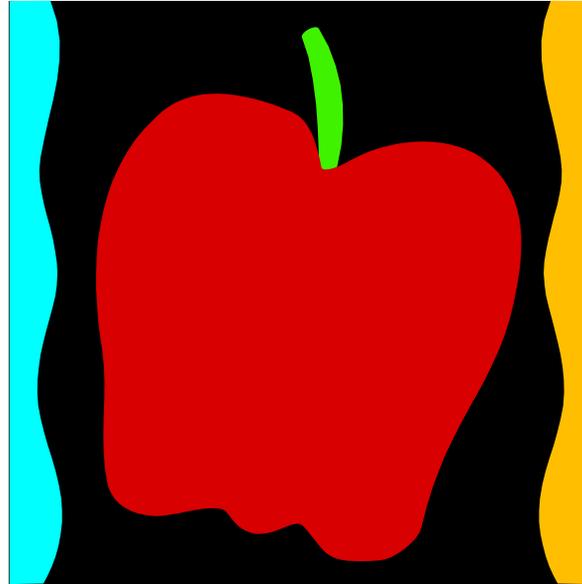

Healthier Kansas Menus-Breakfast



WEEK 6 – DAILY PRODUCTION RECORDS

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

Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS



Child Nutrition & Wellness Kansas State Department of Education

900 SW Jackson St. Suite 251

Topeka, Kansas 66612

785-296-2276

FAX: 785-296-0232

www.kn-eat.org

For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: csjohnson@ksde.org.

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Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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

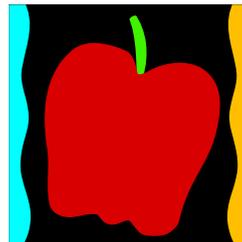
- *School Nutrition* magazine, November 2009, www.schoolnutrition.org
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- National Pork Board, www.pork.org
- Pinnacle Foodservice, 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	Pancake on a Stick	Biscuit & Gravy	Sausage Breakfast Sandwich	Whole Grain Muffin	Calories	461
String Cheese	Fruit Cocktail	Fresh Banana	Pineapple Chunks	Tropical Fruit	Sodium	538
Fresh Orange	Fruit Juice Choice	Fruit Juice Choice	Fruit Juice Choice	Fruit Juice Choice	% calories from saturated fat	6.1%
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
Wednesday	Biscuit & Gravy	33	1
Thursday	Sausage Breakfast Sandwich	127	9

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 6 – Monday

Menu Item	Purchasing & Preparation	Serving
Whole Grain Cereal	<ul style="list-style-type: none"> • Purchase whole grain rich cereal that provides 1 oz equivalent grains per serving. 	K-12: 1 pack
String Cheese	<ul style="list-style-type: none"> • Purchase string cheese that provides 1 oz equivalent M/MA. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 1 each
Fresh Orange	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #113. • Handle with gloved hands. Rinse. • 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. • Cover and refrigerate. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 orange
Fruit Juice	<ul style="list-style-type: none"> • Purchase 100% fruit juice in 4 oz containers. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 6 – Tuesday: Chill Fruit Cocktail.

Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

HKM Breakfast Production Record (K-12)																																																										
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Purchasing, Preparation & Serving Instructions

Week 6 - Tuesday

Menu Item	Purchasing & Preparation	Serving
Pancake on a Stick	<ul style="list-style-type: none"> • Purchase CN labeled whole grain rich pancake on a stick that provides 1 oz equivalent grains and 1 oz equivalent M/MA. • Heat according to manufacturer's instructions. • CCP: Hot for hot service at 135° F or above. 	K-12: 1 each
Fruit Cocktail, canned, drained	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase a canned product that includes peaches, pears, pineapple, grapes and cherries packed in 100% juice or light syrup. • Chill cans overnight. Wipe tops of cans clean before opening. • Cover, drain and refrigerate until serving. Serve with slotted utensil. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ cup
Fruit Juice	<ul style="list-style-type: none"> • Purchase 100% fruit juice in 4 oz containers. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 6 – Wednesday: Bake biscuits.

Healthier Kansas Menus-Breakfast – DAILY PRODUCTION RECORDS

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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 6 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Biscuits & Gravy	<ul style="list-style-type: none"> • Prepare Biscuits and Gravy, HKM Recipe 33. • If purchasing biscuits, purchase whole grain rich biscuit that provides 2 oz equivalent grains. • If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120. • CCP: Hold gravy for hot service at 135° F or above. 	Biscuits K-12: 1 biscuit Gravy K-12: 3 oz
Fresh Banana	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	K-12: 1 each (½ cup)
Fruit Juice	<ul style="list-style-type: none"> • Purchase 100% fruit juice in 4 oz containers. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 6 – Thursday: Chill pineapple.

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		
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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/NA	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												
Fresh Banana		1 banana						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 6 - Thursday

Menu Item	Purchasing & Preparation	Serving
Sausage Breakfast Sandwich	<ul style="list-style-type: none"> • Prepare Sausage Breakfast Sandwich, HKM Recipe 127. • Purchase whole grain rich bread that provides 1.5 oz eq grains per 2 slices. • Purchase CN labeled sausage patty that provides 1 oz equivalent M/MA (extra). • Top sandwich with 0.5 oz American Cheese Slice. • CCP: Hold for hot service at 135° F or above. 	K-12: 1 each
Pineapple Chunks	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase canned pineapple chunks packed in 100% juice or light syrup. • Chill cans overnight. Wipe can tops clean before opening. • Serve with a slotted spoon. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ cup
Fruit Juice	<ul style="list-style-type: none"> • Purchase 100% fruit juice in 4 oz containers. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 6 – Friday: Chill tropical fruit.

Purchasing, Preparation & Serving Instructions

Week 6 - Friday

Menu Item	Purchasing & Preparation	Serving
Whole Grain Muffin	<ul style="list-style-type: none"> • Purchase whole grain rich muffins where one serving provides 1 oz equivalent grains. • Prepare according to manufacturer's instructions. 	K-12: 1 each
Tropical Fruit	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase a canned product that includes papaya and/or mango. • Chill cans overnight. Wipe can tops clean before opening. • Drain, cover and refrigerate until serving. Serve with slotted utensil. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: ½ cup
Fruit Juice	<ul style="list-style-type: none"> • Purchase 100% fruit juice in 4 oz containers. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk. May be 1% fat (unflavored) or skim (flavored or unflavored). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 1 – Monday: Chill pineapple.

Fruit & Vegetable Order Guide Week 6

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	Apricots, halves, canned in 100% juice or light syrup	½ cup	7 #10 cans
Tuesday	Tropical Fruit, canned in 100% juice or light syrup	½ cup	6 #10 cans
Wednesday	Bananas, 100-120 count, fresh, AP	1 each	38 lb
Thursday	Strawberries, frozen, sliced, unsweetened		11 lb
	Applesauce, canned, unsweetened		1 #10 can
	Bananas, 100-120 count, fresh, AP		14 lb
Friday	Tangerines, fresh, AP	2 each	50 lb

Notes