</th> <th colspan="2"></th> <th colspan="2"></th> </tr> </thead> <tbody> <tr> <td colspan="3"></td> <td colspan="2"></td> <td colspan="2"></td> <td colspan="2"></td> <td colspan="3"></td> <td colspan="2"></td> <td colspan="2"></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | | | BREAKFAST | | | | | | | | | | | LUNCH | | | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | STUDENT MEALS | | K-5 | | | | | | | STUDENT MEALS | | K-5 | | | | | | | ADULT MEALS | | | | | | | | | ADULT MEALS | | | | | | | | | TOTAL MEALS | | | | | | | | | TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | |
| | | | BREAKFAST | | | | | | | | | | | LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | STUDENT MEALS | | K-5 | | | | | | | STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | ADULT MEALS | | | | | | | | | ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | TOTAL MEALS | | | | | | | | | TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>MENU ITEMS AND CONDIMENTS</p> <p>HACCP PROCESS #</p> <p>SERVING SIZE/UTENSIL</p> | <p>After Cook</p> <p>Start of Service</p> <p>End of Service</p> | TEMPERATURES | | | Component Contributions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | M/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | Total Veg | <p>AMOUNT PREPARED</p> | <p>AMOUNT LEFTOVER</p> | <p>PRODUCTION NOTES</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | <p>Notes:</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.750 | 0.500 | 0.500 | | | | | | | 0.500 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: Wednesday

Preparation Site:

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: Wednesday

Preparation Site: _____

Offer? Yes _____ No _____

| BREAKFAST | | | |
|----------------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| 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 | | | |
| 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 | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | | | | 2.000 | 2.750 | 1.000 | 0.500 | | | | 0.500 | | 1.000 | | | |
| Alternate Entrée Lunch Component Totals | | | | | | 2.000 | 2.000 | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 1 – Thursday

| Menu Item | Purchasing & Preparation | Serving |
|--|---|---|
| Taco Salad | <ul style="list-style-type: none"> Prepare HKM Recipe 78, Taco Salad. | K-12: 1 plate |
| Tortilla Chips | <ul style="list-style-type: none"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-12: 1 oz |
| Tomato Salsa | <ul style="list-style-type: none"> Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. May be served, self-serve or pre-portioned for service. CCP: Refrigerate and hold at 41° F or below for cold service | K-12: $\frac{1}{8}$ cup |
| Alternate Entrée: Yogurt & Blueberry Oat Muffin Meal | <ul style="list-style-type: none"> Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain. 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. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8oz yogurt, 2 muffins each |
| Red Bell Pepper Strips | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, core and slice bell peppers into strips. CCP: Refrigerate and hold at 41° F or below for cold service. | K-8: $\frac{1}{4}$ cup 9-12: $\frac{1}{2}$ cup |
| Refried Beans | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per $\frac{1}{2}$ cup prepared. For dried beans, prepare according to manufacturer directions. For canned beans, wipe top of cans before opening. CCP: Hold for hot service at 135° F or above. | K-12: $\frac{1}{2}$ cup |
| Romaine Lettuce | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41° F or below for cold service. | K-8: $\frac{1}{4}$ cup 9-12: $\frac{1}{2}$ cup |
| Cinnamon Puff | <ul style="list-style-type: none"> Prepare HKM Recipe 46, Whole Wheat Cinnamon Puff. This menu item will count as a grain based dessert. | 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"> • Prepare HKM Recipe 121, Apple Salad. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. | 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) | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|---------------|------------------|----------------|-------------------------|---------------------|------------------|-----------------|----------------|-------------|-------------|-----------------|------------------|------------------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | |
| STUDENT MEALS | | K-5 | | | STUDENT MEALS | | K-5 | | | | | | | | |
| ADULT MEALS | | | | | ADULT MEALS | | | | | | | | | | |
| TOTAL MEALS | | | | | TOTAL MEALS | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | PRODUCTION NOTES |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | | | |
| Taco Meat | 1/4 cup | | | | 1.500 | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | | | 2.000 | 1.000 | 0.500 | 0.125 | 0.250 | 0.500 | 0.875 | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: **Thursday**

Preparation Site: _____

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|------------------|----------------|-----------|-----------------|-----------------|-----------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="3" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="3" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | BREAKFAST | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | After Cook | Start of Service | End of Service | Mj/MA | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | | Additional Veg | Total Veg | AMOUNT PREPARED | AMOUNT LEFTOVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Taco Meat | 1/4 cup | | | | 1.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 1/2 cup | | | | | | | 0.500 | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Refried Beans | 1/2 cup | | | | | | | | 0.500 | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Romaine Lettuce | 1/2 cup | | | | | | 0.250 | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple Salad | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Cinnamon Puff | 1 each | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | | 2.000 | 2.000 | 1.000 | 0.250 | 0.500 | 0.500 | | | | 1.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | 2.000 | 3.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 1 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|--|---|---------------------------------|
| Chicken & Noodles | <ul style="list-style-type: none"> • Prepare HKM Recipe 152, Chicken & Noodles. • Purchase chicken base with no more than 750 mg of sodium per cup prepared. • Purchase dry, whole grain egg noodles and frozen pulled or diced cooked chicken with no skin and no added salt. • CCP: Hold for hot service at 135° F or above. | K-12: 1 cup |
| Whole Wheat Roll | <ul style="list-style-type: none"> • Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-5: N/A 6-12: 1 each (1 oz) |
| Alternate Entrée: Turkey & Cheese Sub | <ul style="list-style-type: none"> • Prepare HKM Recipe 144, Turkey & Cheese Sub. • 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. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold at 41° F or below for cold service. | K-12: 1 sandwich |
| Mashed Potatoes | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes. • Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. • CCP: Hold for hot service at 135° F or above. | K-12: ½ cup |
| Carrots, baby, fresh | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands or serving utensils. Cover and refrigerate until serving. • Weigh or count number needed per portion. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: ½ cup |
| Grapes, Fresh | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash grapes. Remove from stems or separate out into smaller clusters. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Honey | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. | K-5: N/A 6-12: 1 PC each or 1 Tbsp |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |
| Mayo-type Salad Dressing, reduced fat | <ul style="list-style-type: none"> Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1 fl oz servings. | K-12: $\frac{1}{2}$ oz or 1 Tbsp |

Pre-preparation for Week 2 - Monday: None

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)

Date: Friday

Preparation Site: _____

Offer? Yes _____ No _____

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

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 | | | |
| TOTAL MEALS | | | |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|------------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------|-----------------|-----------------|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | |
| | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | | | | | | |
| | | | STUDENT MEALS | | 9-12 | | | | | | | | | | | | |
| | | | ADULT MEALS | | | | | | | | | | | | | | |
| | | | TOTAL MEALS | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | |
| | | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | | | | | | |
| | | | STUDENT MEALS | | 9-12 | | | | | | | | | | | | |
| | | | ADULT MEALS | | | | | | | | | | | | | | |
| | | | TOTAL MEALS | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | | | |
| | | | 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 | AMOUNT PREPARED | AMOUNT LEFTOVER |
| 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 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.250 | 1.000 | | 0.500 | | 0.500 | | 1.000 | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 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 |
| Thursday | 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 |
| | 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 OR | 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 | $\frac{1}{2}$ cup prepared | 4 lb | $\frac{1}{2}$ cup prepared | 4 lb | $\frac{1}{2}$ cup prepared | 4 lb |
| | Carrots, baby, fresh, EP | $\frac{1}{2}$ cup | 15 lb 10 oz | $\frac{1}{2}$ cup | 15 lb 10 oz | $\frac{1}{2}$ cup | 15 lb 10 oz |
| | Grapes, fresh, AP | $\frac{1}{2}$ cup | 19 lb 4 oz | $\frac{1}{2}$ cup | 19 lb 4 oz | $\frac{1}{2}$ cup | 19 lb 4 oz |

Healthier Kansas Menus with Alternate Entrées



FALL WEEK 2 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

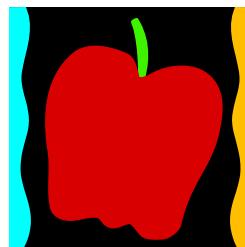
PLEASE NOTE:

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 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 Sausage Patty (6-12) Or Pepperoni Pizza Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice | Calories | 618 | 657 | 803 |
| | | | | | Sodium (mg) | 837 | 887 | 1007 |
| | | | | | % of Total Calories from Sat. Fat | 6.8% | 6.9% | 6.5% |



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

| Ladies & 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"> • Prepare HKM Recipe 132, Mini Meatball Sub. • 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. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount spaghetti sauce needed. • CCP: Hold for hot service at 135° F or above. | 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) |
| Alternate Entrée: Fruit, Yogurt & Granola Parfait | <ul style="list-style-type: none"> • Purchase a fresh, frozen or canned fruit (packed in light syrup or 100% juice). Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving. • Purchase pre-prepared granola that provides 2 oz Grains per $\frac{1}{2}$ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving. • Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering $\frac{1}{2}$ cup yogurt, $\frac{1}{4}$ cup fruit, $\frac{1}{2}$ cup yogurt and $\frac{1}{4}$ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup fruit, 8 oz yogurt, $\frac{1}{2}$ cup granola |
| Ranch Potato Wedges | <ul style="list-style-type: none"> • Prepare HKM Recipe 131, Ranch Potato Wedges. • Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Weigh out each portion size indicated and use as a sample. • CCP: Hold for hot service at 135° F or above. | K-12: $\frac{1}{2}$ cup |
| Tossed Salad | <ul style="list-style-type: none"> • Prepare HKM Recipe 74, Tossed Salad. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 1 cup |

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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice, or antioxidant solution to preserve color. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41° F or below for cold service | K-12: $\frac{1}{2}$ apple |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is used. | K-12: 1 fl oz or 2 Tbsp |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)

Date: _____ **Monday**

Preparation Site: _____

Offer? Yes _____ No _____

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ **Monday**

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 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | Total Veg | | |
| Mini Meatball Sub | | 1 sandwich | | | | 1.500 | 2.000 | | | | | | | | | | |
| Fruit, Yogurt & Granola Parfait | | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | |
| Ranch Potato Wedges | | 1/2 cup | | | | | | | | | 0.500 | | 0.500 | | | | |
| Tossed Salad | | 1 cup | | | | | | 0.500 | | | | | 0.500 | | | | |
| 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 | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | | 1.500 | 2.000 | | 0.500 | 0.500 | | | 0.500 | | | 1.000 | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|---------------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|------------------|------------------|-----------|--|
| Date: <u>Monday</u> | | | | | | | | | | | | | | | | | | | |
| Preparation Site: _____ | | | | | | | | | | | | | | | | | | | |
| Offer? Yes <u> </u> No <u> </u> Grades _____ | | BREAKFAST | | | | LUNCH | | | | | | | | | | | | | |
| | | Age/grade Group | | Meals Planned | Meals Served | Age/Grade Groups | | Meals Planned | Meals Served | | | | | | | | | | |
| | | STUDENT MEALS | | 9-12 | | STUDENT MEALS | | 9-12 | | | | | | | | | | | |
| | | ADULT MEALS | | | | ADULT MEALS | | | | | | | | | | | | | |
| | | TOTAL MEALS | | | | TOTAL MEALS | | | | | | | | | | | | | |
| MENU ITEM AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | |
| Mini Meatball Sub | | 1 sandwich | | | | 2.500 | 2.000 | | | | | | | | | | | | |
| Fruit, Yogurt & Granola Parfait | | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | | | |
| Ranch Potato Wedges | | 1/2 cup | | | | | | | | 0.500 | | 0.500 | | | | | | | |
| Tossed Salad | | 1 cup | | | | | | 0.500 | | | | 0.500 | | | | | | | |
| Apple Slices, fresh | | 1/2 apple | | | | | 0.500 | | | | | | | | | | | | |
| Fruit Choice Canned | | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | | | |
| Ranch Dressing | | 1 fl oz | | | | | | | | | | | | | | | | | |
| Ketchup | | 1 fl oz | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | | | |
| Daily Lunch Component Totals | | | | 2.500 | 2.000 | 1.000 | 0.500 | 0.500 | 1.000 | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 2 – Tuesday

| Menu Item | Purchasing & Preparation | Serving |
|---------------------------------------|---|---|
| BBQ Chicken | <ul style="list-style-type: none"> • Prepare HKM Recipe 130, BBQ Chicken. • 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. • CCP: Hold for hot service at 135° F or above. | K-5: 1 drumstick 6-12: 2 drumsticks |
| Whole Wheat Roll | <ul style="list-style-type: none"> • Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%. | K-8: 1 each 9-12: 2 each |
| Alternate Entrée: Chicken, popcorn | <ul style="list-style-type: none"> • 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. • Heat according to manufacturer's instructions. • CCP: Hold for hot service at 135° F or above. | K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain) |
| Alternate Entrée: Whole Wheat Roll | <ul style="list-style-type: none"> • Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns, 51%. | K-5: N/A 6-12: 1 each |
| Baked Beans | <ul style="list-style-type: none"> • Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135° F or above. | K-12: $\frac{1}{2}$ cup |
| Creamy Cole Slaw | <ul style="list-style-type: none"> • Prepare HKM Recipe 20, Creamy Cole Slaw. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase pre-shredded green cabbage. • CCP: Hold for cold service at 41° F or below. | K-12: $\frac{1}{4}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{4}$ cup |
| Nectarines, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash nectarines. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 1 each |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Jelly | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. | 6-12: $\frac{1}{2}$ oz each or 1 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)

Date: _____ **Tuesday**

Preparation Site: _____

Offer? Yes _____ No _____
Grades

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

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 | | | |
| 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | Total Veg | | |
| BBQ Chicken Drumstick | | 2 drumsticks | | | | 1.500 | | | | | | | | | | | |
| Whole Wheat Roll | | 1 each | | | | | 1.000 | | | | | | | | | | |
| 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 | | 1/4 cup | | | | | | | 0.250 | | | | | 0.250 | | | |
| Nectarine, fresh | | 1 each | | | | 0.500 | | | | | | | | | | | |
| Fruit Choice, canned | | N/A | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | |
| Jelly | | 1/2 fl oz | | | | | | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | | 1.500 | 1.000 | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | 0.500 | | | 0.250 | 0.500 | | 0.250 | | 1.000 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: Tuesday

Preparation Site:

Offer? Yes _____ No _____
Grades

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Purchasing, Preparation & Serving Instructions

Week 2 – Wednesday

| Menu Item | Purchasing & Preparation | Serving |
|--|--|--|
| White Chicken Chili | <ul style="list-style-type: none"> • Prepare HKM Recipe 128, White Chicken Chili. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount onions, great northern beans, and green chili peppers needed. • CCP: Hold for hot service at 135° F or higher. | K-12: $\frac{3}{4}$ cup |
| Cornbread Muffins | <ul style="list-style-type: none"> • Prepare HKM Recipe 127, Cornbread Muffins. | K-8: 1 muffin 9-12: 2 muffins |
| Alternate Entrée: Rock and Roll Beef Wraps | <ul style="list-style-type: none"> • Prepare HKM Recipe 133, Rock and Roll Beef Wraps. • Purchase 8" whole grain rich tortillas weighing 1.5 oz each. • CCP: Hold for hot service at 135° F or above. | K-12: 1 wrap |
| Cherry Tomatoes | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash and stem tomatoes. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-9-12: 6 tomatoes ($\frac{1}{2}$ cup) |
| Cucumber Slices | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash and slice cucumbers. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{4}$ cup |
| Blueberries, Fresh | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash blueberries. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> • Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 2 – Wednesday, continued

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

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|-----------------------|---------------|--------------|-------------------------|----------------|-------------|-------------|-----------|----------------|-----------|--|---|-----------|--|--|--|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | BREAKFAST | | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>MENU ITEMS AND CONDIMENTS</p> <p>HACCP PROCESS*</p> <p>SERVING SIZE/UTENSIL</p> | <p>After Cook</p> <p>Start of Service</p> <p>End of Service</p> | TEMPERATURES | | | Component Contributions | | | | | | | | <p>AMOUNT PREPARED</p> <p>AMOUNT LEFTOVER</p> <p>PRODUCTION NOTES</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | M/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | Total Veg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | White Chicken Chili | 3/4 cup | | | 2,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Cornbread Muffin | 1 each | | | | 1,250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Rock & Roll Beef Wrap | 1 each | | | 2,000 | 2,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Cherry Tomatoes | 1/2 cup | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Cucumber Slices | 1/4 cup | | | | | | | | 0.250 | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Blueberries, fresh | 1/2 cup | | | | 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 | 1,250 | 0.500 | 0.500 | | | 0.250 | 0.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2,000 | 2,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|------------------|----------------|-----------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | 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 | | | | |
| 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 | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| White Chicken Chili | 3/4 cup | | | | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cornbread Muffin | 1 each | | | | | 1.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rock & Roll Beef Wrap | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cherry Tomatoes | 1/2 cup | | | | | | | 0.500 | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cucumber Slices | 1/4 cup | | | | | | | | | 0.250 | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Blueberries, fresh | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | 2.000 | 1.250 | 0.500 | | 0.500 | | | | 0.250 | | 0.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------------|-------|----------------|--------------------------------|------------------|---------------|--------------|------------------|----------------|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | Meals Planned | Meals Served | LUNCH | | | | Age/Grade Groups | Meals Planned | Meals Served | | |
| | | | | STUDENT MEALS | 9-12 | | | | | | | STUDENT MEALS | 9-12 | | |
| | | | | ADULT MEALS | | | | | | | | ADULT MEALS | | | |
| TOTAL MEALS | | | | | | | TOTAL MEALS | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | 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 |
| 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 | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | 2.000 | 2.500 | 1.000 | 0.750 | 0.250 | 1.000 | Notes: | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.500 | 1.000 | 0.750 | 0.250 | 1.000 | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 2 - Thursday

| Menu Item | Purchasing & Preparation | Serving |
|---|---|---------------|
| Cheese Pizza | <ul style="list-style-type: none"> 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. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. | K-12: 1 piece |
| Alternate Entrée: Grilled Chicken Sandwich | <ul style="list-style-type: none"> 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. Prepare according to manufacturer's instructions. 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. CCP: Hold for hot service at 135° F or above. | K-12: 1 each |
| Broccoli Florets | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. Wash broccoli. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: ½ cup |
| Carrots, baby, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: ½ cup |
| Peaches, canned, sliced | <ul style="list-style-type: none"> Purchase slices peaches packed in light syrup. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Chill cans overnight. Wipe can tops clean before opening. Drain, cover, and refrigerate until serving. Serve with slotted utensil. Level utensil when serving. CCP: Refrigerate and hold at 41° F or below for cold service. | K-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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | 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) | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|------------------|------------------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | | |
| | | | | STUDENT MEALS | | K-5 | | | | | | | | | | |
| | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | | | |
| 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 | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | 0.500 | 0.500 | 0.500 | | | | | 1.000 | | | |
| Alternate Entrée Lunch Component Totals | | | | 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/M/A | 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 | | | | | | | | | | | | | | | |
| <hr/> | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | | 0.500 | 0.500 | 0.500 | | | | | | 1.000 | Notes: | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: _____ **Thursday**

Preparation Site:

Offer? Yes _____ No _____
Grades

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Purchasing, Preparation & Serving Instructions

Week 2 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|--------------------------------------|--|--|
| Biscuits & Sausage Gravy | <ul style="list-style-type: none"> Prepare HKM Recipe 118, Biscuits and Sausage Gravy. If purchasing biscuits, purchase whole grain rich biscuit that provides 2 oz equivalent Grains. If preparing biscuits, prepare HKM Recipe 120, Angel Biscuits. CCP: Hold gravy for hot service at 135° F or above. | Biscuits K-12: 1 biscuit Gravy K-12: 3 oz |
| Sausage Patty, turkey | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. | K-5: N/A 6-12: 1 each |
| Alternate Entrée: Pepperoni Pizza | <ul style="list-style-type: none"> 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. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135° F or above. | K-12: 1 piece |
| Hash Brown Patty | <ul style="list-style-type: none"> Purchase 2.25 oz hash brown patties. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Follow manufacturer's directions for baking and holding. Batch cook. CCP: Hold for hot service at 135° F or above. | K-8: 1 patty 9-12: 2 patties |
| Sugar Snap Peas, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash strawberries. CCP: Refrigerate and hold at 41° F or below for cold service | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |

Pre-preparation for Week 3 - Monday: None

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | |
|---|-----------------|------------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|------------------|------------------|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | | |
| | | | | STUDENT MEALS | | K-5 | | | | | | | | | | |
| | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | | | |
| Biscuits & Sausage Gravy | | 1 biscuit + 3 oz gravy | | | | 1.000 | 2.000 | | | | | | | | | |
| Sausage Patty | | N/A | | | | | | | | | | | | | | |
| Pepperoni Pizza | | 1 slice | | | | 2.000 | 2.000 | | | | | | | | | |
| Sugar Snap Peas, fresh | | 1/2 cup | | | | | | | | | 0.500 | | 0.500 | | | |
| Hash Brown Patty | | 1 each | | | | | | | | | 0.250 | | 0.250 | | | |
| Strawberries, fresh | | 1/2 cup | | | | | 0.500 | | | | | | | | | |
| Fruit Choice, canned | | N/A | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | 1.000 | 2.000 | 0.500 | | | | 0.250 | 0.500 | | 0.750 | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | |
|---|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|--------------|--------------------|----------------|-------------|-------------|-----------|-------------------------|----------------|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | |
| | | | | STUDENT MEALS | | 6-8 | | | | | | | | | |
| | | | | ADULT MEALS | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | TOTAL MEALS | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | 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 |
| Biscuits & Sausage Gravy | | 1 biscuit + 3 oz gravy | | | | 1.000 | 2.000 | | | | | | | | |
| Sausage Patty | | 1 each | | | | 1.000 | | | | | | | | | |
| Pepperoni Pizza | | 1 slice | | | | 2.000 | 2.000 | | | | | | | | |
| Sugar Snap Peas, fresh | | 1/2 cup | | | | | | | | | | 0.500 | 0.500 | | |
| Hash Brown Patty | | 1 each | | | | | | | | | | 0.250 | 0.250 | | |
| Strawberries, fresh | | 1/2 cup | | | | | 0.500 | | | | | | | | |
| Fruit Choice, canned | | N/A | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | |
| 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 | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | |
|---|------------------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|-----------------|------------------|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | | |
| | | | | STUDENT MEALS | | 9-12 | | | | | | | | | | |
| | | | | 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 | | | |
| Biscuits & Sausage Gravy | 1 biscuit + 3 oz gravy | | | 1.000 | 2.000 | | | | | | | | | | | |
| Sausage Patty | 1 each | | | 1.000 | | | | | | | | | | | | |
| Pepperoni Pizza | 1 slice | | | 2.000 | 2.000 | | | | | | | | | | | |
| Sugar Snap Peas, fresh | 1/2 cup | | | | | | | | | | 0.500 | 0.500 | | | | |
| Hash Brown Patty | 2 each | | | | | | | | | | 0.500 | 0.500 | | | | |
| Strawberries, fresh | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | 2.000 | 2.000 | 1.000 | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | | 0.500 | 0.500 | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | |

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

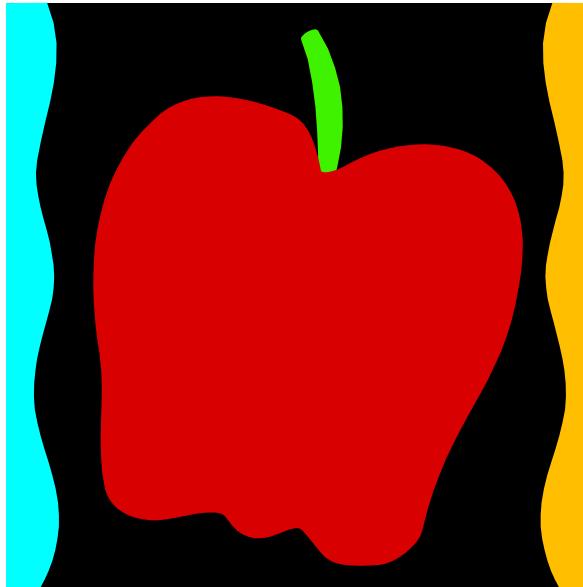
| Day | Fruit or Vegetable | K-5 Portion Size | K-5 Amount to Order per 100 Servings | 6-8 Portion Size | 6-8 Amount to Order per 100 Servings | 9-12 Portion Size | 9-12 Amount to Order per 100 Servings |
|---------|---|---------------------|---|---------------------|--|----------------------|---|
| 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 |

Healthier Kansas Menus with Alternate Entrées



FALL WEEK 3 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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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.

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

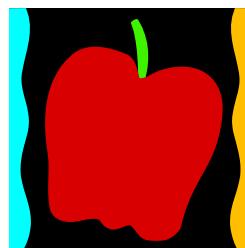
PLEASE NOTE:

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



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"> 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. Heat according to manufacturer's instructions. 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. CCP: Hold for hot service at 135°F or above. | K-12: 1 sandwich |
| Alternate Entrée: Peanut Butter & Jelly Sandwich Meal (K-5) | <ul style="list-style-type: none"> Purchase or prepare Peanut Butter & 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. Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each. CCP: Refrigerate and hold at 41° F or below for cold service. | K-5: 1 sandwich, 1 oz crackers, 1 oz cheese |
| Alternate Entrée: Peanut Butter & Jelly Sandwich (6-12) | <ul style="list-style-type: none"> Purchase or prepare Peanut Butter & 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. CCP: Refrigerate and hold at 41° F or below for cold service. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Tomato Slice | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. Slice $\frac{1}{4}$" thick. CCP: Refrigerate and hold at 41° F or below for cold service. | K-8: 1 slice 9-12: 2 slices |
| Sweet Potato Puffs | <ul style="list-style-type: none"> Purchase ovenable sweet potato puffs. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 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) | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|------------------|------------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | | |
| | | | | STUDENT MEALS | | K-5 | | | | | | | | | | |
| | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEM AND CONDIMENTS | HACCP PROCESS# | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | | | |
| 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 | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | 0.500 | 0.250 | 0.625 | | | | | 0.875 | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|-------------------------|----------------|-----------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | 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 | | | | |
| 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 ITEM AND CONDIMENTS | HACCP PROCESS* | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pork Rib on a Bun | | 1 sandwich | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peanut Butter & Jelly | | 1 each (5.3 oz) | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WG Crackers | | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| String Cheese | | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | | 0.500 | 0.250 | 0.625 | | | | | 0.875 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: _____ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|-----------------|------------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | |
| | | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | |
| | | | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| 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 | | | |
| Pork Rib on a Bun | 1 sandwich | | | 2.000 | 2.000 | | | | | | | | | | | |
| Peanut Butter & Jelly | 1 each (5.3 oz) | | | 2.000 | 2.000 | | | | | | | | | | | |
| WG Crackers | N/A | | | | | | | | | | | | | | | |
| String Cheese | N/A | | | | | | | | | | | | | | | |
| Dark Green Leaf Lettuce | 1/2 cup | | | | | 0.250 | | | | | | | 0.250 | | | |
| Tomato Slice | 2 1/4" slices | | | | | | 0.250 | | | | | | 0.250 | | | |
| Sweet Potato Puffs | 1/2 cup | | | | | | 0.500 | | | | | | 0.500 | | | |
| Cantaloupe, fresh | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | 2.000 | 2.000 | | 1.000 | 0.250 | 0.750 | | | | | | | 1.000 | | | |
| Alternate Entrée Lunch Component Totals | 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"> • Prepare HKM Recipe 20, Taco Soup. • Purchase 80/20 ground beef. • CCP: Hold for hot service at 135°F or above. | K-12: 1 cup |
| Alternate Entrée: Crispito, chicken chili | <ul style="list-style-type: none"> • 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. • Heat according to manufacturer's instructions. • CCP: Hold for hot service at 135°F or above. | K-8: 1 each 9-12: 2 each |
| Tortilla Chips | <ul style="list-style-type: none"> • Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). • May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: 1 oz 9-12: 2 oz |
| Tomato Salsa | <ul style="list-style-type: none"> • Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • May be served, self-serve or pre-portioned for service. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-8: $\frac{1}{4}$ cup 9-12: $\frac{1}{2}$ cup |
| Refried Beans | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per $\frac{1}{2}$ cup prepared. • For dried beans, prepare according to manufacturer directions. • For canned beans, wipe top of cans before opening. • CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Pears, canned, sliced | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase sliced pears packed in light syrup or juice. • Chill cans overnight. Wipe tops clean before opening. Drain, cover, and refrigerate until servings. • Serve with slotted utensil. Level utensil when serving. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ 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">Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none">Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).CCP: Refrigerate and hold at 41° F or below for cold service. | 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 (K-5)

Date: _____ **Tuesday**

Preparation Site: _____

Offer? Yes _____ No _____
Grades

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | Total Veg | | |
| Taco Soup | | 1 cup | | | | 2.000 | | | | | | | | | | | |
| Tortilla Chips | | 1 oz | | | | | 1.000 | | | | | | | | | | |
| Crispito, chicken chili | | 1 each | | | | 1.000 | 1.000 | | | | | | | | | | |
| Tortilla Chips | | 1 oz | | | | | 1.000 | | | | | | | | | | |
| Tomato Salsa | | 1/4 cup | | | | | | | 0.250 | | | | | 0.250 | | | |
| Refried Beans | | 1/2 cup | | | | | | | | 0.500 | | | | 0.500 | | | |
| Sliced Pears, canned | | 1/2 cup | | | | | | 0.500 | | | | | | | | | |
| Fruit Choice, fresh | | N/A | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | | 2.000 | 1.000 | | 0.500 | | | 0.250 | 0.500 | | | | 0.750 | | | |
| Alternate Entrée Lunch Component Totals | | | 1.000 | 2.000 | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|------------------|------------------|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | | |
| | | | | STUDENT MEALS | | 6-8 | | | | | | | | | | |
| | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | | | |
| Taco Soup | 1 cup | | | | 2.000 | | | | | | | | | | | |
| Tortilla Chips | 1 oz | | | | | 1.000 | | | | | | | | | | |
| Crispito, chicken chili | 1 each | | | | 1.000 | 1.000 | | | | | | | | | | |
| Tortilla Chips | 1 oz | | | | | 1.000 | | | | | | | | | | |
| Tomato Salsa | 1/4 cup | | | | | | 0.250 | | | | | 0.250 | | | | |
| Refried Beans | 1/2 cup | | | | | | | 0.500 | | | | 0.500 | | | | |
| Sliced Pears, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, fresh | N/A | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | | 2.000 | 1.000 | 0.500 | | 0.250 | 0.500 | | | | 0.750 | | | |
| Alternate Entrée Lunch Component Totals | | | | 1.000 | 2.000 | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|------------------|------------------|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | |
| | | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | |
| | | | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | | | |
| 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 | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | Notes: | | |

Purchasing, Preparation & Serving Instructions

Week 3 – Wednesday

| Menu Item | Purchasing & Preparation | Serving |
|--|---|--------------|
| Corn Dog | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Alternate Entrée: Hamburger on a Bun | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. 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. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Green Beans | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wipe can tops clean before opening. Batch cook by steaming or by stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Tater Tots | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase frozen, ovenable, tater tots. Follow manufacturer's directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Snickerdoodle | <ul style="list-style-type: none"> Prepare HKM Recipe 19, Snickerdoodle. This menu item will count as a grain based dessert. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and inside seeds. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | 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) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|-----------------------|---------------|--------------|-------------------------|----------------|-------------|-------------|-----------|----------------|-----------|-------|--|-----------|--|--|--|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | BREAKFAST | | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>MENU ITEMS AND CONDIMENTS</p> <p>HACCP PROCESS #</p> <p>SERVING SIZE/UTENSIL</p> | <p>After Cook</p> <p>Start of Service</p> <p>End of Service</p> | TEMPERATURES | | | Component Contributions | | | | | | | | <p>AMOUNT PREPARED</p> <p>AMOUNT LEFT OVER</p> <p>PRODUCTION NOTES</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | M/M/A | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.500 | 0.500 | | | | 0.500 | 0.500 | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|-------------------------|----------------|-----------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Snickerdoodle | 1 each | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.500 | 1.000 | | | | 0.500 | 0.500 | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 3 – Thursday

| Menu Item | Purchasing & Preparation | Serving |
|--|---|----------------------------------|
| Chicken Quesadilla | <ul style="list-style-type: none"> • Prepare HKM Recipe 29, Chicken Quesadilla. • Purchase frozen pulled or diced cooked chicken with no skin and no added salt. • Purchase 8" whole grain tortillas, weighing at least 1.5 oz. • CCP: Hold for hot service at 135°F or above. | K-12: 1 Quesadilla |
| Alternate Entrée: Yogurt & Blueberry Oat Muffin Meal | <ul style="list-style-type: none"> • Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain. • Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8oz yogurt, 2 muffins each |
| Tortilla Chips | <ul style="list-style-type: none"> • Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). • May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: N/A 9-12: 1 oz |
| Black Bean & Corn Salsa | <ul style="list-style-type: none"> • Prepare HKM Recipe 81, Black Bean & Corn Salsa. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-8: N/A 9-12: ¼ cup |
| Broccoli Florets | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. • Wash broccoli. Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41° F or below for cold service. | K-8: $\frac{1}{4}$ cup 9-12: $\frac{1}{2}$ cup |
| Apple Salad | <ul style="list-style-type: none"> Prepare HKM Recipe 121, Apple Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-------------------------|-----------|-----------------|------------------|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Quesadilla | 1 quesadilla | | | 2.000 | 1.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yogurt & Muffins | 8oz/2 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Black Bean & Corn Salsa | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Broccoli Florets | 1/2 cup | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Baby Carrots | 1/4 cup | | | | | | 0.250 | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple Salad | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | 2.000 | 1.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 0.500 | 0.500 | 0.250 | | | | | | | 0.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|-------------------------|----------------|-----------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Quesadilla | 1 quesadilla | | | 2.000 | 1.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yogurt & Muffins | 8oz/2 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Black Bean & Corn Salsa | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Broccoli Florets | 1/2 cup | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Baby Carrots | 1/4 cup | | | | | | 0.250 | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple Salad | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 1.500 | 0.500 | 0.500 | 0.250 | | | | | 0.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|------------------|------------------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | | |
| | | | | STUDENT MEALS | | 9-12 | | | | | | | | | | |
| | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | | | |
| Chicken Quesadilla | 1 quesadilla | | | 2.000 | 1.500 | | | | | | | | | | | |
| 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 | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | 0.500 | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | 2.000 | 2.500 | 1.000 | 0.500 | 0.500 | | | | 0.250 | 1.250 | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 3.000 | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 3 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|---|---|-------------------------|
| Cowboy Cavatini | <ul style="list-style-type: none"> • Prepare HKM Recipe 32, Cowboy Cavatini. • Purchase 80/20 raw ground beef. • CCP: Hold for hot service at 135°F or above. | K-12: $\frac{3}{4}$ cup |
| Whole Wheat Roll | <ul style="list-style-type: none"> • Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-12: 1 each (1 oz) |
| Alternate Entrée: Turkey & Cheese Sub | <ul style="list-style-type: none"> • Prepare HKM Recipe 144, Turkey & Cheese Sub. • 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. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold at 41° F or below for cold service. | K-12: 1 sandwich |
| Garden Salad | <ul style="list-style-type: none"> • Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts of individual ingredients needed. • Handle salad with gloved hands, tongs or serving utensils. • May estimate serving sizes using measured portions as samples. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 1 cup |
| Corn, steamed | <ul style="list-style-type: none"> • Purchase frozen or canned corn. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • If using canned corn, wipe tops of cans clean before opening. • Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid. • CCP: Hold for hot service at 135° F or above. | K-12: $\frac{1}{2}$ cup |
| Grapes, Fresh | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash grapes. Remove from stems or separate out into smaller clusters. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41° F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Jelly | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. | K-12: $\frac{1}{2}$ oz each or 1 Tbsp |
| Mayo-type Salad Dressing, reduced fat | <ul style="list-style-type: none"> Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons per 100 1 fl oz servings. | K-12: $\frac{1}{2}$ oz or 1 Tbsp |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

Pre-preparation for Week 4 - Monday: None

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-------------------------|-----------|-----------------|------------------|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | BREAKFAST | | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cowboy Cavatini | 3/4 cup | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Roll | 1 each | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub Sandwich | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garden Salad | 1 cup | | | | | 0.500 | | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Seasoned Corn | 1/2 cup | | | | | | | | 0.500 | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grapes, fresh | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | 0.500 | 0.500 | | 0.500 | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|------------------------|-------------------------|-------------------------|-----------|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 LEFT OVER | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cowboy Cavatini | 3/4 cup | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Roll | 1 each | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub Sandwich | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garden Salad | 1 cup | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Seasoned Corn | 1/2 cup | | | | | | | | 0.500 | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grapes, fresh | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | 2.000 | 2.000 | | 0.500 | 0.500 | | | 0.500 | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|---------------------------|-----------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="3" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="3" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | BREAKFAST | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS* | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cowboy Cavatini | 3/4 cup | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Roll | 1 each | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub Sandwich | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garden Salad | 1 cup | | | | | 0.500 | | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Seasoned Corn | 1/2 cup | | | | | | | | 0.500 | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grapes, fresh | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | 1.000 | 0.500 | | 0.500 | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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 OR | 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

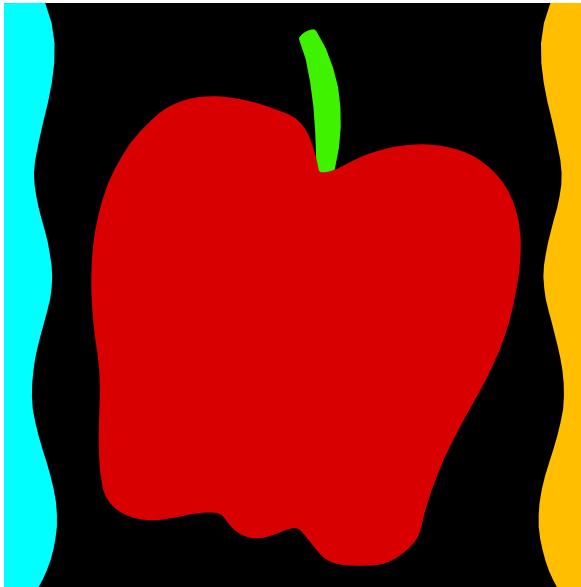
| Day | Fruit or Vegetable | K-5 Portion Size | K-5 Amount to Order per 100 Servings | 6-8 Portion Size | 6-8 Amount to Order per 100 Servings | 9-12 Portion Size | 9-12 Amount to Order per 100 Servings |
|----------|-------------------------------------|---------------------|--|---------------------|--|----------------------|---|
| 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 | $\frac{3}{4}$ cup | | $\frac{3}{4}$ cup | | $\frac{3}{4}$ cup | |
| | Tomato Sauce, canned | | 2.5 #10 cans | | 2.5 #10 cans | | 2.5 #10 cans |
| | Corn, frozen OR | $\frac{1}{2}$ cup | 18 lb 4 oz | $\frac{1}{2}$ cup | 18 lb 4 oz | $\frac{1}{2}$ cup | 18 lb 4 oz |
| | Corn, canned | | 5.2 #10 cans | | 5.2 #10 cans | | 5.2 #10 cans |
| | Grapes, fresh, AP | $\frac{1}{2}$ cup | 19 lb 4 oz | $\frac{1}{2}$ cup | 19 lb 4 oz | $\frac{1}{2}$ 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 |

Healthier Kansas Menus with Alternate Entrées



FALL WEEK 4 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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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.

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

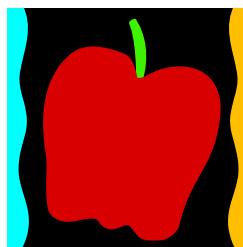
PLEASE NOTE:

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



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

| Ladies & 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"> 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. Heat according to manufacturer's instructions. 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. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Alternate Entrée: Fruit, Yogurt & Granola Parfait | <ul style="list-style-type: none"> Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving. 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. 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. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup fruit, 8 oz yogurt, ½ cup granola |
| Dark Green Leaf Lettuce | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Tomato Slice | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. Slice ¼" thick. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 2 slices |
| Oven Fries | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase ovenable straight cut fries. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice, or antioxidant solution to preserve color. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41° F or below for cold service | K-12: $\frac{1}{2}$ apple |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | 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 (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|-----------|--|-----------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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/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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomato Slice | 2 1/4" slices | | | | | | 0.250 | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oven Fries | 1/2 cup | | | | | | | 0.500 | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple Slices, fresh | 1/2 apple | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | 0.250 | 0.250 | 0.500 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|------------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|-----------------|-----------------|------------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| 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 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 | | | |
| 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 | | | |
| Tomato Slice | 2 1/4" slices | | | | | | | 0.250 | | | | | 0.250 | | | |
| Oven Fries | 1/2 cup | | | | | | | | 0.500 | | | | 0.500 | | | |
| Apple Slices, fresh | 1/2 apple | | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | | 0.500 | 0.250 | 0.250 | | 0.500 | | | 1.000 | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Week 4 – Tuesday

| Menu Item | Purchasing & Preparation | Serving |
|---------------------------------------|---|--|
| Chili | <ul style="list-style-type: none"> Purchase 80/20 ground beef. Prepare HKM Recipe 218, Chili. CCP: Hold for hot service at 135°F or above. | K-8: $\frac{3}{4}$ cup 9-12: 1 cup |
| Alternate Entrée: Chicken, popcorn | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | 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"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: N/A 9-12: 1 oz |
| Red Bell Pepper Strips | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, core and slice bell peppers into strips. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Cucumber Slices | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and slice cucumbers. CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: $\frac{1}{4}$ cup 9-12: $\frac{1}{2}$ cup |
| Nectarines, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash nectarines. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41° F or below for cold service. | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Whole Wheat Cinnamon Roll | <ul style="list-style-type: none"> Prepare HKM Recipe 167, Whole Wheat Cinnamon Roll. This menu item will count as a grain based dessert. | K-12: 1 each |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

Pre-preparation for Week 4 - Wednesday: None

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|-------------------------|----------------|-----------|-----------------|-----------------|--|-----------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFTOVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chili | | 3/4 cup | | | | 1.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Cinnamon Roll | | 1 each | | | | | 1.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Popcorn Chicken | | 15 pieces | | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Cinnamon Roll | | 1 each | | | | | 1.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Red Bell Pepper Strips | | 1/2 cup | | | | | | 0.500 | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cucumber Slices | | 1/4 cup | | | | | | | | | 0.250 | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Nectarine | | 1 each | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 1.500 | 1.250 | 0.500 | 0.500 | | 0.250 | 0.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2.000 | 2.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|-----------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | |
| | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | | | | | | |
| STUDENT MEALS | | | 6-8 | | | | | | STUDENT MEALS | | | 6-8 | | | | | |
| ADULT MEALS | | | | | | | | | ADULT MEALS | | | | | | | | |
| TOTAL 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 | | | |
| Chili | 3/4 cup | | | | 1.500 | | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | |
| Whole Wheat Cinnamon Roll | 1 each | | | | | 1.250 | | | | | | | | | | | |
| Popcorn Chicken | 15 pieces | | | | 2.000 | 1.000 | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | |
| Whole Wheat Cinnamon Roll | 1 each | | | | | 1.250 | | | | | | | | | | | |
| Red Bell Pepper Strips | 1/2 cup | | | | | | 0.500 | | | | | 0.500 | | | | | |
| Cucumber Slices | 1/4 cup | | | | | | | | | 0.250 | | 0.250 | | | | | |
| Fresh Nectarine | 1 each | | | | | 0.500 | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | |
| Daily Lunch Component Totals | | | 1.500 | 1.250 | 0.500 | 0.500 | | 0.250 | 0.750 | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.250 | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|------------------------|------------------------|-------------------------|----------------|-----------|-----------------|---------------|--------------|---------------|------|--|--|-------------|--|--|--|-------------|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|------|--|--|-------------|--|--|--|-------------|--|--|--|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | BREAKFAST | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | 9-12 | | | ADULT MEALS | | | | TOTAL MEALS | | | | LUNCH | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | 9-12 | | | ADULT MEALS | | | | TOTAL MEALS | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chili | 1 cup | | | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | 1 oz | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Cinnamon Roll | 1 each | | | | 1.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Popcorn Chicken | 15 pieces | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | 1 oz | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Cinnamon Roll | 1 each | | | | 1.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Red Bell Pepper Strips | 1/2 cup | | | | | 0.500 | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cucumber Slices | 1/2 cup | | | | | | | | | 0.500 | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Nectarine | 1 each | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2.000 | 2.250 | 1.000 | 0.500 | | 0.500 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2.000 | 3.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday

| Menu Item | Purchasing & Preparation | Serving |
|---|--|--|
| Chicken Nuggets | <ul style="list-style-type: none"> 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. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 serving (providing 2 oz M/MA and 1 oz equivalent Grains) |
| Whole Wheat Roll | <ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-12: 1 each (1 oz) |
| Alternate Entrée: Rock and Roll Beef Wraps | <ul style="list-style-type: none"> Prepare HKM Recipe 133, Rock and Roll Beef Wraps. Purchase 8" whole grain rich tortillas weighing 1.5 oz each. CCP: Hold for hot service at 135°F or above. | K-12: 1 wrap |
| Mashed Potatoes | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes. Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Tossed Salad | <ul style="list-style-type: none"> Prepare HKM Recipe 74, Tossed Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 cup |
| Blueberries, Fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash blueberries. CCP: Refrigerate and hold at 41° F or below for cold service. | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Gravy | <ul style="list-style-type: none"> Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. CCP: Hold for hot service at 135°F or above. | K-12: 1 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Jelly | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. | K-12: $\frac{1}{2}$ 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) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|------------------|----------------------|-------------------------|------------------|-----------------|---------------|--------------|-------|-----------------|----------------|--------------|---------------|-----------|----------------|-----------|-----------------|-----------------|------------------|--|-------------|--|--|--|--|--|--|--|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <th colspan="4">BREAKFAST</th> </tr> <tr> <th></th> <th>Age/grade Group</th> <th>Meals Planned</th> <th>Meals Served</th> </tr> <tr> <td>STUDENT MEALS</td> <td>K-5</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </table> | | | | BREAKFAST | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | K-5 | | | ADULT MEALS | | | | TOTAL MEALS | | | | <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <th colspan="4">LUNCH</th> </tr> <tr> <th></th> <th>Age/Grade Groups</th> <th>Meals Planned</th> <th>Meals Served</th> </tr> <tr> <td>STUDENT MEALS</td> <td>K-5</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </table> | | | | | | | LUNCH | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | K-5 | | | ADULT MEALS | | | | TOTAL MEALS | | | |
| | | | | BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TEMPERATURES | | | Component Contributions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | 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 | AMOUNT PREPARED | AMOUNT LEFTOVER | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | 2.000 | 2.000 | 0.500 | 0.500 | | 0.500 | | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Week 4 – Thursday

| Menu Item | Purchasing & Preparation | Serving |
|---|--|---|
| Baked Ham | <ul style="list-style-type: none"> Purchase pre-cooked ham with no more than 650 mg sodium per serving and no more than 3 gm of fat per serving. Slice prior to heating. Each slice before heating should weigh 2.5 oz. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 2.5 oz slice |
| Angel Biscuit | <ul style="list-style-type: none"> Prepare HKM Recipe 120, Angel Biscuits, Whole Wheat. | K-12: 1 each |
| Alternate Entrée: Grilled Chicken Sandwich | <ul style="list-style-type: none"> 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. Prepare according to manufacturer's instructions. 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. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Apple Glazed Sweet Potatoes | <ul style="list-style-type: none"> Prepare HKM Recipe 122, Apple Glazed Sweet Potatoes. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above. | K-8: $\frac{1}{4}$ cup (2 wedges) 9-12: $\frac{1}{2}$ cup (4 wedges) |
| Green Beans | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wipe can tops clean before opening. Batch cook by steaming or by stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Peaches, canned, sliced | <ul style="list-style-type: none"> Purchase slices peaches packed in light syrup. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Chill cans overnight. Wipe can tops clean before opening. Drain, cover, and refrigerate until serving. Serve with slotted utensil. Level utensil when serving. CCP: Refrigerate and hold at 41° F or below for cold service. | K-12: $\frac{1}{2}$ cup |

Continued on next page

Purchasing, Preparation & Serving Instructions

Week 4 – Thursday, continued

| | | |
|--------------------------------|--|--|
| Fruit Choice, fresh | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Honey Apple Crisp, Whole Wheat | <ul style="list-style-type: none"> Prepare Honey Apple Crisp, Whole Wheat HKM Recipe 39. This menu item will count as a grain based dessert. | K-8: N/A 9-12: 1 piece |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |
| Jelly | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. | K-12: $\frac{1}{2}$ oz each or 1 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)

Date: Thursday

Preparation Site: _____

Offer? Yes No
Grades _____

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|---------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| 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 | | |
| Baked Ham | | 2.5 oz slice | | | | 2.000 | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | |
| Honey Apple Crisp | | N/A | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | |
| Jelly | | 1/2 oz | | | | | | | | | | | | | | | |
| Ketchup | | 1 fl oz | | | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | |
| 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 | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|------------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|-----------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | |
| 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 |
| Baked Ham | | 2.5 oz slice | | | | 2.000 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | |
| Honey Apple Crisp | | N/A | | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | | |
| Jelly | | 1/2 oz | | | | | | | | | | | | | | | | |
| Ketchup | | 1 fl oz | | | | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | | |
| | | | | 2.000 | 2.000 | 0.500 | | 0.250 | | 0.500 | | 0.750 | | | | | | |
| | | | | 2.000 | 2.000 | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|------------------------|------------------------|-------------------------|----------------|-----------|-----------------|---------------|--------------|----------------------|------|--|--|--------------------|--|--|--|--------------------|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|----------------------|------|--|--|--------------------|--|--|--|--------------------|--|--|--|
| <p>Date: _____ Thursday</p> <p>Preparation Site: _____</p> <p>Offer? Yes _____ No _____ Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td style="background-color: #D9E1F2;"></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td style="background-color: #D9E1F2;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td style="background-color: #D9E1F2;"></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td style="background-color: #D9E1F2;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | BREAKFAST | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | 9-12 | | | ADULT MEALS | | | | TOTAL MEALS | | | | LUNCH | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | 9-12 | | | ADULT MEALS | | | | TOTAL MEALS | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Baked Ham | 2.5 oz slice | | | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Green Beans | 1/2 cup | | | | | | | | | 0.500 | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peaches, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, fresh | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Honey Apple Crisp | 1 piece | | | | 0.750 | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 2.000 | 2.750 | 1.250 | 0.500 | | 0.500 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 2.000 | 2.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 4 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|--------------------------------------|---|--|
| Macaroni & Cheese | <ul style="list-style-type: none"> Prepare HKM Recipe 184, Macaroni & Cheese. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Meatballs, beef | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 3 each (or number needed to provide 1 oz equivalent M/MA) |
| Sliced Whole Wheat Bread | <ul style="list-style-type: none"> Purchase sliced, whole wheat bread; 1 oz per slice (first ingredient listed is whole wheat flour) or prepare HKM Recipe 107, Whole Wheat Bread. | K-5: N/A 6-12: 1 slice |
| Alternate Entrée: Pepperoni Pizza | <ul style="list-style-type: none"> 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. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 piece |
| Baked Beans | <ul style="list-style-type: none"> Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Carrots, baby, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash strawberries. CCP: Refrigerate and hold at 41° F or below for cold service | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Jelly | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. | K-5: N/A 6-12: $\frac{1}{2}$ oz each or 1 Tbsp |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

Pre-preparation for Week 1 - Monday: None

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|------------------------|------------------------|-------------------------|----------------|-----------|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|--------------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: _____ Friday</p> <p>Preparation Site: _____</p> <p>Offer? Yes _____ No _____ Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | BREAKFAST | | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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/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 | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jelly | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 1.000 | 0.500 | 0.500 | 0.500 | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|------------------------|------------------------|-------------------------|-----------|--|-----------------|---------------|--------------|----------------------|-----|--|--|--------------------|--|--|--|--------------------|--|--|--|--------------|--|--|--|--|------------------|---------------|--------------|----------------------|-----|--|--|--------------------|--|--|--|--------------------|--|--|--|
| <p>Date: _____ Friday</p> <p>Preparation Site: _____</p> <p>Offer? Yes _____ No _____ Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | 0.500 | 0.500 | | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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, 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 | | 1 cup | | 1 cup | |
| | Spinach, fresh, trimmed, AP | | 7 lb | | 7 lb | | 7 lb |
| | Romaine Lettuce, AP | | 7 lb | | 7 lb | | 7 lb |
| | 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 |



Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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.

Spring Cycle

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

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Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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.

Spring Cycle, continued

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

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Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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.

Spring Cycle

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p>Week 1</p> <p>Hot Ham & 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 Whole Wheat Roll (9-12)</p> <p>Broccoli Florets Cherry Tomatoes Fruit Cocktail Fresh Fruit Choice Milk Choice</p> | <p>Taco Burger on a Bun Tortilla Chips (6-12)</p> <p>Fruit, Yogurt & Granola Parfait Tortilla Chips (6-12)</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 & 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 & Jelly Sandwich</p> <p>Mashed Potatoes & Gravy Steamed Asparagus Fresh Peach Canned Fruit Choice Milk Choice</p> |
| <p>Week 2</p> <p>Sweet and Sour Chicken Nuggets</p> <p>Seasoned Brown Rice Or</p> <p>Yogurt & 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 Cherry Crisp (6-12) Canned Fruit Choice Milk Choice</p> |

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Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

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.

Spring Cycle, continued

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>Week 3</p> <p>Chicken Tetrazzini Garlic Bread Or 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 Or Popcorn Chicken Whole Wheat Roll (9-12)</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 Or Fruit, Yogurt & Granola Parfait</p> <p>Hash Brown Patty Green Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p> | <p>Baked Chicken Drumstick w/ Savory Rice & Oatmeal Roll Or Turkey & Cheese Sub Sandwich</p> <p>Fresh Broccoli Cherry Tomatoes Fresh Grapes Canned Fruit Choice Milk Choice</p> | <p>Yummy Sloppy Joe on a Bun Or Peanut Butter & Jelly Sandwich</p> <p>Roasted Red Potatoes Edamame Fresh Peach Canned Fruit Choice Milk Choice</p> |
| <p>Week 4</p> <p>Beef & Bean Burrito Tortilla Chips (9-12) Or Yogurt & Blueberry Oat Muffin Plate Tortilla Chips (9-12)</p> <p>Tomato Salsa Romaine Lettuce Mexican Corn Fresh Pear Canned Fruit Choice Milk Choice</p> | <p>Stromboli Squares Garlic Breadstick (9-12) Or Chicken Crispito</p> <p>Garden Salad Fresh Baby Carrots Fresh Plum Canned Fruit Choice Milk Choice</p> | <p>BBQ Beef on a Bun Or Grilled Chicken Sandwich</p> <p>Fresh Snow Peas Baked Beans Fresh Watermelon Royal Brownie (6-12)</p> <p>Canned Fruit Choice Milk Choice</p> | <p>Turkey & Cheese Sub Sandwich Or 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 Whole Wheat Roll (6-12) Or Cheese Pizza</p> <p>Mashed Potatoes & Gravy Steamed Broccoli Fresh Orange Canned Fruit Choice Milk Choice</p> |

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Healthier Kansas Menus with Alternate Entrées



SPRING WEEK 1 – DAILY PRODUCTION RECORDS

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

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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.

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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.

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

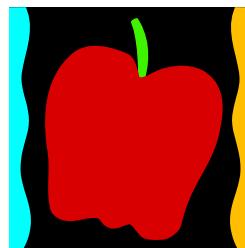
PLEASE NOTE:

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



Recipes for the Week

| Day | Recipe Name | Recipe Number | HKM Recipe Page Number |
|------------|---|--------------------------|-------------------------------|
| Monday | Hot Ham & Cheese on a Bun Whole Wheat Bun | 48 877 | 20 91 |
| Tuesday | Whole Wheat Roll | 877 | 91 |
| Wednesday | Taco Burger on a Bun Whole Wheat Bun Tomato Salsa | 77 877 129 | 37 91 61 |
| Thursday | Lasagna Whole Wheat Bread Stick: Garlic Variation Garden Salad Chocolate Chip Cookie | 40 877 164 1079 | 21 91 55 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"> Purchase pre-cooked “Ham, water added”. Prepare HKM Recipe 48, Hot Ham & Cheese on Whole Wheat Bun. Batch cook as necessary. Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. CCP: Hold for hot service at 135°F or above. | K-12: 1 sandwich |
| Alternate Entrée: Pork Rib on a Bun | <ul style="list-style-type: none"> 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. Heat according to manufacturer’s instructions. 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. CCP: Hold for hot service at 135°F or above. | K-12: 1 sandwich |
| Potato Wedges | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase frozen, ovenable, unseasoned potato wedges. Choose skin-on wedges for additional fiber. Follow manufacturer’s directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. May estimate serving sizes using measure portions as samples. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Red Bell Pepper Strips | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, core and slice bell peppers into strips. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Apple Slices, Fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |

Pre-preparation for Week 1 – Tuesday: None

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ Monday

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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Week 1 – Tuesday

| Menu Item | Purchasing & Preparation | Serving |
|---------------------------------------|--|--|
| Pepperoni Pizza | <ul style="list-style-type: none"> 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. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 piece |
| Alternate Entrée: Chicken, popcorn | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain) |
| Alternate Entrée: Whole Wheat Roll | <ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-8: N/A 9-12: 1 each (1 oz) |
| Broccoli Florets, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. Wash broccoli. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: $\frac{1}{4}$ cup 9-12: $\frac{1}{2}$ cup |
| Cherry Tomatoes | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and stem tomatoes. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 6 tomatoes ($\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase a canned product that includes peaches, pears, pineapple, grapes, and cherries packed in 100% juice or light syrup. Chill cans overnight. Wipe tops of cans clean before opening. Cover, drain, and refrigerate until serving. Serve with slotted utensil. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, fresh | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Ketchup | <ul style="list-style-type: none"> 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. | 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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ **Tuesday**

Preparation Site: _____

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

| Menu Item | Purchasing & Preparation | Serving |
|---|--|--|
| Taco Burger on a Bun | <ul style="list-style-type: none"> • Prepare HKM Recipe 77, Taco Burger. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold for hot service at 135°F or above. | K-12: 1 sandwich |
| Alternate Entrée: Fruit, Yogurt & Granola Parfait | <ul style="list-style-type: none"> • Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving. • Purchase pre-prepared granola that provides 2 oz Grains per $\frac{1}{2}$ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving. • Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering $\frac{1}{2}$ cup yogurt, $\frac{1}{4}$ cup fruit, $\frac{1}{2}$ cup yogurt and $\frac{1}{4}$ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup fruit, 8 oz yogurt, $\frac{1}{2}$ cup granola |
| Tortilla Chips | <ul style="list-style-type: none"> • Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). • May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-5: N/A 6-12: 1 oz |
| Dark Green Leaf Lettuce | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. May be pre-portioned. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Refried Beans | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase canned or dried refried beans with no more than 600 mg of sodium per $\frac{1}{2}$ cup prepared. • For dried beans, prepare according to manufacturer directions. • For canned beans, wipe top of cans before opening. • CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ 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"> Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. May be served, self-serve or pre-portioned for service. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{4}$ cup |
| Raspberries, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash raspberries. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | 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

Production Record (K-5)

Date: Wednesday

Preparation Site: _____

Offer? Yes No
Grades _____

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|---------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| 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 | | N/A | | | | | | | | | | | | | | | |
| Fruit, Yogurt, & Granola Parfait | | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | |
| Tortilla Chips | | N/A | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | | | | | 2.000 | 2.000 | | 0.500 | 0.250 | 0.250 | 0.500 | | | 1.000 | | |
| Alternate Entrée Lunch Component Totals | | | | | | 2.000 | 2.000 | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: _____ Wednesday

Preparation Site: _____

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|----------------------------------|------------------|----------------|-------------------------|--------|-------|------------------|----------------|--------------|-------------|-----------|----------------|-----------|---|-------|-----------|-------|--|--|-------|--|-------|--|--|--|--|--|-----------------|---------------|--------------|--|--|------------------|---------------|--------------|--|--|---------------|--|------|--|--|--|--|------|--|--|--|--|-------------|--|--|--|--|--|--|--|--|--|--|--|-------------|--|--|--|--|--|--|--|--|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="2"></th> <th colspan="2">BREAKFAST</th> <th colspan="2"></th> <th colspan="2"></th> <th colspan="2">LUNCH</th> <th colspan="2"></th> </tr> <tr> <th colspan="2"></th> <th>Age/grade Group</th> <th>Meals Planned</th> <th>Meals Served</th> <th colspan="2"></th> <th>Age/Grade Groups</th> <th>Meals Planned</th> <th>Meals Served</th> <th colspan="2"></th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td>9-12</td> <td></td> <td></td> <td colspan="2"></td> <td>9-12</td> <td></td> <td></td> <td colspan="2"></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> <td colspan="2"></td> <td></td> <td></td> <td></td> <td colspan="2"></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> <td colspan="2"></td> <td></td> <td></td> <td></td> <td colspan="2"></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | | BREAKFAST | | | | | | LUNCH | | | | | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | STUDENT MEALS | | 9-12 | | | | | 9-12 | | | | | ADULT MEALS | | | | | | | | | | | | TOTAL MEALS | | | | | | | | | | | |
| | | BREAKFAST | | | | | | LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>MENU ITEMS AND CONDIMENTS</p> <p>HACCP PROCESS #</p> <p>SERVING SIZE/UTENSIL</p> | TEMPERATURES | | | Component Contributions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 | <p>AMOUNT PREPARED</p> <p>AMOUNT LEFTOVER</p> <p>PRODUCTION NOTES</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 | 1/2 cup | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | | | | | | | | | 2.000 | 3.000 | 1.000 | 0.250 | 0.250 | 0.500 | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | 2.000 | 3.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 1 – Thursday

| Menu Item | Purchasing & Preparation | Serving |
|--|--|---------------------------|
| Lasagna | <ul style="list-style-type: none"> Prepare HKM Recipe 40, Lasagna. CCP: Hold for hot service at 135°F or above. | K-12: 1 piece (4 x 6 cut) |
| Garlic Bread Stick | <ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns: Garlic Bread Stick Variation. | K-12: 1 each |
| Marinara Sauce | <ul style="list-style-type: none"> Purchase marinara sauce containing less than 300 mg sodium per ¼ cup serving. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above. | K-12: ¼ cup |
| Alternate Entrée: Turkey & Cheese Sub | <ul style="list-style-type: none"> Prepare HKM Recipe 144, Turkey & Cheese Sub. 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. Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 sandwich |
| Garden Salad | <ul style="list-style-type: none"> Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts of individual ingredients needed. Handle salad with gloved hands, tongs or serving utensils. May estimate serving sizes using measured portions as samples. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 cup |
| Carrots, baby, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: ¼ cup 9-12: ½ cup |
| Grapes, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wash grapes. Remove from stems or separate out into smaller clusters. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | 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"> Prepare HKM Recipe1079, Chocolate Chip Cookie, Whole Grain. This menu item will count as a grain based dessert. | K-12: 1 each |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Mayo-type Salad Dressing, reduced fat | <ul style="list-style-type: none"> Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings | K-12: $\frac{1}{2}$ oz or 1 Tbsp |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | 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) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|------------------------|------------------------|-------------------------|----------------|-----------|-----------------|---------------|--------------|----------------------|-----|--|--|--------------------|--|--|--|--------------------|--|--|--|--------------|--|--|--|--|------------------|---------------|--------------|----------------------|-----|--|--|--------------------|--|--|--|--------------------|--|--|--|
| <p>Date: _____ Thursday</p> <p>Preparation Site: _____</p> <p>Offer? Yes _____ No _____ Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | | | | Additional Veg | Total Veg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lasagna | 1 piece | | | 2.000 | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garlic Breadstick | 1 each | | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marinara Sauce | 1/4 cup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garden Salad | 1 cup | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Baby Carrots | 1/4 cup | | | | | | 0.250 | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Grapes | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chocolate Chip Cookie | 1 each | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | | | | | | | | | 2.000 | 2.000 | 0.500 | | 0.500 | 0.250 | | | 0.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | 2.000 | 2.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|------------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|
| <p>Date: <u> </u> <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| 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 | | | |
| Lasagna | | 1 piece | | | | 2.000 | 0.500 | | | | | | | | | | |
| Garlic Breadstick | | 1 each | | | | | 1.000 | | | | | | | | | | |
| Marinara Sauce | | 1/4 cup | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub | | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | |
| Garden Salad | | 1 cup | | | | | | 0.500 | | | | | 0.500 | | | | |
| Fresh Baby Carrots | | 1/4 cup | | | | | | | 0.250 | | | | 0.250 | | | | |
| Fresh Grapes | | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, canned | | N/A | | | | | | | | | | | | | | | |
| Chocolate Chip Cookie | | 1 each | | | | | 0.500 | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | |
| Ranch Dressing | | 1 fl oz | | | | | | | | | | | | | | | |
| Mayo | | 1/2 oz | | | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | |
| | | | 2.000 | 2.000 | 0.500 | 0.500 | 0.250 | | | | | | 0.750 | | | | |
| | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | | | | | | | | | | | | Notes: | | |
| | | | 2.000 | 2.500 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | | | | Notes: | | |
| | | | 2.000 | 2.500 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-----------------|--|---------------|------------------|----------------|-------------------------|--------|-----------------|----------------|----------------|---------------|-------------|-----------|----------------|-----------------|-----------------|------------------|-----------|--|--|-------------|--|--|--|--|---|--|--|--|--|--|------------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| Date: _____ <u>Thursday</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Preparation Site: _____ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Offer? Yes _____ No _____ Grades _____ | | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </table> | | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </table> | | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | | Total Veg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lasagna | 1 piece | | | 2.000 | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garlic Breadstick | 1 each | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marinara Sauce | 1/4 cup | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garden Salad | 1 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chocolate Chip Cookie | 1 each | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 1.000 | 0.500 | 0.500 | | | | | | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 1 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|---|--|---|
| Chicken Patty | <ul style="list-style-type: none"> 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. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Whole Wheat Roll | <ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-12: 1 each (1 oz) |
| Alternate Entrée: Peanut Butter & Jelly Sandwich Meal (K-5) | <ul style="list-style-type: none"> Purchase or prepare Peanut Butter & 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. Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each. CCP: Refrigerate and hold at 41°F or below for cold service. | K-5: 1 sandwich, 1 oz crackers, 1 oz cheese |
| Alternate Entrée: Peanut Butter & Jelly Sandwich (6-12) | <ul style="list-style-type: none"> Purchase or prepare Peanut Butter & 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. CCP: Refrigerate and hold at 41°F or below for cold service. | 6-12: 1 sandwich (or may choose to follow K-5 Peanut Butter & Jelly Sandwich Meal) |
| Mashed Potatoes | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes. Do not add margarine. Add salt only if the product has less than 50 mg of sodium per ½ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Gravy | <ul style="list-style-type: none"> Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. CCP: Hold for hot service at 135°F or above. | K-12: 1 fl oz |

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"> Purchase fresh asparagus or frozen spears. If fresh, with gloved hands, wash and remove ends. Batch cook by steaming or cooking in stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Peach, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash peaches. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 peach |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Honey | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. | K-12: 1 PC each or 1 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|---------------|----------------|----------------|-------------|-----------------|-----------------|------------------|
| Date: _____ Friday | | | | | | | | | | | | | | |
| Preparation Site: _____ | | | | | | | | | | | | | | |
| Offer? Yes _____ No _____ Grades _____ | | BREAKFAST | | | | LUNCH | | | | | | | | |
| | | Age/grade Group | | Meals Planned | Meals Served | Age/Grade Groups | | Meals Planned | Meals Served | | | | | |
| | | STUDENT MEALS | | K-5 | | STUDENT MEALS | | K-5 | | | | | | |
| | | ADULT MEALS | | | | ADULT MEALS | | | | | | | | |
| | | TOTAL 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | | | |
| Chicken Patty | 1 each | | | 2.000 | 1.000 | | | | | | | | | |
| Whole Wheat Roll | 1 each | | | | 1.000 | | | | | | | | | |
| Peanut Butter & Jelly | 1 each (2.6 oz) | | | 1.000 | 1.000 | | | | | | | | | |
| WG Crackers | 1 oz | | | | 1.000 | | | | | | | | | |
| String Cheese | 1 oz | | | | 1.000 | | | | | | | | | |
| Mashed Potatoes | 1/2 cup | | | | | | | 0.500 | | | 0.500 | | | |
| Steamed Asparagus | 1/2 cup | | | | | | | | 0.500 | | 0.500 | | | |
| Fresh Peach | 1 each | | | | | 0.500 | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | |
| Gravy | 1 fl oz | | | | | | | | | | | | | |
| Honey | 1 Tbsp | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | | | | 0.500 | 0.500 | | 1.000 | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|------------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|-----------|--|
| <p>Date: _____ Friday</p> <p>Preparation Site: _____</p> <p>Offer? Yes _____ No _____ Grades _____</p> | | | | | | | | | | | | | | | | | | | |
| 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 Patty | | 1 each | | | | 2.000 | 1.000 | | | | | | | | | | | | |
| Whole Wheat Roll | | 1 each | | | | | 1.000 | | | | | | | | | | | | |
| Peanut Butter & Jelly | | 1 each (5.3 oz) | | | | 2.000 | 2.000 | | | | | | | | | | | | |
| WG Crackers | | N/A | | | | | | | | | | | | | | | | | |
| String Cheese | | N/A | | | | | | | | | | | | | | | | | |
| Mashed Potatoes | | 1/2 cup | | | | | | | 0.500 | | | 0.500 | | | | | | | |
| Steamed Asparagus | | 1/2 cup | | | | | | | | 0.500 | | 0.500 | | | | | | | |
| Fresh Peach | | 1 each | | | | | 0.500 | | | | | | | | | | | | |
| Fruit Choice, canned | | N/A | | | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | | | |
| Gravy | | 1 fl oz | | | | | | | | | | | | | | | | | |
| Honey | | 1 Tbsp | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | Notes: | | | | | | | | | |
| | | | 2.000 | 2.000 | 0.500 | | | | 0.500 | | | | | | 0.500 | 1.000 | | | |
| | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | | | | | | | | |
| | | | 2.000 | 2.000 | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|--|---------------------|------------------|----------------|--------------------------------|--------|-----------------|----------------|----------------|---------------|-------------|-----------|------------------------|------------------------|-------------------------|----------------|-----------|--|--|-------------|--|--|--|--|---|--|--|--|--|--|------------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| Date: _____ Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Preparation Site: _____ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Offer? Yes _____ No _____ Grades _____ | | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </table> | | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">9-12</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </table> | | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | 9-12 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 Patty | 1 each | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Roll | 1 each | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peanut Butter & Jelly | 1 each (5.3 oz) | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WG Crackers | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| String Cheese | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mashed Potatoes | 1/2 cup | | | | | | | 0.500 | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steamed Asparagus | 1/2 cup | | | | | | | | 0.500 | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Peach | 1 each | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gravy | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Honey | 1 Tbsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 1.000 | | | | 0.500 | 0.500 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 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 | 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 | 1/4 cup | | 1/4 cup | | 1/4 cup | |
| | Tomato Paste, canned | | 3 cups | | 3 cups | | 3 cups |
| | Lettuce, Dark Green Leafy, AP | 1/2 cup | 9 lb 7 oz | 1/2 cup | 9 lb 7 oz | 1/2 cup | 9 lb 7 oz |
| | Refried Beans, canned OR | 1/2 cup | 4.2 #10 cans | 1/2 cup | 4.2 #10 cans | 1/2 cup | 4.2 #10 cans |
| | Refried Beans, dried | | 9 lb 13 oz | | 9 lb 13 oz | | 9 lb 13 oz |
| | Picante Sauce OR | 1/4 cup | 1.6 gallons | 1/4 cup | 1.6 gallons | 1/4 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 | 1/2 cup | 16 lb 10 oz | 1/2 cup | 16 lb 10 oz | 1/2 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 | 1/4 cup | 2.1 #10 cans | 1/4 cup | 2.1 #10 cans | 1/4 cup | 2.1 #10 cans |
| | Grapes, fresh, AP | 1/2 cup | 19 lb 4 oz | 1/2 cup | 19 lb 4 oz | 1/2 cup | 19 lb 4 oz |
| | Carrots, baby, fresh, EP | 1/4 cup | 7 lb 13 oz | 1/4 cup | 7 lb 13 oz | 1/2 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 |

Healthier Kansas Menus with Alternate Entrées



SPRING WEEK 2 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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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.

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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 Or Yogurt & Blueberry Oat Muffin Plate Asian Fresh Vegetables Cherry Tomatoes Fresh Pear Canned Fruit Choice Milk Choice | Super Nachos Or Chicken Crispito Romaine Lettuce Southwestern Lentils Tomato Salsa Fresh Plum Canned Fruit Choice Milk Choice | Cheese Breadsticks w/ Marinara Sauce Or Grilled Chicken Sandwich Seasoned Corn Tossed Salad Fresh Watermelon Canned Fruit Choice Milk Choice | Pulled Pork Sandwich Or Hamburger on a Bun Creamy Cole Slaw Baked Beans Applesauce Fresh Fruit Choice Milk Choice | Rock and Roll Beef Wrap Or Cheese Pizza Steamed Carrots Broccoli Florets Fresh Orange Cherry Crisp (6-12) Canned Fruit Choice Milk Choice | Calories | 627 | 664 | 790 |
| | | | | | Sodium (mg) | 706 | 722 | 772 |
| | | | | | % of Total Calories from Sat. Fat | 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"> Prepare HKM Recipe 143, Sweet and Sour Chicken Nuggets. 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. CCP: Hold for hot service at 135°F or above. | 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"> Prepare HKM Recipe 142, Seasoned Brown Rice. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Alternate Entrée: Yogurt & Blueberry Oat Muffin Meal | <ul style="list-style-type: none"> Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain. Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8oz yogurt, 2 muffins each |
| Asian Fresh Vegetables | <ul style="list-style-type: none"> Prepare HKM Recipe 141, Asian Fresh Vegetables. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Cherry Tomatoes | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and stem tomatoes. CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: 3 whole tomatoes ($\frac{1}{4}$ cup) 9-12: 6 whole tomatoes ($\frac{1}{2}$ cup) |
| Pear, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash pears. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 each |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ 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">Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none">Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions.CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="4">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th>Age/grade Group</th> <th>Meals Planned</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td>K-5</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | BREAKFAST | | | | | | Age/grade Group | Meals Planned | STUDENT MEALS | K-5 | | | ADULT MEALS | | | | TOTAL MEALS | | | | <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="4">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th>Age/Grade Groups</th> <th>Meals Planned</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td>K-5</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | LUNCH | | | | | | Age/Grade Groups | Meals Planned | STUDENT MEALS | K-5 | | | ADULT MEALS | | | | TOTAL MEALS | | | | <table border="1" style="width: 100%; border-collapse: collapse; border-top: none;"> <thead> <tr> <th rowspan="2" style="width: 20%;">MENU ITEM AND CONDIMENTS</th> <th rowspan="2" style="width: 10%;">HACCP PROCESS #</th> <th rowspan="2" style="width: 10%;">SERVING SIZE/UTENSIL</th> <th colspan="3">TEMPERATURES</th> <th colspan="6">Component Contributions</th> <th rowspan="2" style="width: 10%;">AMOUNT PREPARED</th> <th rowspan="2" style="width: 10%;">AMOUNT LEFT OVER</th> <th rowspan="2" style="width: 10%;">PRODUCTION NOTES</th> </tr> <tr> <th>After Cook</th> <th>Start of Service</th> <th>End of Service</th> <th>M/MA</th> <th>Grains</th> <th>Fruit</th> <th>Dark Green Veg</th> <th>Red Orange Veg</th> <th>Legumes Veg</th> <th>Starchy Veg</th> <th>Other Veg</th> <th>Additional Veg</th> <th>Total Veg</th> </tr> </thead> <tbody> <tr> <td>Sweet and Sour Chicken Nuggets</td> <td>1 serving</td> <td></td> <td></td> <td>2.000</td> <td>1.000</td> <td></td> </tr> <tr> <td>Seasoned Brown Rice</td> <td>1/2 cup</td> <td></td> <td></td> <td></td> <td>1.000</td> <td></td> </tr> <tr> <td>Yogurt & Muffins</td> <td>8oz/2 each</td> <td></td> <td></td> <td>2.000</td> <td>2.000</td> <td></td> </tr> <tr> <td>Asian Fresh Vegetables</td> <td>1/2 cup</td> <td></td> <td></td> <td></td> <td></td> <td>0.125</td> <td>0.125</td> <td></td> <td></td> <td></td> <td>0.250</td> <td>0.500</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Cherry Tomatoes</td> <td>1/4 cup</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>0.250</td> <td></td> <td></td> <td></td> <td></td> <td>0.250</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Fresh Pear</td> <td>1 each</td> <td></td> <td></td> <td></td> <td>0.500</td> <td></td> </tr> <tr> <td>Fruit Choice, canned</td> <td>N/A</td> <td></td> </tr> <tr> <td>Milk Choice</td> <td>8 fl oz</td> <td></td> </tr> <tr> <td>Ranch Dressing</td> <td>1 fl oz</td> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td></td> </tr> <tr> <td colspan="14" style="text-align: center;">Daily Breakfast Component Totals</td> <td colspan="4" rowspan="3" style="vertical-align: top; text-align: left; padding-left: 10px;">Notes:</td> </tr> <tr> <td colspan="3" style="text-align: right;">Daily Breakfast Component Totals</td> <td>2.000</td> <td>2.000</td> <td>0.500</td> <td>0.125</td> <td>0.375</td> <td></td> <td></td> <td>0.250</td> <td>0.750</td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3" style="text-align: right;">Alternate Entrée Lunch Component Totals</td> <td>2.000</td> <td>2.000</td> <td></td> </tr> </tbody> </table> | | | | | | MENU ITEM AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | Sweet and Sour Chicken Nuggets | 1 serving | | | 2.000 | 1.000 | | | | | | | | | | | Seasoned Brown Rice | 1/2 cup | | | | 1.000 | | | | | | | | | | | Yogurt & Muffins | 8oz/2 each | | | 2.000 | 2.000 | | | | | | | | | | | Asian Fresh Vegetables | 1/2 cup | | | | | 0.125 | 0.125 | | | | 0.250 | 0.500 | | | | 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 Breakfast Component Totals | | | 2.000 | 2.000 | 0.500 | 0.125 | 0.375 | | | 0.250 | 0.750 | | | | Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | |
| | | | | BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | Age/grade Group | Meals Planned | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | Age/Grade Groups | Meals Planned | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Seasoned Brown Rice | 1/2 cup | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yogurt & Muffins | 8oz/2 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Asian Fresh Vegetables | 1/2 cup | | | | | 0.125 | 0.125 | | | | 0.250 | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | 2.000 | 2.000 | 0.500 | 0.125 | 0.375 | | | 0.250 | 0.750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: Monday

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 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 | | | |
| Sweet and Sour Chicken Nuggets | 1 serving | | | | | 2.000 | 1.000 | | | | | | | | | | | |
| Seasoned Brown Rice | 1/2 cup | | | | | | 1.000 | | | | | | | | | | | |
| Yogurt & Muffins | 8oz/2 each | | | | | 2.000 | 2.000 | | | | | | | | | | | |
| Asian Fresh Vegetables | 1/2 cup | | | | | | | | 0.125 | 0.125 | | | | 0.250 | 0.500 | | | |
| 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 | | 0.500 | 0.125 | 0.375 | | | 0.250 | 0.750 | | | |
| Alternate Entrée Lunch Component Totals | | | | | | 2.000 | 2.000 | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: Monday

Preparation Site: _____

Offer? Yes _____ No _____
Grades

| BREAKFAST | | | |
|----------------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Purchasing, Preparation & Serving Instructions

Week 2 – Tuesday

| Menu Item | Purchasing & Preparation | Serving |
|---|---|---|
| Super Nachos | <ul style="list-style-type: none"> Prepare HKM Recipe 140, Super Nachos (see following for information on sub-recipes used in Super Nachos recipe) CCP: Hold for hot service at 135°F or above. | K-12: 1 plate |
| Taco Meat | <ul style="list-style-type: none"> Prepare HKM Recipe 76, Taco Meat. CCP: Hold for hot service at 135°F or above. | K-12: ¼ cup |
| Cheese Sauce | <ul style="list-style-type: none"> Prepare HKM Recipe 139, Cheese Sauce. CCP: Hold for hot service at 135°F or above. | K-8: 1/8 cup (#30 scoop) 9-12: ¼ cup (#16 scoop) |
| Tortilla Chips | <ul style="list-style-type: none"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: 1 oz 9-12: 2 oz |
| Alternate Entrée: Crispito, chicken chili | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-8: 1 each 9-12: 2 each |
| Romaine Lettuce | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Tomato Salsa | <ul style="list-style-type: none"> Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. May be served, self-serve or pre-portioned for service. CCP: Refrigerate and hold at 41°F or below for cold service. | 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"> Prepare HKM Recipe 138, Southwestern Lentils. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above. | K-8: $\frac{1}{4}$ cup 9-12: $\frac{1}{2}$ cup |
| Plum, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash plums. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 each |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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> | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | 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: **Tuesday**

Preparation Site: _____

Offer? Yes _____ No _____
Grades

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| 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 | | |
| 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 | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | | 1.750 | 1.000 | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 1.000 | 1.000 | | 0.500 | 0.250 | 0.250 | 0.125 | | | | 0.125 | 0.750 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: **Tuesday**

Preparation Site:

Offer? Yes _____ No _____

| 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 | | |
| 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 | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | |
| 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 (9-12)

Date: Tuesday

Preparation Site:

Offer? Yes _____ No _____

| BREAKFAST | | | |
|----------------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Purchasing, Preparation & Serving Instructions

Week 2 – Wednesday

| Menu Item | Purchasing & Preparation | Serving |
|--|--|-------------------------|
| Cheese Breadsticks | <ul style="list-style-type: none"> Prepare HKM Recipe 126, Cheese Breadsticks. CCP: Hold for hot service at 135°F or above. | K-12: 2 breadsticks |
| Marinara Sauce | <ul style="list-style-type: none"> Purchase marinara sauce containing less than 300 mg sodium per $\frac{1}{4}$ cup serving. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{4}$ cup |
| Alternate Entrée: Grilled Chicken Sandwich | <ul style="list-style-type: none"> 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. Prepare according to manufacturer's instructions. 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. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Corn, steamed | <ul style="list-style-type: none"> Purchase frozen or canned corn. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. If using canned corn, wipe tops of cans clean before opening. Batch cook close to serving time by steaming or cooking in stock pot with minimal liquid. CCP: Hold for hot service at 135° F or above. | K-12: $\frac{1}{2}$ cup |
| Tossed Salad | <ul style="list-style-type: none"> Prepare HKM Recipe 74, Tossed Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Refrigerate and hold at 41°F or below for cold service. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and cut into $\frac{1}{2}$" cubes. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Mayo-type Salad Dressing, reduced fat | <ul style="list-style-type: none"> Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings | K-12: $\frac{1}{2}$ oz or 1 Tbsp |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (K-5)

Date: Wednesday

Preparation Site:

Offer? Yes _____ No _____

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | K-5 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: Wednesday

Preparation Site: _____

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|------------------|----------------|--------------|-------------|-----------|----------------|------------------|-----------|
| Date: <u>Wednesday</u> | | | | | | | | | | | | | | | | |
| Preparation Site: _____ | | | | | | | | | | | | | | | | |
| Offer? Yes <u> </u> No <u> </u> Grades _____ | | BREAKFAST | | | | LUNCH | | | | | | | | | | |
| | | | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | |
| | | STUDENT MEALS | | 9-12 | | | | | 9-12 | | | | | | | |
| | | ADULT MEALS | | | | | | | | | | | | | | |
| | | TOTAL MEALS | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | PRODUCTION NOTES | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | Total Veg |
| Cheese Breadstick | | 2 breadsticks | | | | 2.000 | 2.000 | | | | | | | | | |
| Marinara Sauce | | 1/4 cup | | | | | | | | | | | | | | |
| Grilled Chicken Sandwich | | 1 each | | | | 2.000 | 2.000 | | | | | | | | | |
| Seasoned Corn | | 1/2 cup | | | | | | | | | 0.500 | | 0.500 | | | |
| Tossed Salad | | 1 cup | | | | | | 0.500 | | | | | 0.500 | | | |
| Fresh Watermelon | | 1/2 cup | | | | | 0.500 | | | | | | | | | |
| Fruit Choice, canned | | 1/2 cup | | | | | 0.500 | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | |
| Ranch Dressing | | 1 fl oz | | | | | | | | | | | | | | |
| Mayo | | 1/2 oz | | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 1.000 | 0.500 | 0.500 | 1.000 | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 2 – Thursday

| Menu Item | Purchasing & Preparation | Serving |
|---|---|------------------|
| Pulled Pork Sandwich | <ul style="list-style-type: none"> • Prepare HKM Recipe 136, Pulled Pork Sandwich. • 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. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold for hot service at 135°F or above. | K-12: 1 sandwich |
| Alternate Entrée: Hamburger on a Bun | <ul style="list-style-type: none"> • 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. • Heat according to manufacturer's instructions. • 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. • CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Creamy Cole Slaw | <ul style="list-style-type: none"> • Prepare HKM Recipe 20, Creamy Cole Slaw. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase pre-shredded green cabbage. • CCP: Hold for cold service at 41°F or below. | K-12: ½ cup |
| Baked Beans | <ul style="list-style-type: none"> • Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Applesauce, unsweetened | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Chill cans overnight. Wipe can tops clean before opening. • Cover and refrigerate until serving. • With gloved hands, wash strawberries. • CCP: Refrigerate and hold at 41°F or below for cold service | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|------------------|-----------|-----------------|------------------|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | BREAKFAST | | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | Total Veg | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Applesauce, canned | | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, fresh | | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | | 0.500 | | | 0.500 | | | 0.500 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: **Thursday**

Preparation Site:

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|-----------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | |
| | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | | | | | | |
| STUDENT MEALS | | | 9-12 | | | | | | STUDENT MEALS | | | 9-12 | | | | | |
| ADULT MEALS | | | | | | | | | ADULT MEALS | | | | | | | | |
| TOTAL 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 | | | |
| 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 | | | |
| Applesauce, canned | | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, fresh | | 1/2 cup | | | | | 0.500 | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | |
| Ketchup | | 1 fl oz | | | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | 1.000 | | | 0.500 | | | 0.500 | 1.000 | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 2 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|-----------------------------------|--|---------------------------|
| Rock and Roll Beef Wraps | <ul style="list-style-type: none"> Prepare HKM Recipe 133, Rock and Roll Beef Wraps. Purchase 8" whole grain rich tortillas weighing 1.5 oz each. CCP: Hold for hot service at 135°F or above. | K-12: 1 wrap |
| Alternate Entrée: Cheese Pizza | <ul style="list-style-type: none"> 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. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 piece |
| Carrots, Steamed | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Broccoli Florets | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. Wash broccoli. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: ¼ cup 9-12: ½ cup |
| Orange Wedges, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #138. Handle with gloved hands. Rinse peel. Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half. Cover and refrigerate. CCP: Hold for cold service at 41°F or below. | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Cherry Crisp, Whole Wheat | <ul style="list-style-type: none"> Prepare HKM Recipe 65 Cherry Crisp, Whole Wheat. This menu item will count as a grain based dessert. | K-5: N/A 6-12: 1 piece |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|------------------|------------------|-----------|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | | Total Veg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rock and Roll Beef Wraps | 1 wrap | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese Pizza | 1 slice | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steamed Carrots | 1/2 cup | | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Broccoli Florets | 1/4 cup | | | | | 0.250 | | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Wedges, fresh | 1 orange | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Grain Cherry Crisp | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (6-8)

Date: Friday

Preparation Site:

Offer? Yes _____ No _____

| 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|------------------|-----------|-----------------|-----------------|--|-----------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | After Cook | Start of Service | End of Service | Mj/MA | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | Total Veg | AMOUNT PREPARED | AMOUNT LEFTOVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rock and Roll Beef Wraps | 1 wrap | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese Pizza | 1 slice | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steamed Carrots | 1/2 cup | | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Broccoli Florets | 1/2 cup | | | | | 0.500 | | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Wedges, fresh | 1 orange | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Grain Cherry Crisp | 1 piece | | | 0.500 | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | | 2.000 | 2.500 | 1.250 | 0.500 | 0.500 | | | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | 2.000 | 2.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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 | 1/4 cup | | 1/4 cup | | 1/4 cup | |
| | Tomato Paste, canned | | 3 cups | | 3 cups | | 3 cups |
| | Picante Sauce OR | 1/4 cup | 1 gal 9 cups | 1/4 cup | 1 gal 9 cups | 1/4 cup | 1 gal 9 cups |
| | Tomato Salsa | 1/4 cup | | 1/4 cup | | 1/4 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 | 1/2 cup | 6 lb 7 oz | 1/2 cup | 6 lb 7 oz | 1/2 cup | 6 lb 7 oz |
| | Southwestern Lentils | 1/4 cup | | 1/4 cup | | 1/2 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 | 1/4 cup | 2.1 #10 cans | 1/4 cup | 2.1 #10 cans | 1/4 cup | 2.1 #10 cans |
| | Watermelon, fresh, AP | 1/2 cup | 32 lb 13 oz | 1/2 cup | 32 lb 13 oz | 1/2 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 OR | 1/2 cup | 18 lb 4 oz | 1/2 cup | 18 lb 4 oz | 1/2 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 |

Healthier Kansas Menus with Alternate Entrées



SPRING WEEK 3 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410;

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(3) Email: program.intake@usda.gov.

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

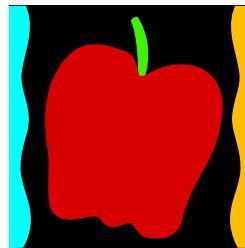
PLEASE NOTE:

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



Recipes for the Week

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

| Ladies & 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"> • Prepare HKM Recipe 7, Chicken Tetrazzini. • Purchase chicken broth with no more than 500 mg of sodium per cup. • Purchase dry, whole grain spaghetti noodles and frozen pulled or diced cooked chicken with no skin or added salt. • CCP: Hold for hot service at 135°F or above. | K-8: $\frac{3}{4}$ cup 9-12: 1 cup |
| Garlic Bread | <ul style="list-style-type: none"> • Prepare HKM Recipe 163, Whole Wheat French Garlic Bread. | K-12: 1 piece |
| Alternate Entrée: Pork Rib on a Bun | <ul style="list-style-type: none"> • 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. • Heat according to manufacturer's instructions. • 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. • CCP: Hold for hot service at 135°F or above. | K-12: 1 sandwich |
| Tossed Salad | <ul style="list-style-type: none"> • Prepare HKM Recipe 74, Tossed Salad. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 cup |
| Cucumber Slices | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash and slice cucumbers. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: $\frac{1}{8}$ cup 9-12: $\frac{1}{4}$ cup |
| Carrots, baby, fresh | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands or serving utensils. Cover and refrigerate until serving. • Weigh or count number needed per portion. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: $\frac{1}{8}$ cup 9-12: $\frac{1}{4}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138. Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths. Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ apple |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|------------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------|-----------------|-----------------|------------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | |
| 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 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/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 | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.250 | 0.500 | 0.500 | 0.125 | | | 0.125 | 0.750 | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Week 3 – Tuesday

| Menu Item | Purchasing & Preparation | Serving |
|---------------------------------------|---|--|
| Hamburger on a Bun | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Alternate Entrée: Chicken, popcorn | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent Grain) |
| Alternate Entrée: Whole Wheat Roll | <ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-8: N/A 9-12: 1 each (1 oz) |
| Dark Green Leaf Lettuce | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Tomato Slice | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. Slice $\frac{1}{4}$" thick. CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: 1 slice 9-12: 2 slices |
| Oven Fries | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase ovenable straight cup fries. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, core and slice bell peppers into strips. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Fruit Cocktail, canned | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase a canned product that includes peaches, pears, pineapple, grapes, and cherries packed in 100% juice or light syrup. Chill cans overnight. Wipe tops of cans clean before opening. Cover, drain, and refrigerate until serving. Serve with slotted utensil. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Fruit Choice, fresh | <ul style="list-style-type: none"> 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. | K-8: N/A* 9-12: ½ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|------------------|----------------|----------------|-------------|--------------|-----------|----------------|-----------------|-----------------|------------------|
| Date: <u>Tuesday</u> | | | | | | | | | | | | | | | | | |
| Preparation Site: _____ | | | | | | | | | | | | | | | | | |
| Offer? Yes <u> </u> No <u> </u> Grades _____ | | BREAKFAST | | | | LUNCH | | | | | | | | | | | |
| | | Age/grade Group | | Meals Planned | | Meals Served | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | |
| | | STUDENT MEALS | | K-5 | | | | STUDENT MEALS | | K-5 | | | | | | | |
| | | ADULT MEALS | | | | | | ADULT MEALS | | | | | | | | | |
| | | TOTAL 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | |
| Hamburger on a Bun | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | 0.250 | 0.625 | 0.500 | 1.375 | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|------------------------|------------------------|-------------------------|-----------|--|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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/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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | 0.250 | 0.625 | 0.500 | | | 1.375 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|---------------|------------------|----------------|-------------------------|---------------|-------|----------------|------------------|--------------|-------------|-----------|----------------|-----------------|-----------------|------------------|-----------|--|--|--|--|--|--|--|--|--|--|-------|--|--|--|-----------------|---------------|--|--|------------------|---------------|--|--|------------------|--------------|--|--|--|--|---------------|--|------|--|--|--|---------------|------|--|--|-------------|--|--|--|-------------|--|-------------|--|--|--|--|--|-------------|--|--|--|-------------|--|--|--|-------------|--|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades <u> </u></p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | BREAKFAST | | | | | | | | | | | | LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | | | Age/Grade Groups | Meals Planned | | | Age/Grade Groups | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | STUDENT MEALS | 9-12 | | | ADULT MEALS | | | | ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | ADULT MEALS | | | | TOTAL 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/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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Popcorn Chicken | 15 pieces | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Roll | 1 oz | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dark Green Leaf Lettuce | 1/2 cup | | | | | 0.250 | | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomato Slice | 2 1/4" slice | | | | | | 0.250 | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 1.000 | 0.250 | 0.750 | 0.500 | | | 1.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 3 – Wednesday

| Menu Item | Purchasing & Preparation | Serving |
|---|--|---|
| Pancakes | <ul style="list-style-type: none"> Purchase packaged whole grain-rich pancakes that provide 2 oz equivalent Grain per serving. Heat according to manufacturer's instructions and hold hot for service. CCP: Hold for hot service at 135°F or above. | K-12: 1 pack |
| Sausage Patty | <ul style="list-style-type: none"> Purchase pre-cooked turkey sausage patties where 1 patty provides 1 oz equivalent M/MA. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-5: 1 patty 6-12: 2 patties |
| Alternate Entrée: Fruit, Yogurt & Granola Parfait | <ul style="list-style-type: none"> Purchase a fresh, frozen or canned fruit packed in light syrup or 100% juice. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase low-fat, flavored bulk yogurt and portion 1 cup (8 oz) for each serving. Purchase pre-prepared granola that provides 2 oz Grains per $\frac{1}{2}$ cup serving; no more than 7 gm of fat; and no more than 180 mg of sodium per serving. Assemble parfait with fruit and yogurt in one cup and granola in different cup. Recommend layering $\frac{1}{2}$ cup yogurt, $\frac{1}{4}$ cup fruit, $\frac{1}{2}$ cup yogurt and $\frac{1}{4}$ cup fruit. Portioning granola separately will help to keep granola fresh and crunchy. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup fruit, 8 oz yogurt, $\frac{1}{2}$ cup granola |
| Hash Brown Patty | <ul style="list-style-type: none"> Purchase 2.25 oz hash brown patties. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Follow manufacturer's directions for baking and holding. Batch cook. CCP: Hold for hot service at 135°F or above. | K-8: 1 patty 9-12: 2 patties |
| Green Beans | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wipe can tops clean before opening. Batch cook by steaming or by stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash raspberries. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | |
|--|----------------|----------------------|---------------|------------------|----------------|-------------------------|------------------|---------------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes _____ No _____ Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | |
| STUDENT MEALS | | K-5 | | | STUDENT MEALS | | K-5 | | | | | | | | | | |
| ADULT MEALS | | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | |
| Pancakes, whole grain | 1 pack | | | | 2.000 | | | | | | | | | | | | |
| Sausage Patty | 1 patty | | | | 1.000 | | | | | | | | | | | | |
| Fruit, Yogurt, & Granola Parfait | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | |
| Hash Brown Patty | 1 each | | | | | | | 0.250 | | | 0.250 | | | | | | |
| Green 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 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | |
| Daily Lunch Component Totals | | 1.000 | 2.000 | 0.500 | | | 0.250 | 0.500 | 0.750 | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|-----------|--|-----------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes _____ No _____ Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th></th> <th>Age/grade Group</th> <th>Meals Planned</th> <th>Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td>6-8</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th></th> <th>Age/Grade Groups</th> <th>Meals Planned</th> <th>Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td>6-8</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | 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 | | | |
| 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | | Total Veg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pancakes, whole grain | 1 pack | | | | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sausage Patty | 2 patties | | | | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit, Yogurt, & Granola Parfait | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hash Brown Patty | 1 each | | | | | | | | 0.250 | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Green 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Week 3 – Thursday

| Menu Item | Purchasing & Preparation | Serving |
|--|---|--|
| Baked Chicken Drumstick | <ul style="list-style-type: none"> 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. OR 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. CCP: Hold for hot service at 135°F or above. | K-8: 1 drumstick 9-12: 2 drumsticks |
| Savory Rice | <ul style="list-style-type: none"> Prepare HKM Recipe 17, Savory Rice. Purchase Long Grain & Wild Mix rice with seasoning packets that have less than 600 mg sodium per 1 cup serving prepared. Purchase chicken base with no more than 750 mg of sodium per cup prepared. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Oatmeal Roll | <ul style="list-style-type: none"> Prepare HKM Recipe 14, Oatmeal Roll. | K-12: 1 each (1 oz) |
| Alternate Entrée: Turkey & Cheese Sub | <ul style="list-style-type: none"> Prepare HKM Recipe 144, Turkey & Cheese Sub. 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. Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 sandwich |
| Broccoli Florets | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fresh broccoli florets, ready to serve. Wash broccoli. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash and stem tomatoes. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 6 whole tomatoes (½ cup) |
| Grapes, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wash grapes. Remove from stems or separate out into smaller clusters. Cover and refrigerate until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Fruit Choice, canned | <ul style="list-style-type: none"> 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. | K-8: N/A* 9-12: ½ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |
| Jelly | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. | K-12: ½ oz each or 1 Tbsp |
| Mayo-type Salad Dressing, reduced fat | <ul style="list-style-type: none"> Purchase mayo-type salad dressing containing no more than 6 gm of fat per 1 fl oz. Purchase 0.4 gallons per 100 servings | 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) | | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|---------------|------------------|----------------|-------------------------|------------------|---------------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | |
| STUDENT MEALS | | K-5 | | | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | | | |
| ADULT MEALS | | | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | | | |
| TOTAL 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | |
| Baked Chicken Drumstick | 1 drumstick | | | 1.500 | | | | | | | | | | | | | |
| 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 | | | | | |
| Fresh Grapes | 1/2 cup | | | | | 0.500 | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | |
| Daily Lunch Component Totals | | 1.500 | 2.000 | 0.500 | 0.500 | 0.500 | | | | | | | | | 1.000 | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|---------------|------------------|----------------|-------------------------|------------------|---------------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | |
| STUDENT MEALS | | 6-8 | | | STUDENT MEALS | | 6-8 | | | | | | | | | | |
| ADULT MEALS | | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | |
| Baked Chicken Drumstick | 1 drumstick | | | 1.500 | | | | | | | | | | | | | |
| 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 | | | | |
| Fresh Grapes | 1/2 cup | | | | | 0.500 | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | |
| Daily Lunch Component Totals | | 1.500 | 2.000 | 0.500 | 0.500 | 0.500 | | | | | | | | | 1.000 | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|---------------|------------------|----------------|-------------------------|---------------|-------|----------------|------------------|--------------|-------------|-----------|----------------|-----------------|-----------------|------------------|-----------|--|--|--|--|--|--|--|--|--|--|-------|--|--|--|-----------------|---------------|--|--|------------------|---------------|--|--|------------------|--------------|--|--|--|--|---------------|--|------|--|--|--|---------------|------|--|--|-------------|--|--|--|-------------|--|-------------|--|--|--|--|--|-------------|--|--|--|-------------|--|--|--|-------------|--|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | BREAKFAST | | | | | | | | | | | | LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | | | Age/Grade Groups | Meals Planned | | | Age/Grade Groups | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | STUDENT MEALS | 9-12 | | | ADULT MEALS | | | | ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | ADULT MEALS | | | | TOTAL 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | | Total Veg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Baked Chicken Drumstick | 2 drumsticks | | | | 3.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Grapes | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 3.000 | 2.000 | 1.000 | 0.500 | 0.500 | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 3 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|--|--|---|
| Yummy Sloppy Joe on a Bun | <ul style="list-style-type: none"> Prepare HKM Recipe 123, Yummy Sloppy Joe. Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. CCP: Hold for hot service at 135°F or above | K-12: 1 sandwich |
| Alternate Entrée: Peanut Butter & Jelly Sandwich Meal (K-5) | <ul style="list-style-type: none"> Purchase or prepare Peanut Butter & 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. Purchase whole grain-rich crackers and cheese sticks weighing 1 oz each. CCP: Refrigerate and hold at 41°F or below for cold service. | K-5: 1 sandwich, 1 oz crackers, 1 oz cheese |
| Alternate Entrée: Peanut Butter & Jelly Sandwich (6-12) | <ul style="list-style-type: none"> Purchase or prepare Peanut Butter & 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. CCP: Refrigerate and hold at 41°F or below for cold service. | 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"> Purchase ovenable, chopped roasted red potatoes that provide no more than 150 mg of sodium per ½ cup. Follow manufacturer's directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. Weigh out each portion size indicated and use as a sample. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Edamame | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Batch cook by steaming or by cooking in stock pot with minimal liquid close to serving time. CCP: Hold for hot service at 135°F or above. | K-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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash peaches. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 peach |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |

Pre-preparation for Week 4 - Monday: None.

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | |
|---|----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|------------------|----------------|----------------|-------------|--------------|-----------|----------------|-----------------|-----------------|------------------|
| Date: <u>Friday</u> | | | | | | | | | | | | | | | | | |
| Preparation Site: _____ | | | | | | | | | | | | | | | | | |
| Offer? Yes <u> </u> No <u> </u> Grades _____ | | BREAKFAST | | | | LUNCH | | | | | | | | | | | |
| | | Age/grade Group | | Meals Planned | | Meals Served | | Age/Grade Groups | | Meals Planned | | Meals Served | | | | | |
| | | STUDENT MEALS | | K-5 | | | | STUDENT MEALS | | K-5 | | | | | | | |
| | | ADULT MEALS | | | | | | ADULT MEALS | | | | | | | | | |
| | | TOTAL 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | | |
| Yummy Sloppy Joe 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 | | | | | | | | | | | |
| Roasted Red Potatoes | | 1/2 cup | | | | | | | 0.500 | | | 0.500 | | | | | |
| Edamame | | 1/2 cup | | | | | | 0.500 | | | | 0.500 | | | | | |
| Fresh Peach | | 1 each | | | | | 0.500 | | | | | | | | | | |
| Fruit Choice, canned | | N/A | | | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | 0.500 | | 0.500 | 0.500 | | 1.000 | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------|-----------------|-----------------|------------------|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | |
| 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/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | Total Veg | | | |
| Yummy Sloppy Joe on a Bun | 1 sandwich | | | 2.000 | 2.000 | | | | | | | | | | | | | |
| Peanut Butter & Jelly | 1 each (5.3 oz) | | | 2.000 | 2.000 | | | | | | | | | | | | | |
| WG Crackers | N/A | | | | | | | | | | | | | | | | | |
| String Cheese | N/A | | | | | | | | | | | | | | | | | |
| Roasted Red Potatoes | 1/2 cup | | | | | | | 0.500 | | | | | 0.500 | | | | | |
| Edamame | 1/2 cup | | | | | | | 0.500 | | | | | 0.500 | | | | | |
| Fresh Peach | 1 each | | | | | 0.500 | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | Notes: | | | | | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | | | 0.500 | 0.500 | | | 1.000 | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

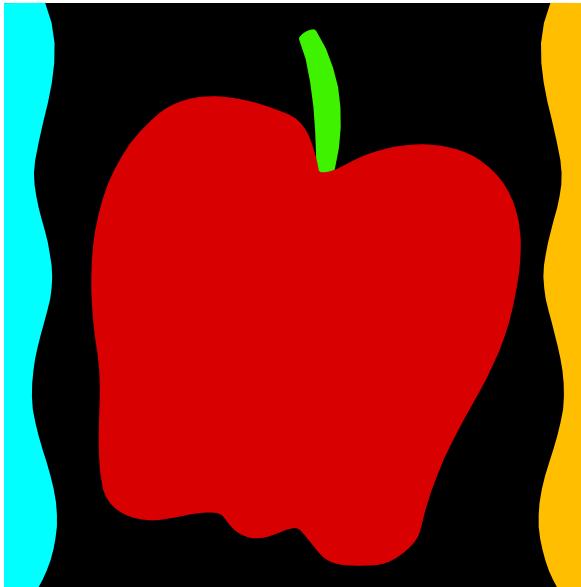
| Day | Fruit or Vegetable | K-5 Portion Size | K-5 Amount to Order per 100 Servings | 6-8 Portion Size | 6-8 Amount to Order per 100 Servings | 9-12 Portion Size | 9-12 Amount to Order per 100 Servings |
|---------|--|---------------------|--|---------------------|--|----------------------|---|
| Monday | 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 |

Healthier Kansas Menus with Alternate Entrées



SPRING WEEK 4 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education

Revised July 2019

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS



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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

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Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

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

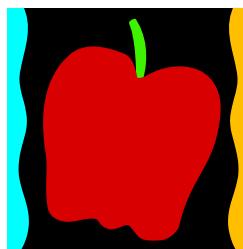
PLEASE NOTE:

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 Tortilla Chips (9-12) Or Yogurt & Blueberry Oat Muffin Plate Tortilla Chips (9-12) Tomato Salsa Romaine Lettuce Mexican Corn Fresh Pear Canned Fruit Choice Milk Choice | Stromboli Squares Garlic Breadstick (9-12) 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 Royal Brownie (6-12) 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 Whole Wheat Roll (6-12) Or Cheese Pizza Mashed Potatoes & Gravy Steamed Broccoli Fresh Orange Canned Fruit Choice Milk Choice | Calories 613 Sodium (mg) 782 % of Total Calories from Sat. Fat 7.6% | 655 821 870 7.5% 6.9% | 780 | |



Recipes for the Week

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

| Ladies & 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"> Purchase a pre-cooked Beef & 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. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Alternate Entrée: Yogurt & Blueberry Oat Muffin Meal | <ul style="list-style-type: none"> Prepare HKM Recipe 28, Blueberry Oat Muffin or purchase pre-prepared whole grain-rich muffins that provide 1 oz equivalent Grain. Purchase low-fat, flavored yogurt in bulk and pre-portion 1 cup (8 oz) servings. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8oz yogurt, 2 muffins each |
| Tortilla Chips | <ul style="list-style-type: none"> Purchase whole grain tortilla chips with no more than 50 mg sodium per oz. (Restaurant style usually has less sodium). May be pre-portioned. Weigh a sample. Serve with gloved hands or tongs. | K-8: N/A 9-12: 1 oz |
| Romaine Lettuce | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle produce with gloved hands. May be pre-portioned. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Mexican Corn | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase frozen or canned Mexican corn or plain corn. 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. Wipe tops of cans clean before opening. Batch cook close to serving time by steaming or by cooking in stock pot with minimal liquid. CCP: Hold for hot service at 135°F or above. | K-12: ½ cup |
| Tomato Salsa | <ul style="list-style-type: none"> Purchase salsa that is low in sodium or prepare HKM Recipe 129, Tomato Salsa. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. May be served, self-serve or pre-portioned for service. CCP: Refrigerate and hold at 41°F or below for cold service. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash pears. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 each |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | 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) | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|--------------|----------------|----------------|-------------|-------------|-----------|-----------------|------------------|------------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | Age/grade Group | | Meals Planned | | Meals Served | | LUNCH | | | | | | |
| | | | | STUDENT MEALS | | K-5 | | | | | | | | | | |
| | | | | ADULT MEALS | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | |
| MENU ITEM AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | AMOUNT PREPARED | AMOUNT LEFT OVER | 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 | | | |
| Beef & Bean Burrito | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | |
| Yogurt & Muffins | 8oz/2 each | | | 2.000 | 2.000 | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | |
| Romaine Lettuce | 1/2 cup | | | | | 0.250 | | | | | 0.250 | | | | | |
| Tomato Salsa | 1/4 cup | | | | | | 0.250 | | | | 0.250 | | | | | |
| Mexican Corn | 1/2 cup | | | | | | | 0.500 | | | 0.500 | | | | | |
| Fresh Pear | 1 pear | | | | 0.500 | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | 0.250 | 0.250 | 0.500 | 1.000 | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | 2.000 | 2.000 | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------|-----------------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | 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 | | | | |
| 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 ITEM AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 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 | AMOUNT PREPARED | AMOUNT LEFTOVER | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beef & Bean Burrito | 1 each | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yogurt & Muffins | 8oz/2 each | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tortilla Chips | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Romaine Lettuce | 1/2 cup | | | | | | 0.250 | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomato Salsa | 1/4 cup | | | | | | | 0.250 | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mexican Corn | 1/2 cup | | | | | | | | 0.500 | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Pear | 1 pear | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | 0.500 | 0.250 | 0.250 | | 0.500 | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------|-----------------|-----------------|
| <p>Date: <u>Monday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | |
| | | | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | |
| | | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | |
| STUDENT MEALS | | | | 9-12 | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | |
| MENU ITEM AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | | | |
| | | | 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 | AMOUNT PREPARED | AMOUNT LEFTOVER |
| Beef & Bean Burrito | 1 each | | | | | 2.000 | 2.000 | | | | | | | | | | |
| Tortilla Chips | 1 oz | | | | | 1.000 | | | | | | | | | | | |
| Yogurt & Muffins | 8oz/2 each | | | | | 2.000 | 2.000 | | | | | | | | | | |
| Tortilla Chips | 1 oz | | | | | 1.000 | | | | | | | | | | | |
| Romaine Lettuce | 1/2 cup | | | | | | 0.250 | | | | | | 0.250 | | | | |
| Tomato Salsa | 1/4 cup | | | | | | | 0.250 | | | | | 0.250 | | | | |
| Mexican Corn | 1/2 cup | | | | | | | | 0.500 | | | | 0.500 | | | | |
| Fresh Pear | 1 pear | | | | | 0.500 | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 3.000 | 1.000 | 0.250 | 0.250 | | 0.500 | | | 1.000 | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 3.000 | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 4 – Tuesday

| Menu Item | Purchasing & Preparation | Serving |
|---|--|-----------------------------|
| Stromboli Squares | <ul style="list-style-type: none"> Prepare HKM Recipe 181, Stromboli Squares. CCP: Hold for hot service at 135°F or above. | K-12: 1 piece |
| Garlic Breadstick | <ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns, 51%, garlic breadstick variation. | K-8: N/A 9-12: 1 each |
| Alternate Entrée: Crispito, chicken chili | <ul style="list-style-type: none"> 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. Heat according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-8: 1 each 9-12: 2 each |
| Garden Salad | <ul style="list-style-type: none"> Prepare HKM Recipe 164, Garden Salad. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts of individual ingredients needed. Handle salad with gloved hands, tongs or serving utensils. May estimate serving sizes using measured portions as samples. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 1 cup |
| Carrots, baby, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands or serving utensils. Cover and refrigerate until serving. Weigh or count number needed per portion. CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Plum, fresh | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. With gloved hands, wash plums. Cover and refrigerate or store at room temperature until serving. CCP: Refrigerate and hold at 41°F or below for cold service. | 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ranch Dressing, Reduced Fat | <ul style="list-style-type: none"> Purchase or prepare Ranch dressing containing no more than 6 gm of fat per 1 fl oz. Purchase .8 gallons for every 100 1 fl oz portions. CCP: Refrigerate and serve at 41°F or below if school-prepared dressing is served. | K-12: 1 fl oz or 2 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|------------------|-----------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="3" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="3" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | BREAKFAST | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | Total Veg | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stromboli Squares | 1 piece | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Garlic Breadstick | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Crispito, chicken chili | 1 each | | | | 1.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | 2.000 | 2.000 | | | 0.500 | 0.500 | 0.500 | | | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | 1.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------|-----------------|
| <p>Date: <u>Tuesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | |
| | | | 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 | AMOUNT PREPARED |
| Stromboli Squares | 1 piece | | | | 2,000 | 2,000 | | | | | | | | | | |
| Whole Wheat Garlic Breadstick | N/A | | | | | | | | | | | | | | | |
| Crispito, chicken chili | 1 each | | | | 1,000 | 1,000 | | | | | | | | | | |
| 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 | N/A | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | |
| Ranch Dressing | 1 fl oz | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | Notes: |
| Daily Lunch Component Totals | | | | 2,000 | 2,000 | 0.500 | 0.500 | 0.500 | | | | | | 1,000 | | |
| Alternate Entrée Lunch Component Totals | | | | 1,000 | 1,000 | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: Tuesday

Preparation Site:

Offer? Yes _____ No _____

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Purchasing, Preparation & Serving Instructions

Week 4 – Wednesday

| Menu Item | Purchasing & Preparation | Serving |
|--|--|-------------------------|
| BBQ Beef on a Bun | <ul style="list-style-type: none"> • Prepare HKM Recipe 135, BBQ Beef on a Bun. • Purchase a raw sliced and shaped beef product that provides no more than 250 mg of sodium per serving. • Purchase BBQ sauce with no more than 500 mg sodium per fl oz. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare following HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold for hot service at 135°F or above. | K-12: 1 sandwich |
| Alternate Entrée: Grilled Chicken Sandwich | <ul style="list-style-type: none"> • 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. • Prepare according to manufacturer's instructions. • 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. • CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Snow Peas, fresh | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands or serving utensils. Cover and refrigerate until serving. • Weigh or count number needed per portion. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ cup |
| Baked Beans | <ul style="list-style-type: none"> • Prepare HKM Recipe 188, Baked Beans or purchase canned baked beans. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Watermelon, Fresh | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • With gloved hands, wash outside of rind well to remove any surface dirt. Remove rind and cut into $\frac{1}{2}$" cubes. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: $\frac{1}{2}$ 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"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ cup of fruit, to meet the minimum daily requirement, for grades 9-12. <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: $\frac{1}{2}$ cup |
| Royal Brownie | <ul style="list-style-type: none"> Prepare HKM Recipe 62, Royal Brownie. This menu item will count as a grain based dessert. | K-5: N/A 6-12: 1 piece |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | 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) | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|------------------|---------------|----------------|----------------|-------------|-------------|------------------|-----------|----------------|
| <p>Date: <u>Wednesday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | |
| STUDENT MEALS | | K-5 | | | STUDENT MEALS | | K-5 | | | | | | | | |
| ADULT MEALS | | | | | ADULT MEALS | | | | | | | | | | |
| TOTAL MEALS | | | | | TOTAL MEALS | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | PRODUCTION NOTES | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | | Other Veg | Additional 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 | | | | | | | | | | | | | |
| MilkChoice | | 8 fl oz | | | | | | | | | | | | | |
| Ketchup | | 1 fl oz | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | 2.000 | 2.000 | 0.500 | | | 0.500 | | 0.500 | | 1.000 | | | | |
| Alternate Entrée Lunch Component Totals | | 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 | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

Production Record (9-12)

Date: Wednesday

Preparation Site: _____

Offer? Yes _____ No _____

| BREAKFAST | | | |
|---------------|-----------------|---------------|--------------|
| | Age/grade Group | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

| LUNCH | | | |
|----------------------|------------------|---------------|--------------|
| | Age/Grade Groups | Meals Planned | Meals Served |
| STUDENT MEALS | 9-12 | | |
| ADULT MEALS | | | |
| TOTAL MEALS | | | |

Purchasing, Preparation & Serving Instructions

Week 4 – Thursday

| Menu Item | Purchasing & Preparation | Serving |
|---|---|--------------------------------|
| Turkey & Cheese Sub | <ul style="list-style-type: none"> • Prepare HKM Recipe 144, Turkey & Cheese Sub. • 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. • Purchase a 2 oz whole wheat bun (first ingredient is whole wheat) or prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns. • CCP: Hold at 41°F or below for cold service. | K-12: 1 sandwich |
| Alternate Entrée: Hamburger on a Bun | <ul style="list-style-type: none"> • 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. • Heat according to manufacturer's instructions. • 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. • CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Dark Green Leaf Lettuce | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. May be pre-portioned. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: ½ cup |
| Tomato Slice | <ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle produce with gloved hands. • Slice $\frac{1}{4}$" thick. • CCP: Refrigerate and hold at 41°F or below for cold service. | K-8: 1 slice 9-12: 2 slices |
| Sweet Potato Fries | <ul style="list-style-type: none"> • Purchase crinkle-cut, ovenable sweet potato fries. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Heat in oven according to manufacturer's instructions. • CCP: Hold for hot service at 135°F or above. | 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Chill cans overnight. Wipe can tops clean before opening. Cover and refrigerate until serving. With gloved hands, wash strawberries. CCP: Refrigerate and hold at 41°F or below for cold service | K-12: $\frac{1}{2}$ cup |
| Fruit Choice, fresh | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Mayo-type Salad Dressing, reduced fat | <ul style="list-style-type: none"> 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. | K-12: $\frac{1}{2}$ oz or 1 Tbsp |
| Ketchup | <ul style="list-style-type: none"> Purchase in bulk or individual packets (9-gm or 12-gm). If bulk, purchase 1 #10 can or .8 gallon for every 100 1-fluid oz servings. | K-12: 1 fl oz or 2 Tbsp or 2 PC |
| Mustard | <ul style="list-style-type: none"> Purchase bulk or packets. If bulk, purchase 2 cups for every 100 1 tsp servings. | K-12: 1 tsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|---------------|------------------|----------------|-------------------------|------------------|---------------|----------------|----------------|-------------|-------------|------------------|-----------|----------------|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| BREAKFAST | | | | LUNCH | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | |
| STUDENT MEALS | | K-5 | | | STUDENT MEALS | | K-5 | | | | | | | | |
| ADULT MEALS | | | | | ADULT MEALS | | | | | | | | | | |
| TOTAL MEALS | | | | | TOTAL MEALS | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | PRODUCTION NOTES | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | | Other Veg | Additional Veg |
| Turkey & Cheese Sub Sandwich | | 1 sandwich | | | | 2.000 | 2.000 | | | | | | | | |
| Hamburger on a Bun | | 1 each | | | | 2.000 | 2.000 | | | | | | | | |
| Dark Green Leaf Lettuce | | 1/2 cup | | | | | | 0.250 | | | | | 0.250 | | |
| Tomato Slice | | 1 1/4" slice | | | | | | | 0.125 | | | | 0.125 | | |
| Sweet Potato Fries | | 1/2 cup | | | | | | | 0.500 | | | | 0.500 | | |
| Applesauce, canned | | 1/2 cup | | | | | 0.500 | | | | | | | | |
| Fruit Choice, fresh | | N/A | | | | | | | | | | | | | |
| Milk Choice | | 8 fl oz | | | | | | | | | | | | | |
| Mayo | | 1/2 oz | | | | | | | | | | | | | |
| Ketchup | | 1 fl oz | | | | | | | | | | | | | |
| Mustard | | 1 tsp | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | Notes: | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | 0.500 | 0.250 | 0.625 | | | | | | 0.875 | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-------------------------|-----------|----------------|-----------|-----------------|-----------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|-----|--|--|-------------|--|--|--|-------------|--|--|--|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="4" style="text-align: center;">LUNCH</th> </tr> <tr> <th></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td>STUDENT MEALS</td> <td style="text-align: center;">6-8</td> <td></td> <td></td> </tr> <tr> <td>ADULT MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> <tr> <td>TOTAL MEALS</td> <td style="background-color: #cccccc;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | 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 | | | |
| 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 | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFTOVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub Sandwich | 1 sandwich | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hamburger on a Bun | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dark Green Leaf Lettuce | 1/2 cup | | | | | 0.250 | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomato Slice | 1 1/4" slice | | | | | | 0.125 | | | | | 0.125 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Potato Fries | 1/2 cup | | | | | | 0.500 | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Applesauce, canned | 1/2 cup | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, fresh | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | 0.500 | 0.250 | 0.625 | | | | 0.875 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|-----------------------------|---------------------|------------------|----------------|--------------------------------|--------|-------|----------------|----------------|-------------|-------------|-------------------------|-----------|----------------|-----------|-----------------|-----------------|-----------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|--|------------------|---------------|--------------|---------------|--|------|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Thursday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | 9-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | 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 | AMOUNT PREPARED | AMOUNT LEFTOVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Turkey & Cheese Sub Sandwich | 1 sandwich | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hamburger on a Bun | 1 each | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dark Green Leaf Lettuce | 1/2 cup | | | | | 0.250 | | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tomato Slice | 2 1/4" slices | | | | | | 0.250 | | | | | | 0.250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Potato Fries | 1/2 cup | | | | | | 0.500 | | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Applesauce, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, fresh | 1/2 cup | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mayo | 1/2 oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ketchup | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mustard | 1 tsp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | 1.000 | 0.250 | 0.750 | | | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Purchasing, Preparation & Serving Instructions

Week 4 – Friday

| Menu Item | Purchasing & Preparation | Serving |
|-----------------------------------|---|---------------------------------|
| Country Style Beef Patty | <ul style="list-style-type: none"> 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. Prepare according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 each |
| Whole Wheat Roll | <ul style="list-style-type: none"> Prepare HKM Recipe 877, Whole Wheat Rolls, Bread Sticks and Buns. | K-5: N/A 6-12: 1 each (1 oz) |
| Alternate Entrée: Cheese Pizza | <ul style="list-style-type: none"> 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. Heat in oven according to manufacturer's instructions. CCP: Hold for hot service at 135°F or above. | K-12: 1 piece |
| Mashed Potatoes | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase dehydrated mashed potatoes. Do not add margarine. Add salt only if the product has less than 50 mg of sodium per $\frac{1}{2}$ cup prepared. Add no more than 2 tablespoons of salt per 70 cups prepared potatoes. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ cup |
| Broccoli, steamed | <ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Batch cook close to serving time by steaming or by stock pot with minimal liquid. CCP: Hold for hot service at 135°F or above. | K-12: $\frac{1}{2}$ 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"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #138. Handle with gloved hands. Rinse peel. Cut in fourths. For orange wedges cut in quarters lengthwise. For orange smiles trim ends, cut in two circles and then slice circles in half. Cover and refrigerate. CCP: Hold for cold service at 41°F or below. | K-12: 1 orange |
| Fruit Choice, canned | <ul style="list-style-type: none"> Select an additional fruit choice to offer on the menu. The serving(s) offered must credit as $\frac{1}{2}$ 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. | K-8: N/A* 9-12: $\frac{1}{2}$ cup |
| Milk | <ul style="list-style-type: none"> Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). CCP: Refrigerate and hold at 41°F or below for cold service. | K-12: 8 fl oz |
| Gravy | <ul style="list-style-type: none"> Purchase a gravy mix with no more than 1 gm of fat per fl oz and prepare according to package directions. CCP: Hold for hot service at 135°F or above. | K-12: 1 fl oz |
| Jelly | <ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. | K-5: N/A 6-12: $\frac{1}{2}$ oz each or 1 Tbsp |

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

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (K-5) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|----------------------|---------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|------------------|-----------|-----------------|------------------|--|-----------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|-------|--|--|--|--|------------------|---------------|--------------|---------------|--|-----|--|--|-------------|--|--|--|--|-------------|--|--|--|--|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="3" style="text-align: center;">BREAKFAST</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/grade Group</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="3" style="text-align: center;">LUNCH</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">Age/Grade Groups</th> <th style="text-align: center;">Meals Planned</th> <th style="text-align: center;">Meals Served</th> </tr> </thead> <tbody> <tr> <td colspan="2">STUDENT MEALS</td> <td style="text-align: center;">K-5</td> <td></td> <td></td> </tr> <tr> <td colspan="2">ADULT MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> <tr> <td colspan="2">TOTAL MEALS</td> <td style="background-color: #D3D3D3;"></td> <td></td> <td></td> </tr> </tbody> </table> | | | | | | | | | | | | | | | BREAKFAST | | | | | Age/grade Group | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | | LUNCH | | | | | Age/Grade Groups | Meals Planned | Meals Served | STUDENT MEALS | | K-5 | | | ADULT MEALS | | | | | TOTAL MEALS | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/grade Group | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LUNCH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Age/Grade Groups | Meals Planned | Meals Served | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| STUDENT MEALS | | K-5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ADULT MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TOTAL MEALS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MENU ITEMS AND CONDIMENTS | HACCP PROCESS # | SERVING SIZE/UTENSIL | TEMPERATURES | | | Component Contributions | | | | | | | | | PRODUCTION NOTES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | After Cook | Start of Service | End of Service | W/M/A | Grains | Fruit | Dark Green Veg | Red Orange Veg | Legumes Veg | Starchy Veg | Other Veg | Additional Veg | | Total Veg | AMOUNT PREPARED | AMOUNT LEFT OVER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Country Style Beef Patty | 1 each | | | | 2.000 | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Whole Wheat Roll | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese Pizza | 1 slice | | | | 2.000 | 2.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mashed Potatoes | 1/2 cup | | | | | | | | | 0.500 | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steamed Broccoli | 1/2 cup | | | | | | 0.500 | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Wedges, fresh | 1 orange | | | | | 0.500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jelly | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gravy | 1 fl oz | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 1.000 | | 0.500 | 0.500 | | 0.500 | | | 1.000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alternate Entrée Lunch Component Totals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (6-8) | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|--------------|------------------|----------------|-------------------------|--------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | |
| | | | 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 |
| Country Style Beef Patty | 1 each | | | | 2.000 | 1.000 | | | | | | | | | |
| Whole Wheat Roll | 1 each | | | | 1.000 | | | | | | | | | | |
| Cheese Pizza | 1 slice | | | | 2.000 | 2.000 | | | | | | | | | |
| Mashed Potatoes | 1/2 cup | | | | | | | | 0.500 | | 0.500 | | | | |
| Steamed Broccoli | 1/2 cup | | | | | | 0.500 | | | | 0.500 | | | | |
| Orange Wedges, fresh | 1 orange | | | | | 0.500 | | | | | | | | | |
| Fruit Choice, canned | N/A | | | | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | |
| Gravy | 1 fl oz | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | | 2.000 | 2.000 | 0.500 | 0.500 | | | 0.500 | | | 1.000 | | |
| Alternate Entrée Lunch Component Totals | | | | 2.000 | 2.000 | | | | | | | | | | |
| Notes: | | | | | | | | | | | | | | | |

Healthier Kansas Menus with Alternate Entrées – DAILY PRODUCTION RECORDS

| Production Record (9-12) | | | | | | | | | | | | | | | | | |
|---|-----------------|----------------------|-----------------|------------------|----------------|-------------------------|--------------|-------|----------------|----------------|-------------|-------------|-----------|----------------|-----------------|-----------------|------------------|
| <p>Date: <u>Friday</u></p> <p>Preparation Site: _____</p> <p>Offer? Yes <u> </u> No <u> </u> Grades _____</p> | | | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | |
| | | | Age/grade Group | | Meals Planned | | Meals Served | | | | | | | | | | |
| STUDENT MEALS | | | 9-12 | | | | | | STUDENT MEALS | | | 9-12 | | | | | |
| ADULT MEALS | | | | | | | | | ADULT MEALS | | | | | | | | |
| TOTAL 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 | | | |
| Country Style Beef Patty | 1 each | | | 2.000 | 1.000 | | | | | | | | | | | | |
| Whole Wheat Roll | 1 each | | | | 1.000 | | | | | | | | | | | | |
| Cheese Pizza | 1 slice | | | 2.000 | 2.000 | | | | | | | | | | | | |
| Mashed Potatoes | 1/2 cup | | | | | | | | 0.500 | | | 0.500 | | | | | |
| Steamed Broccoli | 1/2 cup | | | | | | 0.500 | | | | | 0.500 | | | | | |
| Orange Wedges, fresh | 1 orange | | | | | 0.500 | | | | | | | | | | | |
| Fruit Choice, canned | 1/2 cup | | | | | 0.500 | | | | | | | | | | | |
| Milk Choice | 8 fl oz | | | | | | | | | | | | | | | | |
| Jelly | 1/2 oz | | | | | | | | | | | | | | | | |
| Gravy | 1 fl oz | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | |
| Daily Breakfast Component Totals | | | | | | | | | | | | | | | | | |
| Daily Lunch Component Totals | | | 2.000 | 2.000 | 1.000 | 0.500 | | | 0.500 | | | 1.000 | | | | | |
| Alternate Entrée Lunch Component Totals | | | 2.000 | 2.000 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | 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

| 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 OR | | 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 OR | 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 | 6 lb 8 oz |
| | Lettuce, Romaine, AP | | | | | | |
| | Spinach, fresh, trimmed, AP | | | | | | |
| | Tomato, fresh, AP | | | | | | |
| | Carrots, fresh, AP | | | | | | |
| | Cucumber, fresh, AP | | | | | | |
| | Carrots, baby, fresh, EP | ½ cup | 15 lb 10 oz | 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 | 1 each | 20 lb 2 oz or 100 each |
| Wednesday | Snow Peas, fresh | ½ cup | 20 lb 10 oz | ½ cup | 20 lb 10 oz | ½ cup | 20 lb 10 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 |
| | Watermelon, fresh, AP | ½ cup | 32 lb 13 oz | ½ cup | 32 lb 13 oz | ½ cup | 32 lb 13 oz |
| Thursday | 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 Fries, crinkle-cut, frozen | ½ cup | 16 lb | ½ cup | 16 lb | ½ cup | 16 lb |
| | Applesauce, canned, unsweetened | ½ cup | 4.4 #10 cans | ½ cup | 4.4 #10 cans | ½ cup | 4.4 #10 cans |
| Friday | Potatoes, dehydrated, flakes | ½ cup prepared | 4 lb | ½ cup prepared | 4 lb | ½ cup prepared | 4 lb |
| | Broccoli, frozen, chopped | ½ cup | 21 lb | ½ cup | 21 lb | ½ cup | 21 lb |
| | 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 |