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



## **INTRODUCTION**

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Child Nutrition & Wellness, Kansas State  
Department of Education

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## *Staff and Students Who Tested Menus*

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

# Introduction

## *Healthy Menus that Students will Love*

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

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

## *Planning Tools that Food Service will Love*

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

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

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

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

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

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

## *Use the Resources*

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

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

### **Recipe Book**

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

### **Production Records**

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

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