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# **Healthier Kansas Menus-Breakfast**



## **WEEK 3 - 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:

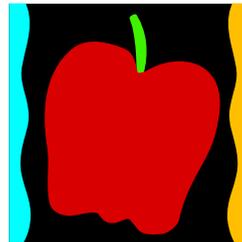
- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *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 Cinnamon Roll	Mini Waffles with Syrup	Breakfast Pizza	Excellent Egg Taco with Tomato Salsa	Whole Grain Muffin	<b>Calories</b>	485
Fresh Banana	Apricot Halves	Peach Slices	Graham Snacks	Rosy Applesauce	<b>Sodium</b>	423
Fruit Juice Choice Milk Choice	Fruit Juice Choice Milk Choice	Fruit Juice Choice Milk Choice	Fresh Kiwi  Fruit Juice Choice Milk Choice	Fruit Juice Choice Milk Choice	<b>% calories from saturated fat</b>	4.2%



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Thursday	Excellent Egg Taco	102	4
	Tomato Salsa	129	18
Friday	Rosy Applesauce	125	16

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 3 – Monday**

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
Fresh Banana	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> </ul>	K-12: 1 each
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 3 - Monday:** Chill apricots.

# Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

## HKM Breakfast Production Record (K-12)

Date: \_\_\_\_\_ Monday

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				
Whole Grain Cinnamon Roll		1 each					2.000												
Fresh Banana		1 each						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>							2.000	1.000											

## Purchasing, Preparation & Serving Instructions

### Week 3 - Tuesday

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
Apricot Halves	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase apricot halves, canned in 100% juice or light syrup.</li> <li>• Chill overnight. Wipe can lid 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
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 – Wednesday:** Chill peaches.

## 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				
Mini Waffles		1 serving					2.000												
Syrup		1 fl oz																	
Apricot Halves		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							4.000	2.000											

## Purchasing, Preparation & Serving Instructions

### Week 3 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Breakfast Pizza	<ul style="list-style-type: none"> <li>• Purchase breakfast pizza where one serving provides 1.25 oz equivalent grains and 0.75 oz equivalent M/MA with no more than 300 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 serving
Peach Slices	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase peach slices, canned in 100% juice or light syrup.</li> <li>• Chill overnight. Wipe can lid 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 3 – Thursday:** Prepare salsa. Prepare and chill kiwi.

## 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				
Breakfast Pizza		1 serving					2.000												
Peach Slices		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								6.000	3.000										

## Purchasing, Preparation & Serving Instructions Week 3 - Thursday

Menu Item	Purchasing & Preparation	Serving
Excellent Egg Taco	<ul style="list-style-type: none"> <li>• Prepare Excellent Egg Taco, HKM Recipe 102.</li> <li>• Purchase whole grain corn taco shells that provide 0.5 oz equivalent grains.</li> <li>• Purchase shredded cheddar cheese, reduced fat.</li> <li>• <b>CCP: Hot for hot service at 135° F or above.</b></li> </ul>	K-12: 1 taco
Tomato Salsa	<ul style="list-style-type: none"> <li>• Purchase salsa that is low in sodium or prepare following 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
Graham Snacks	<ul style="list-style-type: none"> <li>• Purchase whole grain rich graham crackers where 1 serving is 1 oz equivalent grains.</li> </ul>	K-12: 1 pack
Fresh Kiwi	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Handle with gloves and wash kiwi. Cut each kiwi in half.</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 (about 3 halves)
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 3 – Friday:** Prepare and chill rosy applesauce.



## Purchasing, Preparation & Serving Instructions Week 3 - Friday

Menu Item	Purchasing & Preparation	Serving
Whole Grain Muffin	<ul style="list-style-type: none"> <li>• Purchase whole grain rich muffins where one serving provides 1 oz equivalent grains.</li> <li>• Prepare according to manufacturer's instructions.</li> </ul>	K-12: 1 each
Rosy Applesauce	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Prepare HKM Recipe 125, Rosy Applesauce.</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 4 - Monday:** Chill pears.

## 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			
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				
Whole Grain Muffin		1 each					1.000												
Rosy Applesauce		1/2 cup						0.500											
Fruit Juice Choice		4 fl oz						0.500											
Milk Choice		8 fl oz																	
Daily Breakfast Component Totals								1.000	1.000										Notes:
Daily Lunch Component Totals																			
Weekly Component Totals								10.750	5.125		0.125								

## 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.
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	Banana, 100-120 count, fresh, AP	1 each	28 lb 7 oz or 100 each
Tuesday	Apricots, halves, canned in 100% juice or light syrup	½ cup	4.2 #10 cans
Wednesday	Peaches, sliced, canned in 100% juice or light syrup	½ cup	4 #10 cans
Thursday	Tomatoes, crushed, salsa ready, canned		1 #10 cans
	Jalapeno Peppers, canned (optional)		2 oz
	Kiwi, fresh, AP	½ cup (3 halves)	18 lb 10 oz or 150 each
	Onions, fresh, AP		6 oz
Friday	Applesauce, canned, unsweetened	½ cup	4.4 #10 cans

## **Notes**