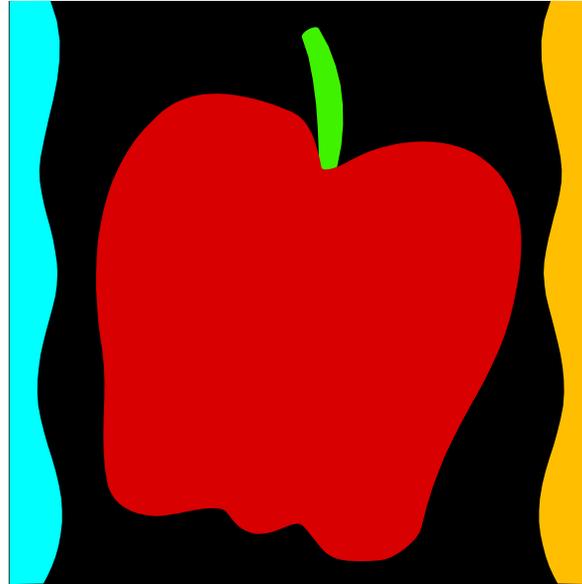


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# **Healthier Kansas Menus-Breakfast**



## **WEEK 2 - 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 recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

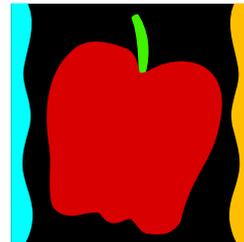
- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *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 unflavored, or 1% unflavored milk.  
 Fruit juice choice includes any 100% juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
					K-12	
Whole Grain Cereal	Biscuit & Gravy	Scrumptious Coffeecake	Western Omelet Quesadilla with Tomato Salsa	French Toast Sticks with Syrup	<b>Calories</b>	495
Yogurt Cup	Pineapple Chunks	Fresh Citrus Fruit Cup	Fresh Grapes	Fruit Cocktail	<b>Sodium</b>	540
Fresh Apple	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>	4.1%



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Tuesday	Biscuit & Gravy	33	1
Wednesday	Scrumptious Coffeecake	105	10
	Fresh Citrus Fruit Cup	134	14
Thursday	Western Omelet Quesadilla	93	13
	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 2 – Monday**

Menu Item	Purchasing & Preparation	Serving
Whole Grain Cereal	<ul style="list-style-type: none"> <li>• Purchase whole grain rich cereal that provides 1 oz equivalent grains per serving.</li> </ul>	K-12: 1 pack
Yogurt Cup, low-fat	<ul style="list-style-type: none"> <li>• Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: 4 oz cup
Fresh Apple Slices	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase apples, size #125-138.</li> <li>• Handle with gloved hands. Rinse and remove core. Cut in 4ths or 8ths.</li> <li>• Dip in lemon, orange, pineapple juice or antioxidant solution to preserve color.</li> <li>• Cover and refrigerate until serving.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: ½ apple
Fruit 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 – Tuesday:** Chill pineapple.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

HKM Breakfast Production Record (K-12)																							
Date: _____ Monday																							
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-12									STUDENT MEALS			K-12								
ADULT MEALS												ADULT MEALS											
TOTAL 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	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg	Additional Veg	Total Veg								
Whole Grain Cereal		1 oz					1.000																
Yogurt Cup		4 oz					1.000																
Fresh Apple		1/2 apple						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								2.000	1.000														

## Purchasing, Preparation & Serving Instructions

### Week 2 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Biscuits & Gravy	<ul style="list-style-type: none"> <li>• Prepare Biscuits and Gravy, HKM Recipe 33.</li> <li>• If purchasing biscuits, purchase whole grain rich biscuit that provides 2 oz equivalent grains.</li> <li>• If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120.</li> <li>• <b>CCP: Hold gravy for hot service at 135° F or above.</b></li> </ul>	<p>Biscuits K-12: 1 biscuit</p> <p>Gravy K-12: 3 oz</p>
Pineapple Chunks	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase canned pineapple chunks packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe can tops clean before opening.</li> <li>• Serve with a slotted spoon.</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 – Wednesday:** Prepare Fresh Citrus Fruit Cup.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

### HKM Breakfast Production Record (K-12)

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

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/MA	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Biscuit & Gravy		1 biscuit + 3 oz gravy					2.000												
Pineapple Chunks		1/2 cup						0.500											
Fruit Juice Choice		4 fl oz						0.500											
Milk Choice		8 fl oz																	
<b>Daily Breakfast Component Totals</b>							2.000	1.000											Notes:
<b>Daily Lunch Component Totals</b>																			
<b>Weekly Component Totals</b>							4.000	2.000											

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

Menu Item	Purchasing & Preparation	Serving
Scrumptious Coffeecake	<ul style="list-style-type: none"> <li>• Prepare Scrumptious Coffee Cake, HKM Recipe 105.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> </ul>	K-12: 1 piece (4 x 6 cut)
Fresh Citrus Fruit Cup	<ul style="list-style-type: none"> <li>• Prepare HKM Recipe 134, Fresh Citrus Fruit Cup.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• <b>CCP: Hold for cold service at 41°F or below.</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 – Thursday:** Prepare salsa.

## 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/MA	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Scrumptious Coffeecake		1 piece					1.500												
Fresh Citrus Fruit Cup		1/2 cup						0.500											
Fruit Juice Choice		4 fl oz						0.500											
Milk Choice		8 fl oz																	
<b>Daily Breakfast Component Totals</b>								1.500	1.000										Notes:
<b>Daily Lunch Component Totals</b>																			
<b>Weekly Component Totals</b>								5.500	3.000										

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

Menu Item	Purchasing & Preparation	Serving
Western Omelet Quesadilla	<ul style="list-style-type: none"> <li>• Prepare Western Omelet Quesadilla, HKM Recipe 93.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase whole wheat tortillas that provide 1 oz equivalent grains.</li> <li>• Purchase low-sodium ham.</li> <li>• Purchase shredded Mexican-style cheese, reduced fat.</li> <li>• <b>CCP: Hold for hot service at 135°F or above.</b></li> </ul>	K-12: 1 each
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
Fresh Grapes	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Wash grapes. Remove from stems or separate out into smaller clusters.</li> <li>• Cover and refrigerate until serving.</li> <li>• Weigh out each portion size indicated and use as a sample.</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 – Friday:** Chill fruit cocktail.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

### HKM Breakfast Production Record (K-12)

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

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/MA	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg	Additional Veg	Total Veg				
Western Omelet Quesadilla		1 each					2.500												
Tomato Salsa		1 fl oz						0.125		0.125									
Fresh Grapes		1/2 cup						0.500											
Fruit Juice Choice		4 fl oz						0.500											
Milk Choice		8 fl oz																	
<b>Daily Breakfast Component Totals</b>							2.500	1.125		0.125									Notes:
<b>Daily Lunch Component Totals</b>																			
<b>Weekly Component Totals</b>							8.000	4.125		0.125									

## Purchasing, Preparation & Serving Instructions

### Week 2 - Friday

Menu Item	Purchasing & Preparation	Serving
French Toast Sticks	<ul style="list-style-type: none"> <li>• Purchase whole grain rich French toast sticks that provide 1.25 oz equivalent grains per serving.</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 serving
Fruit Cocktail, canned, drained	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase a canned product that includes peaches, pears, pineapple, grapes and cherries packed in 100% juice or light syrup.</li> <li>• Chill cans overnight. Wipe tops of cans clean before opening.</li> <li>• Cover, drain and refrigerate until serving. Serve with slotted utensil.</li> <li>• <b>CCP: Refrigerate and hold at 41° F or below for cold service.</b></li> </ul>	K-12: ½ cup
Fruit 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 3 - Monday:** None.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

### HKM Breakfast Production Record (K-12)

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

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

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

Grades \_\_\_\_\_

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

LUNCH			
	Age/Grade Groups	Meals Planned	Meals Served
STUDENT MEALS	K-12		
ADULT MEALS			
<b>TOTAL MEALS</b>			

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			
French Toast Sticks		1 serving					1.250											
Syrup		1 fl oz																
Fruit Cocktail		1/2 cup						0.500										
Fruit Juice Choice		4 fl oz						0.500										
Milk Choice		8 fl oz																
<b>Daily Breakfast Component Totals</b>								1.250	1.000									Notes:
<b>Daily Lunch Component Totals</b>																		
<b>Weekly Component Totals</b>								9.250	5.125	0.125								

## 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.
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	Apples, 125-138 count, fresh, AP	½ each	7 #10 cans
Tuesday	Pineapple, canned, chunks, packed in 100% juice or light syrup	½ cup	8 lb 8 oz
Wednesday	Mandarin Oranges, canned in 100% juice		2 #10 can
	Bananas, 100-120 count, fresh, AP		9 lb
	Apples, 125-138 count, fresh, AP		3 lb 8 oz
	Grapes, fresh, AP		3 lb 8 oz
	Applesauce, canned, unsweetened		1 lb
	Orange Juice Concentrate, canned, frozen		2 2/3 cups
Thursday	Onions, fresh, AP		2 lb 4 oz
	Peppers, green, fresh, AP		2 lb 8 oz
	Tomatoes, canned, crushed		1 #10 can
	Grapes, fresh, AP	½ cup	20 lb
Friday	Fruit Cocktail, canned in light syrup	½ cup	4.4 #10 cans

## Notes