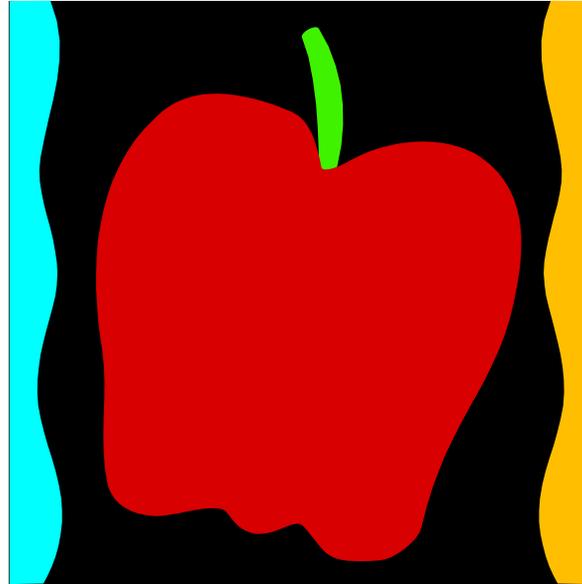


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# **Healthier Kansas Menus-Breakfast**



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

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Child Nutrition & Wellness, Kansas State Department of Education  
*Updated Summer 2014*

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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

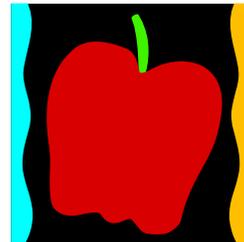
- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- National Pork Board, [www.pork.org](http://www.pork.org)
- Pinnacle Foodservice, [www.foodservice.pinnaclefoodscorp.com](http://www.foodservice.pinnaclefoodscorp.com)
- USD 201 Washington County
- USD 320 Wamego
- USD 345 Seaman

## Menus for the Week

**PLEASE NOTE:**

Milk choice includes a choice of non-fat, flavored or un-flavored, or 1% unflavored milk.  
 Fruit juice choice includes any 100% juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
					K-12	
Mini Waffles with Syrup	Star Spangled Pancakes	Whole Wheat Bagel with Toppings	Breakfast Pita with Tomato Salsa	Whole Grain Cinnamon Roll	<b>Calories</b>	488
Fresh Pineapple	Sausage Patty	Fresh Strawberries	Sliced Pears	Mandarin Oranges	<b>Sodium</b>	538
Fruit Juice Choice Milk Choice	Tropical Fruit Fruit Juice Choice Milk Choice	Fruit Juice Choice Milk Choice	Fruit Juice Choice Milk Choice	Fruit Juice Choice Milk Choice	<b>% calories from saturated fat</b>	4.7%



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Tuesday	Star Spangled Pancakes	95	12
Thursday	Breakfast Pita	131	2
	Tomato Salsa	129	18

Recipe numbers reference the *Healthier Kansas Menus-Breakfast Recipes* booklet.

## Abbreviations

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

\* 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
Mini Waffles	<ul style="list-style-type: none"> <li>• Purchase packaged whole grain mini waffles where one serving provides 2 oz equivalent grains, no more than 250 calories, and no more than 200 mg of sodium.</li> <li>• Heat according to manufacturer's instructions and hold hot for service.</li> <li>• <b>CCP: Hot for hot service at 135° F or above.</b></li> </ul>	K-12: 1 pack
Fresh Pineapple	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wash outer surface prior to cutting. With gloved hands, remove skin and core. Cut fruit into chunks.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Juice	<ul style="list-style-type: none"> <li>• Purchase 100% fruit juice in 4 oz containers.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 oz
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint
Syrup	<ul style="list-style-type: none"> <li>• Purchase syrup packets or bulk syrup.</li> </ul>	K-12: 1 fl oz

**Pre-preparation for Week 1 – Tuesday:** Chill tropical fruit. Cut Strawberries.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

HKM Breakfast Production Record (K-12)																																																									
Date: _____ <u>Monday</u>																																																									
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Offer? Yes _____ No _____																																																									
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## Purchasing, Preparation & Serving Instructions

### Week 1 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Star Spangled Pancakes	<ul style="list-style-type: none"> <li>• Prepare Star Spangled Pancakes, HKM Recipe 95.</li> <li>• Purchase whole grain rich pancakes that provide 1 oz equivalent grains per pancake.</li> <li>• Purchase low-fat vanilla yogurt in bulk.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> </ul>	Pancakes K-12: 2 pancakes  Yogurt K-12: 2 oz  Mixed Fruit K-12: 3/8 cup
Sausage Patty	<ul style="list-style-type: none"> <li>• Purchase pre-cooked turkey sausage patties where 1 patty provides 1 oz equivalent M/MA.</li> <li>• Heat according to manufacturer's instructions.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 patty
Tropical Fruit	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase a canned product that includes papaya and/or mango.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Drain, cover and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1/2 cup
Fruit Juice	<ul style="list-style-type: none"> <li>• Purchase 100% fruit juice in 4 oz containers.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 4 oz
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1/2 pint

**Pre-preparation for Week 1 – Wednesday:** Cut and chill strawberries.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

HKM Breakfast Production Record (K-12)																							
Date: _____ Tuesday																							
Preparation Site: _____																							
Offer? Yes _____ No _____																							
Grades _____																							
BREAKFAST									LUNCH														
			Age/grade Group			Meals Planned			Meals Served						Age/Grade Groups			Meals Planned			Meals Served		
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MENU ITEM AND CONDIMENTS	HACCP PROCESS #	SERVING SIZE/UTENSIL	TEMPERATURES			Component Contributions										AMOUNT PREPARED	AMOUNT LEFTOVER	PRODUCTION NOTES					
			After Cook	Start of Service	End of Service	M/MA	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg	Additional Veg	Total Veg								
Star Spangled Pancakes		1 each					2.500	0.375															
Sausage Patty		1 each					1.000																
Tropical Fruit		1/2 cup						0.500															
Fruit Juice Choice		4 fl oz						0.500															
Milk Choice		8 fl oz																					
Daily Breakfast Component Totals								3.500	1.375									Notes:					
Daily Lunch Component Totals																							
Weekly Component Totals								5.500	2.375														

## Purchasing, Preparation & Serving Instructions

### Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Whole Wheat Bagel	<ul style="list-style-type: none"> <li>Purchase 2 oz whole wheat bagels.</li> </ul>	K-12: 1 each
Toppings	<ul style="list-style-type: none"> <li>Serve with jelly, jam, cream cheese or trans-fat free topping choice.</li> </ul>	K-12: 1 fl oz
Fresh Strawberries	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Handle with gloved hands. Rinse. Optional: cut into halves.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Juice	<ul style="list-style-type: none"> <li>Purchase 100% fruit juice in 4 oz containers.</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 oz
Milk	<ul style="list-style-type: none"> <li>Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li><b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint

**Pre-preparation for Week 1 – Thursday:** Prepare salsa. Chill pears.

# Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

## HKM Breakfast Production Record (K-12)

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

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

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

Grades \_\_\_\_\_

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

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	K-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	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Whole Wheat Bagel		1 each					2.000												
Topping Choice		2 Tbsp																	
Fresh Strawberries		1/2 cup						0.500											
Fruit Juice Choice		4 fl oz						0.500											
Milk Choice		8 fl oz																	
Daily Breakfast Component Totals							2.000	1.000											Notes:
Daily Lunch Component Totals																			
Weekly Component Totals							7.500	3.375											

## Purchasing, Preparation & Serving Instructions

### Week 1 - Thursday

Menu Item	Purchasing & Preparation	Serving
Breakfast Pita	<ul style="list-style-type: none"> <li>• Prepare Breakfast Pita, HKM Recipe 131.</li> <li>• Purchase whole grain pita pockets that provide 2 oz equivalent grains per whole pita (1 oz eq grains per ½ pita).</li> <li>• Purchase low-fat shredded American cheese.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	Pita Pocket K-12: ½ pita (1.5 oz)  Scrambled Eggs K-12: ¼ cup  Cheese K-12: ½ oz
Tomato Salsa	<ul style="list-style-type: none"> <li>• Purchase salsa that is low in sodium or prepare Tomato Salsa, HKM Recipe 129.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• May be served, self-serve or pre-portioned for service.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 1 fl oz
Sliced Pears	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase canned pears, sliced, packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>• Cover, drain and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Juice	<ul style="list-style-type: none"> <li>• Purchase 100% fruit juice in 4 oz containers.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 oz
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint

**Pre-preparation for Week 1 – Friday:** Chill mandarin oranges.



## Purchasing, Preparation & Serving Instructions

### Week 1 - Friday

Menu Item	Purchasing & Preparation	Serving
Whole Grain Cinnamon Roll	<ul style="list-style-type: none"> <li>• Purchase whole grain rich cinnamon roll that provides 2 oz equivalent grains per serving.</li> <li>• Heat according to manufacturer's instructions.</li> </ul>	K-12: 1 roll
Mandarin oranges, canned	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase a canned mandarin oranges packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>• Cover, drain and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit Juice	<ul style="list-style-type: none"> <li>• Purchase 100% fruit juice in 4 oz containers.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 oz
Milk	<ul style="list-style-type: none"> <li>• Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored).</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ pint

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



## 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.
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-12 Portion Size	K-12 Amount to Order per 100 Servings
Monday	Pineapple, fresh, AP	½ cup	31 lb 6 oz
Tuesday	Strawberries, fresh, whole, AP		9 lb
	Blueberries, fresh, AP		5 lb
	Tropical Fruit, canned in 100% juice or light syrup	½ cup	4.2 #10 cans
Wednesday	Strawberries, fresh, whole, AP	½ cup	19 lb 4 oz
Thursday	Tomatoes, crushed, salsa ready, canned		1 #10 cans
	Jalapeno Peppers, canned (optional)		2 oz
	Pears, sliced, canned in 100% juice or light syrup	½ cup	6.8 #10 cans
Friday	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	6 #10 cans

## **Notes**