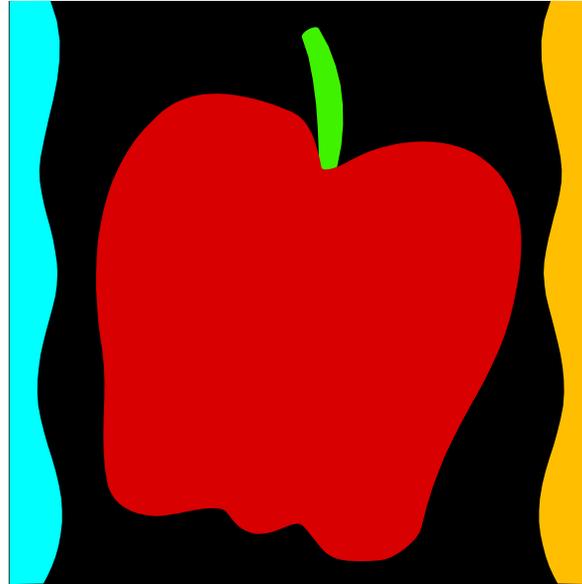


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# **Healthier Kansas Menus-Breakfast**



## **WEEK 5 - 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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[www.kn-eat.org](http://www.kn-eat.org)

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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:

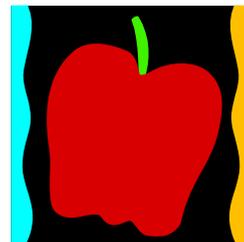
- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *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	
French Toast Sticks with syrup	Oatmeal Breakfast Round	Whole Wheat Bagel with Toppings	Quick Blueberry Bubble Bread	Breakfast Pizza	<b>Calories</b>	500
Fresh Grapes	Yogurt Cup	Fresh Apple	Mandarin Oranges	Peach Slices	<b>Sodium</b>	458
Fruit Juice Choice Milk Choice	Strawberries & Bananas  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>	5.2%



## Recipes for the Week

Day	Recipe Name	Recipe Number	HKM Recipe Page Number
Tuesday	Strawberries & Bananas	183	17
Thursday	Quick Blueberry Bubble Bread	82	7

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 5 – Monday**

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.</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
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
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 5 – Tuesday:** Prepare Strawberries & Bananas.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

HKM Breakfast Production Record (K-12)																																					
Date: _____ <u>Monday</u>																																					
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			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																																			
Fresh Grapes		1/2 cup						0.500																													
Fruit Juice Choice		4 fl oz						0.500																													
Milk Choice		8 fl oz																																			
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## Purchasing, Preparation & Serving Instructions

### Week 5 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Oatmeal Breakfast Round	<ul style="list-style-type: none"> <li>Purchase whole grain rich oatmeal breakfast round where one serving provides 1 oz equivalent grains.</li> </ul>	K-12: 1 round
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
Strawberries & Bananas	<ul style="list-style-type: none"> <li>Prepare Strawberries &amp; Bananas, HKM Recipe 183.</li> <li>Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amounts needed.</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 – Wednesday:** None.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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Weekly Component Totals								3.250	2.000																																																

## Purchasing, Preparation & Serving Instructions

### Week 5 – 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 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 5 – Thursday:** Prepare Quick Blueberry Bubble Bread. Chill mandarin oranges.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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Milk Choice		8 fl oz																																			
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Daily Lunch Component Totals																																					
Weekly Component Totals								5.250	3.000																												

## Purchasing, Preparation & Serving Instructions

### Week 5 - Thursday

Menu Item	Purchasing & Preparation	Serving
Quick Blueberry Bubble Bread	<ul style="list-style-type: none"> <li>• Prepare Quick Blueberry Bubble Bread, HKM Recipe 82.</li> <li>• Refer to <i>Fruit &amp; Vegetable Order Guide</i> for amount needed.</li> <li>• Purchase whole grain biscuits.</li> </ul>	K-12: 1 piece (8 x 10 cut)
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 5 – Thursday:** Chill canned peaches.

# 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				
Quick Blueberry Bubble Bread		1 piece					1.750	0.125											
Mandarin Oranges		1/2 cup						0.500											
Fruit Juice Choice		4 fl oz						0.500											
Milk Choice		8 fl oz																	
Daily Breakfast Component Totals								1.750	1.125										Notes:
Daily Lunch Component Totals																			
Weekly Component Totals								7.000	4.125										

## Purchasing, Preparation & Serving Instructions Week 5 - Friday

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.</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 pizza
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 6 - Monday:** None.

## Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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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/NA	G/B	Fruit	Dark Green Veg	R/O Veg	Legumes	Starchy Veg	Other Veg	Additional Veg	Total Veg																																										
Breakfast Pizza		1 each					2.000																																																		
Sliced Peaches		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								9.000	5.125																																																

## Fruit & Vegetable Order Guide Week 5

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	Grapes, fresh, AP	½ cup	20 lb
Tuesday	Strawberries, frozen, unsweetened, sliced		11 lb
	Applesauce, canned, unsweetened		0.5 #10 can
	Bananas, 100-120 count, fresh, AP		14 lb
Wednesday	Apples, fresh, 125-138 count, AP	½ apple	13 lb 10 lb
Thursday	Mandarin oranges, canned in 100% juice or light syrup	½ cup	4.2 #10 cans
Friday	Peaches, sliced, canned in 100% juice or light syrup	½ cup	4 #10 cans

## Notes