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# **Healthier Kansas Menus-Breakfast**



## **WEEK 4 - 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

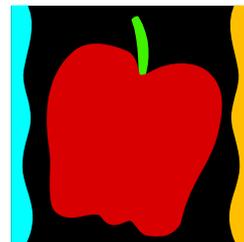
## Menus for the Week

**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	Kansas Granola Bar	Chicken Biscuit Breakfast Sandwich	Pancake on a Stick	<b>Calories</b>	467
Sausage Patty	Fresh Orange	Apricot Halves	Fresh Mixed Fruit Cup	Fresh Strawberries	<b>Sodium</b>	538
Diced Pears	Fruit Juice Choice	Fresh Juice Choice	Fruit Juice Choice	Fruit Juice Choice	<b>% calories from saturated fat</b>	4.3%
Fruit Juice Choice Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice		



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Tuesday	Biscuit & Gravy	33	1
Wednesday	Kansas Granola Bar	13	5
Thursday	Chicken Biscuit Breakfast Sandwich	126	3
	Angel Biscuit	120	19
	Fresh Mixed Fruit Cup	183	15

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 4 – 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
Sausage Patty	<ul style="list-style-type: none"> <li>Purchase sausage patty where 1 serving provides 1 oz equivalent M/MA and no more than 150 mg of sodium 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 each
Diced Pears	<ul style="list-style-type: none"> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>Purchase a canned diced peaches 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 4 - Tuesday:** Bake biscuits.

## 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 Cereal		1 oz					1.000												
Sausage Patty		1 each					1.000												
Diced Pears		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>								2.000	1.000										

## Purchasing, Preparation & Serving Instructions

### Week 4 - 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: Hot 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>
Fresh Orange	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed. Purchase oranges, size #113.</li> <li>• Handle with gloved hands. Rinse.</li> <li>• 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.</li> <li>• Cover and refrigerate.</li> <li>• <b>CCP: Refrigerate and hold at 41°F or below for cold service.</b></li> </ul>	K-12: 1 orange
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 - Wednesday:** None.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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Date: _____ Tuesday																																					
Preparation Site: _____																																					
Offer? Yes _____ No _____																																					
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Biscuit & Gravy		1 biscuit + 3 oz gravy					2.000																														
Fresh Orange		1 orange						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 4 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Kansas Granola Bar	<ul style="list-style-type: none"> <li>• Prepare Kansas Granola Bar, HKM Recipe 13.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> </ul>	K-12: 1 piece (4 x 6 cut)
Apricot Halves	<ul style="list-style-type: none"> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase canned apricot halves 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 4 - Thursday:** Bake biscuits. Prepare fresh mixed fruit cup.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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## Purchasing, Preparation & Serving Instructions

### Week 4 - Thursday

Menu Item	Purchasing & Preparation	Serving
Chicken Biscuit Breakfast Sandwich	<ul style="list-style-type: none"> <li>• Prepare Chicken Biscuit Breakfast Sandwich, HKM Recipe 82.</li> <li>• If purchasing biscuits, purchase whole grain rich biscuit that provides 2 oz equivalent grains. If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120.</li> <li>• Purchase CN labeled whole grain rich chicken patty that provides 1 oz equivalent M/MA and 0.25 oz equivalent grains.</li> <li>• <b>CCP: Hot for hot service at 135° F or above.</b></li> </ul>	K-12: 1 sandwich
Fresh Mixed Fruit Cup	<ul style="list-style-type: none"> <li>• Prepare Fresh Mixed Fruit Cup, HKM Recipe 183.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</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 - Friday:** None.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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Daily Breakfast Component Totals								3.250	1.000									Notes:																																							
Daily Lunch Component Totals																																																									
Weekly Component Totals								9.250	4.000																																																

## Purchasing, Preparation & Serving Instructions

### Week 4 - Friday

Menu Item	Purchasing & Preparation	Serving
Pancake on a Stick	<ul style="list-style-type: none"> <li>• Purchase CN labeled whole grain rich pancake on a stick that provides 1 oz equivalent grains and 1 oz equivalent M/MA.</li> <li>• Heat according to manufacturer’s instructions.</li> <li>• <b>CCP: Hot for hot service at 135° F or above.</b></li> </ul>	K-12: 1 each
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 5 - Monday:** Chill grapes.

# 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				
Pancake on a Stick		1 each					2.000												
Fresh Strawberries		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>							11.250	5.000											

## 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.
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	Pears, canned, diced	½ cup	4.4 #10 cans
Tuesday	Orange, 125 count, fresh, AP	1 each	28 lb 10 oz or 100 each
Wednesday	Applesauce, canned, unsweetened		2 cups
	Cranberries, dried, unsweetened		2 lb 8 oz
	Bananas, 100-120 count, fresh, AP		4 lb 12 oz
	Apricot halves, canned in 100% juice or light syrup	½ cup	4.2 #10 cans
Thursday	Apples, fresh, 125-138 count, AP		4 lb
	Bananas, fresh, AP		7 lb
	Fruit Cocktail, canned in 100% juice or light syrup		2 #10 cans
Friday	Strawberries, fresh, whole, AP	½ cup	19 lb 4 oz

## **Notes**