
Healthier Kansas Menus— Innovative School Breakfast Options



INTRODUCTION

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Healthier Kansas Menus – Innovative School Breakfast Options

INTRODUCTION

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

- *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.
- Idaho Chef Designed School Breakfast, <https://sde.idaho.gov/cnp/shared/Chef-Designed-Breakfast-Book.pdf>
- USD 437 Auburn Washburn School District recipes
- K-12 Meal Makers, Pillsbury Breads Edition, <https://www.generalmillscf.com/industries/k12/support-tool-categories/building-a-menu/meal-makers-pillsbury-breads>
- Healthy Flavors, Healthy Kids Summit; US Highbush Blueberry Council at Culinary Institute of America 2014

Table of Contents

	Page
Introduction	1
Tips for Using <i>Healthier Kansas Menus – Innovative School Breakfast Options</i>	3
<i>Healthier Kansas Menus – Innovative School Breakfast Options</i> Calendar Menu	5
Adapting Menus to Meet Your Needs	6
Menu Standards of Excellence	9



Introduction

Why Creativity is so Important when Serving Breakfast

One way ensure more children have the opportunity to participate in your School Breakfast Program is to be creative in how and when breakfast is being served as part of your program. Instead of only serving breakfast in the cafeteria before the school day begins, this group of cycle menus provides ideas and resources on how to offer breakfast in a variety of ways to maximize the reach and opportunity for participation.

Finding ways to incorporate breakfast as part of the regular school day has a powerful effect on kids. Studies show that grades and attendance rise when breakfast is served during the school day. It's also easier to participate when offered as part of the school day because children and parents are no longer required to get to school early in order to participate.

A successful breakfast program may consist of a variety of serving methods that fit best with your school schedules and meet your students' needs. Some variations to the standard breakfast service in the cafeteria before school may include an option to Grab n' Go to the Classroom or a Second Chance service between first and second periods or Breakfast in the Classroom offered to all students once the school day has begun. The possibilities are endless, and the cycle menus in this resource can be tailored to fit your expanding breakfast program! A short description of popular service methods are outlined below. Keep in mind, a breakfast service method can vary from school to school based on the individual needs of the program.

- **Grab n' Go to the Classroom** – Students pick up packaged breakfasts from the cafeteria line or a mobile service cart in high traffic areas, such as hallways, entryways or cafeterias. Students can then eat in their classroom before and after the bell has run.
- **Second Chance Breakfast** – Students eat breakfast during a break in the morning, often between first and second period or midway between breakfast and lunch. Schools can serve breakfast in the same manner as the Grab n' Go to the Classroom through the cafeteria serving line or standalone mobile service carts in high traffic areas between classes.
- **Breakfast in the Classroom** - Students eat breakfast in their classroom after the official start of the school day. Students or staff may deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags or school nutrition staff can serve breakfast from mobile carts in the hallways.

Healthier Kansas Menus – Innovative School Breakfast Options

INTRODUCTION

Healthy Menus that Students will Love

Healthier Kansas Menus provide a variety of familiar and nutritious foods that students will love along with just enough new and unusual menu items to keep it interesting. Students will be introduced to good-tasting, healthy foods.

Healthier Kansas Menus meet all Healthy Hunger Free Kids Act (HHFKA) menu planning requirements when the menus, recipes, food specifications, production records, and serving practices are followed. The nutrient analysis reflects all menu items that are available to students. Students should be encouraged to choose and try all of the planned menu items.

Planning Tools that Food Service will Love

Whether the food service director/manager is new to the job or a seasoned veteran in menu planning, *Healthier Kansas Menus – Innovative School Breakfast Options* can be a time saving tool. The resources included are:

- ◆ Four different 1-Week Breakfast Menus for a variety of service methods
- ◆ Recipes with HHFKA Menu Planning component information and HACCP instructions
- ◆ Daily Production Records with Purchasing, Preparation and Serving Instructions
- ◆ Fruit & Vegetable Ordering Guide
- ◆ Ideas for Adapting Menus
- ◆ Appendices

Tips for Using Healthier Kansas Menus – Innovative School Breakfast Options

Follow the Menus, but Adapt as Needed

Keep it simple by following menus as planned, but feel free to make changes based on the preferences of students in your school and/or availability of items in your region of the state. Note that changes in menu items, recipes or portion sizes require corresponding changes in the Calendar Menu, Production Records and Fruit & Vegetable Order Guide.

When changes are made in the menus, recipes or serving sizes, the component information must be re-calculated. Also, the production record component information must be re-calculated to ensure the daily and weekly component requirements are met. When pre-prepared products are included, they should meet the standards indicated on the Purchasing, Preparation & Serving Instructions.

If changes are needed, download copies of the menu tools from http://www.kn-eat.org/SNP/SNP_Menus, save the documents on your computer and make changes before printing them. To ensure revised menus or recipes still meet requirements, carefully record all changes.

Use the Resources

Innovative School Breakfast Menu Calendars

Download the calendars and make changes, if needed. Choose which breakfast option service method to follow. Add the school name, month, dates and any other district-specific information before printing.

Recipe Book

Production information is found in the *Healthier Kansas Menus Recipe Book* and daily *Purchasing, Preparation & Serving Instructions*. Recipes identify HACCP processes, component contributions, serving size(s) and instructions.

Production Records

Daily Production Records with Purchasing, Preparation & Serving Instructions are designed to be printed and placed in three-ring binders for use at each serving site.

Menu item substitutions or additions must be noted on the production record. The kitchen manager must complete the number of meals served, the amount of each food item prepared and the amount leftover. Printed copies of completed Production Records are required daily.

Healthier Kansas Menus – Innovative School Breakfast Options

INTRODUCTION

Specifications & Order Guides

Nutrient and component specifications are indicated on the recipes or the daily *Purchasing, Preparation & Serving Instructions*. Review specifications before ordering to ensure that menus served meet component and nutrient requirements.

Use the *Fruit & Vegetable Ordering Guide*. This guide, organized by menu week, is based on 100 servings of the portion sizes indicated in *Healthier Kansas Menus – Innovative School Breakfast Options*.

Appendices

Additional data is provided in the appendices at the end of the *Healthier Kansas Menus* resources. These include:

- ◆ Converting Common Measures
- ◆ Healthier Kansas Menus - Breakfast Nutrient Analysis

Healthier Kansas Menus – Innovative School Breakfast Options

Step 1: Choose the entrée option below that best fits the school's breakfast service method.

Entrée Option 1: Grab n' Go Cold + Grab n' Go Hot + Daily option

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grab n' Go Cold	Fruit, Yogurt & Granola Parfait	Bagel w/ Cream Cheese Hard Boiled Egg	Kansas Granola Bar Yogurt	Scrumptious Coffee Cake String Cheese	Cran-Sausage Muffin Yogurt
Grab n' Go Hot	Chicken & Waffles	Libby's Biscuit Breakfast Pizza	Western Omelet Quesadilla	Monte Cristo Biscuit Sandwich	Savory Blueberry Pizza
Daily Option	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt

Entrée Option 2: Grab n' Go Hot + Daily option

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grab n' Go Hot	Chicken & Waffles	Libby's Biscuit Breakfast Pizza	Western Omelet Quesadilla	Monte Cristo Biscuit Sandwich	Savory Blueberry Pizza
Daily Option	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt

Entrée Option 3: Grab n' Go Cold + Daily option

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grab n' Go Cold	Fruit, Yogurt & Granola Parfait	Bagel w/ Cream Cheese Hard Boiled Egg	Kansas Granola Bar Yogurt	Scrumptious Coffee Cake String Cheese	Cran-Sausage Muffin Yogurt
Daily Option	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt

Entrée Option 4: Breakfast in the Classroom

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast in the Classroom	Whole Grain Cereal Yogurt	WG Cinnamon Roll String Cheese	Fruit, Yogurt & Granola Parfait	Cereal Bar Hard Boiled Egg	Bagel w/ Cream Cheese String Cheese

Step 2: Add fruit, 100% juice, and milk for a reimbursable meal!

Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

	Applesauce Fruit Juice Choice Milk Choice	Fresh Orange Slices Fruit Juice Choice Milk Choice	Fresh Strawberries Fruit Juice Choice Milk Choice	Fresh Grapes Fruit Juice Choice Milk Choice	Fruit Cocktail Fruit Juice Choice Milk Choice
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Adapting Menus to Meet Your Needs

The *Healthier Kansas Menus* can be adapted to include local students' favorite menu items and recipes. Serving practices can also be modified to best suit each school's individual situation.

Adapting Menu Planning and Serving Practices

To simplify the *Healthier Kansas Menus – Innovative School Breakfast Options* and accompanying nutrient analyses, the following criteria were used:

- ◆ Menus follow the Nutrition Standards for School Meals.
- ◆ All students receive all menu items in the specified amounts.
- ◆ All condiments are served in specified amounts.
- ◆ Salt shakers or packets are not available to students.

Options/changes that may be considered include:

- ◆ Consider serving meals using the “Offer” system. The “Offer” system decreases food waste and allows for student choices.
- ◆ Allow students to serve themselves. Allowing students to serve themselves fruits and vegetables can work well. Students are more likely to select foods they will eat. Whether staff serve students or students serve themselves, portion sizes are key to healthy meals. Self-service of entrees, grains, and desserts should be limited to pre-portioned servings to ensure healthy meals are served and to control food costs. Self-service allows for easier implementation of offering choices within menus.
- ◆ Make condiments optional to help decrease the amount used. Condiments are a major source of sodium and fat. Limit the portion size and the number of servings taken to control fat and sodium. Limit condiments not to exceed the serving sizes listed on the *Healthier Kansas Menus – Innovative School Breakfast Options* production records. When it comes to serving condiments, less is better.

Healthier Kansas Menus – Innovative School Breakfast Options

INTRODUCTION

Adapting Recipes & Purchased Product Specifications

At times it may not be possible to follow the *Healthier Kansas Menus* exactly as written. With careful planning alternate recipes or purchased products may be included.

Check out these ideas:

- ◆ Try the *Healthier Kansas Menus* Recipes first. Students might discover a new favorite!
- ◆ Limit the number of recipes or product specifications that are changed. The more items that are changed, the less likely menus will still meet students' nutrient needs.
- ◆ Rearrange the menus.
 - Switch the entire menu for any one day of a school week with the entire menu for any other day of the same week. Menus are planned to meet both daily and weekly component requirements and weekly nutrient goals. The order in which daily menus are served within a given week will not affect the nutrient content.
 - Switch similar food items within the same school week. For example, if bananas are not available as planned on Tuesday, switch the bananas with the Oranges planned on Friday.
- ◆ Make substitutions with items of similar nutrient content.
 - Substitute foods from the same food group, i.e. substitute a fruit for a different fruit.
 - Substitute equal portion sizes. For example, replace two 1-oz rolls for one 2-oz roll.
 - If a higher fat menu item is added, include it in place of another higher-fat item already on the menus.
 - If a higher-sodium item is added, include it in place of another higher-sodium item already on the menus.

REMEMBER: record all substitutions on recipes and production records. Keep information on file regarding products purchased.

Healthier Kansas Menus – Innovative School Breakfast Options

INTRODUCTION

Changing Menu Items & Portion Sizes

If menu items or portion sizes are changed from those planned in the *Healthier Kansas Menus – Innovative School Breakfast Options*, component contributions must be re-calculated. Daily and weekly component totals must be recalculated to ensure requirements are met. The extent and type of changes made will affect the nutrient analysis.

The Kansas State Department of Education (KSDE), Child Nutrition & Wellness team offers classes focused on meeting meal component and nutrient requirements. Go to www.kn-eat.org, School Nutrition Programs, Training or contact a Child Nutrition Consultant for class details.

Adding Healthy Choices

Offering choices may take a little more time in planning, preparation, and service, but consider the benefits:

- ◆ Student satisfaction is increased.
- ◆ Waste is decreased. Students are more likely to choose items they will eat or decline items they will not eat.
- ◆ Consumption is improved.
 - Students are more likely to eat foods that they select.
 - With more choices, students are more likely to find a food item that they will eat.
- ◆ Students are introduced to new foods.
 - Schools can take advantage of food items in season or on sale.
 - Schools can serve food items chosen by some, but not all students.
 - New food items can be introduced without excessive food waste.
 - By being exposed to new food items, students have the opportunity to become familiar with them, making it more likely that they will try them in the future.

Choices do not need to be elaborate. Simple choices tend to be the healthiest. Lower-fat entrees, fruits, vegetables and lower-fat grain items are great choices.

Be cautious if adding choices of high-fat or high-sodium menu items. Many entrees, cheese, cookies, desserts, salad dressings or items containing salad dressing are high in fat. Salad bar toppings such as cheese, cottage cheese and sunflower seeds can dramatically increase the amount of fat and sodium in meals. Choices can be offered with “Serve” menus and “Offer” menus. Options can be as limited as a choice of fruits or as extensive as a food bar with multiple offerings.

Menu Standards of Excellence

2020 Dietary Guidelines for Americans and MyPlate

Regulations require that the United States Department of Agriculture (USDA) Child Nutrition Programs menu requirements are consistent with the most recent Dietary Guidelines for Americans (DGA). The guidelines are updated to be consistent with the most current scientific recommendations of how Americans should eat. The DGA can be found at www.health.gov/DietaryGuidelines. When the *Healthier Kansas Menus – Innovative School Breakfast Options* were developed, the 2015-2020 Dietary Guidelines for Americans were used as a basis for serving healthy meals.

The following guidelines were incorporated into the menus:

- ◆ Follow a healthy eating pattern across the lifespan.
- ◆ Focus on variety, nutrient density, and amount.
- ◆ Limit calories from added sugars and saturated fats and reduce sodium intake.
- ◆ Shift to healthier food and beverage choices.
- ◆ Support healthy eating patterns for all.
- ◆ Make half your plate fruits and vegetables.
- ◆ Focus on whole fruits.
- ◆ Vary your veggies.
- ◆ Make half your grains whole grains.
- ◆ Move to low-fat and fat-free milk or yogurt.
- ◆ Vary your protein routine.



Healthier Kansas Menus- Innovative School Breakfast Options



Recipes

Table of Contents

Main Dish	Recipe	Page
Cran-Sausage Muffin	B-140	2
Fruit, Yogurt & Granola Parfait	B-141	3
Kansas Granola Bar	HKM 13	4
Libby's Biscuit Breakfast Pizza	B-142	5
Monte Cristo Biscuit Sandwich	B-143	6
Savory Blueberry Pizza	B-144	7
Scrumptious Coffee Cake	B-105	8
Western Omelet Quesadilla	B-93	10
Breads		Page
Angel Biscuits, Whole Wheat	HKM 120	11
Whole Wheat Cinnamon Rolls, 51%	HKM 167	12
Whole Wheat Rolls, Breadsticks and Buns, 51%	HKM 877	14

Cran-Sausage Muffin

Breakfast

HACCP: Process 2

Healthier Kansas Recipe B-140

Adapted by KSDE Child Nutrition &

Wellness from

Idaho Chef Designed School Breakfast

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat	3 lb 8 oz				<ol style="list-style-type: none"> 1. Preheat convection oven to 325° F. 2. Ensure sausage and eggs are completely thawed. 3. Cut sausage into small chunks/crumbles. 4. In a large bowl, combine flour, cornmeal, sugar, sage, onion powder, baking powder, baking soda, and salt. 5. In a mixer, using the whisk attachment, combine yogurt, milk, oil, and eggs into a smooth mixture. With the mixer on slow, gradually add flour and cornmeal mixture. Add sausage and cranberries, mixing until incorporated well into the dough. Do not overmix. 6. Place paper muffin cups in muffin pans and spray the inside of each cup with cooking spray. Divide batter among 100 muffin cups by using a #12 scoop. Bake 12-15 minutes or until muffins are golden brown and internal temperature reaches 165° F.
Cornmeal, enriched	2 lb 12 oz				
Sugar, granulated	1 lb 8 oz				
Sage, ground		3 Tbsp			
Onion powder		3 Tbsp			
Baking powder		3 Tbsp			
Baking soda		1 Tbsp + 1 tsp			
Salt, table		1 Tbsp + 1 tsp			
Yogurt, plain, fat-free		1 qt + 1 ½ cups			
Milk, low-fat		1 qt + 1 ½ cups			
Oil, vegetable		1 qt			
Egg, frozen, raw		1 ⅞ cups			
Sausage Patty, CN labeled, providing 1 oz equivalent M/MA, fully cooked	3 lb				
Cranberries, dried	1 lb 14 oz				
Serving Size	1 Serving Provides				Yield
1 muffin	2.25 oz equivalent grains, 0.25 oz equivalent M/MA				100 muffins

Nutrients Per Serving

Calories	276	Vitamin A	96 IU	Iron	1.5 mg
Protein	7.79 gm	Vitamin C	0.2 mg	Calcium	76.9 mg
Carbohydrate	37.3 gm	Fiber	2.6 gm	Cholesterol	27.8 mg
Fat	11.5 gm	% Saturated Fat	6.56 %	Sodium	265 mg
Saturated Fat	1.3 gm	% Saturated Fat	%		

Fruit, Yogurt & Granola Parfait

Breakfast

HACCP: #1

Healthier Kansas Recipe B-141
 KSDE Child Nutrition & Wellness

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Blueberries, fresh (or frozen)	10 lb 8 oz	1 gal 2 qts			1. Rinse fruit if using fresh fruit. Remove top of strawberries and slice if using fresh. 2. Layer #16 disher of strawberries (¼ cup) into clear 9 ounce tumblers.
Strawberries, fresh, sliced (or frozen IQF no added sugar)	8 lb AP	1 gal 2 qts			
Yogurt, low fat vanilla	24 lbs	3 gallons			3. Layer #8 disher (½ cup) of yogurt over strawberries. 4. Layer #16 disher blueberries (¼ cup) over yogurt 5. Top with layer of ¼ cup granola. If parfaits will not be served within the hour, wait to add granola topping. CCP: Hold for cold service at 41° F or lower.
Granola, RTE, low fat	6 lbs	1 gal 2 qts			

****Strawberries:** 1 lb. as purchased (AP) = 3 cups

Serving Size	1 Serving Provides	Yield
1 parfait	0.50 cups fruit; 1 oz equivalent grains; 1 oz equivalent M/MA	96 servings

Nutrients Per Serving

Calories	194	Vitamin A	452.65IU	Iron	1.62 mg
Protein	9.70 gm	Vitamin C	27.88 mg	Calcium	265 mg
Carbohydrate	36.48 gm	Fiber	3.54 gm	Cholesterol	2.45 mg
Fat	1.74 gm	% Fat	8.07 %	Sodium	157.7 mg
Saturated Fat	0.49 gm	% Saturated Fat	2.27 %		

Kansas Granola Bar

Breakfast

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 13
KSDE, Child Nutrition & Wellness

Ingredients	96 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, old fashioned Baking Powder Salt Cinnamon, ground Cranberries, dried, unsweetened	6 lb 2 lb 8 oz	 ½ cup 1 Tbsp ½ cup			1. Preheat oven: <ul style="list-style-type: none"> • Convection - 325° F • Conventional - 350° F 2. Combine oats, baking powder, salt, cinnamon, and cranberries in a bowl. Make a well in the center.
Eggs, large Bananas, ripe, AP Applesauce, unsweetened, canned Milk, low fat or skim Maple Syrup Brown sugar, unpacked Vanilla Pan Release Spray	4 lb 12 oz 1 lb 3 oz 4 lb 2 lb As needed	16 eggs 2 cups 64 fl oz ½ cup ½ cup			

Serving Size	1 Serving Provides	Yield
1 granola bar	1.75 oz equivalent grains + 0.25 cup fruit + 0.25 oz equivalent M/MA	96 bars

Nutrients Per Serving

Calories	235	Vitamin A	65.73 IU	Iron	1.75 mg
Protein	6.57 gm	Vitamin C	2.05 mg	Calcium	127.7 mg
Carbohydrate	44.7 gm	Fiber	4.23 gm	Cholesterol	31.38 mg
Fat	2.7 gm	% Fat	10.34%	Sodium	220.1 mg
Saturated Fat	0.62 gm	% Saturated Fat	2.36%		

Libby's Biscuit Breakfast Pizza

Breakfast

HACCP: Process 2

Healthier Kansas Recipe B-142
Auburn Washburn School District, modified

Ingredients	112 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Biscuits, whole wheat, ready-to-bake pucks, thawed		112 each			<ol style="list-style-type: none"> 1. Beat eggs and milk to make scrambled egg mixture or use thawed scrambled egg mix. Cook to almost done scrambled egg consistency. Leave them a little wet since they will cook further when baked. 2. Add diced ham and shredded cheese to cooked scrambled eggs. 3. Roll out thawed biscuit pucks on lightly floured surface to approximately 4 inch circles. Place on parchment lined pan. 4. Top each biscuit with #20 disher of egg, ham, and cheese blend to make mini pizzas. 5. Sprinkle additional ¼ ounce of shredded cheese onto each mini pizza. 6. Bake at 350° F for 10 minutes until proper internal temperature of 160° F. <p style="text-align: center;">CCP: Hold for hot service at 135° F or higher</p>
Flour		2 cups			
Eggs, large and Milk, low fat or skim (Or scrambled egg mix, thawed)	5 lbs.	scrambled egg mix			
Cheese, cheddar, shredded	2 lbs 8 oz				
Turkey ham, deli slices, diced (or turkey sausage)	5 lbs				
Cheese, cheddar, shredded	1 lb 12 oz				
Black pepper, ground		2 tsp			
Garlic powder		2 tsp			
Onion powder		2 tsp			

Serving Size	1 Serving Provides	Yield
1 pizza slice	2 oz equivalent grains + 2 oz equivalent M/MA	14 pizzas

Nutrients Per Serving

Calories	298	Vitamin A	282 IU	Iron	.7 mg
Protein	14.91 gm	Vitamin C	.01 mg	Calcium	137 mg
Carbohydrate	24.55 gm	Fiber	3.25 gm	Cholesterol	103 mg
Fat	15.28 gm	% Fat	46 %	Sodium	746 mg
Saturated Fat	8.92 gm	% Saturated Fat	27 %		

Monte Cristo Biscuit Sandwich

Breakfast

HACCP: Process 2

Healthier Kansas Recipe B-143

Adapted by KSDE from
K-12 Meal Makers, Pillsbury

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (HKM 120) OR Purchased Whole Wheat Biscuit weighing at least 2 oz		100 each			1. Prepare angel biscuits according to recipe or slice and warm pre-made whole wheat biscuits. 2. Slice turkey into 1 oz slices. 3. Open biscuit and fill with two slices of ham and one slice of cheese. 4. Spread 1 tsp of strawberry jam across inside top of biscuit. 5. Heat in a 350° F convection oven for 5-7 minutes or until 135° F internal temperature is reached, cheese is melted and biscuit top is toasted. 6. Dust with powdered sugar and serve warm.
Turkey breast, reduced sodium, sliced	6 lb 4 oz	100 – (1oz slices)			
Cheese, white cheddar or provolone, sliced	3 lb 2 oz	100-½ oz slices			
Jam, strawberry		2 cups + 1 Tbsp + 1 tsp			
Powdered sugar		Dusting			

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent grains; 1 oz equivalent M/MA	100 sandwiches

Nutrients Per Serving

Calories	284	Vitamin A	11.8 IU	Iron	1.9 mg
Protein	11.9 gm	Vitamin C	3.1 mg	Calcium	54.4 mg
Carbohydrate	35.6 gm	Fiber	3 gm	Cholesterol	24 mg
Fat	11.2 gm	% Fat	%	Sodium	525 mg
Saturated Fat	4.3 gm	% Saturated Fat	%		

Savory Blueberry Pizza

Breakfast

HACCP: Process 2

Healthier Kansas Recipe B-144

Adapted by KSDE, CNW from
US Highbush Blueberry Council

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough, whole wheat*	18 lb 4 oz	-			<ol style="list-style-type: none"> Preheat oven to 400° F (350° F convection oven). Lightly spray baking pans. Lightly dust flour onto work surface. Pat and stretch dough into 10x14 inch ovals or purchase pre-sheeted dough pieces. Place on the baking sheets. (Thaw and rise according to instructions if pre-sheeted dough.) Lightly perforate the surface of the pizza dough in several places with tines of a fork or pizza dough docker. Leaving a 1 inch border, evenly sprinkle dough with half the mozzarella cheese, and blueberries. Leaving a 1 inch border, evenly top again by layering the rest of the mozzarella cheese, turkey ham, and sliced onion. Bake until crust is golden brown, cheese is melted and blueberries are softly cooked (conventional oven 400° F for 11-13 minutes; convection oven 350° F for 10 – 12 minutes). Remove from oven and top with basil and pepper. Serve hot. <p>CCP: Hold for hot service at 135° F or higher.</p> <p>Additional notes: *This recipe could really take on any shape you choose with the pizza dough.</p>
Pan Spray		Light spray			
Flour (if need to work dough)	-	2 cups			
Mozzarella cheese, grated	9 lb	-			
Blueberries, fresh or frozen, thawed, drained	4 lb 8 oz	2 qt 1 cup			
Turkey ham, deli slices, chopped (or turkey sausage)	5 lb 4 oz	-			
Red Onion, thinly sliced	2 lb 4 oz	-			
Fresh basil, thinly sliced (If dried crumbled basil, need only ¼ amount)	8 oz				
Black pepper, ground		1 tsp			
Serving Size	1 Serving Provides				Yield
1 slice	1.5 oz equivalent grains; 0.125 cup veg/fruit; 2 oz equivalent M/MA				96 slices

Nutrients Per Serving

Calories	370	Vitamin A	383 IU	Iron	1.4 mg
Protein	21.6 gm	Vitamin C	2 mg	Calcium	323 mg
Carbohydrate	45.1 gm	Fiber	4 gm	Cholesterol	44 mg
Fat	11.4 gm	% Fat	%	Sodium	794 mg
Saturated Fat	5.5 gm	% Saturated Fat	%		

Scrumptious Coffee Cake

Breakfast

HACCP: Non-Hazardous-Other

Healthier Kansas Recipe B-105
KSDE, Child Nutrition & Wellness

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all purpose, enriched Flour, white whole wheat Baking Powder Baking Soda Cinnamon, ground Sugar, granulated Salt	2 lb 3 lb 2 oz 3 lb 8 oz	 2 Tbsp 2 tsp 2 Tbsp 2 tsp 2 Tbsp 2 tsp 1 Tbsp 1 tsp			<p>1. Mix flours, baking powder, soda, cinnamon, sugar and salt in mixing bowl.</p> <p><i>Note:</i> Weighing flour is most accurate. If measuring, stir the flour and spoon into the measure. Do not pack the flour.</p>
Eggs, large Milk, low-fat Oil, vegetable Frozen Orange Juice Concentrate Applesauce, unsweetened, canned Pan Release Spray	1 lb 4 lb 1 lb 1 lb	8 large 2 $\frac{2}{3}$ cups As needed			<p>2. Add eggs, milk, oil, orange juice, and applesauce. Mix only until moistened. Do not over mix. For 96 servings, pour batter into 4 - 12" x 20" x 2½" pan pans (3 lb 12 oz batter per pan) that have been lightly coated with pan release spray.</p>
Sugar, brown Margarine Nuts (optional)	2 lb 8 oz 2 lb				<p>3. Mix brown sugar, margarine and nuts together and sprinkle over the batter before baking. Bake in conventional oven at 350° F for 30 minutes or bake in convection oven at 325° F for 20-25 minutes.</p> <p><i>Note:</i> Coffee cake can be made the day ahead and then warmed in the proofing cabinet before drizzling with glaze right before serving.</p>
Glaze: Milk, low-fat Sugar, powdered Vanilla	1 lb 12 oz	1 cup 1 Tbsp 1 tsp			<p>5. Combine milk, powdered sugar and vanilla. Drizzle over coffee cake.</p> <p>6. Cut each pan 4x6.</p>

Serving Size	1 Serving Provides	Yield
1 piece	1.5 oz equivalent grains + 0.125 cup fruit	96 portions

Scrumptious Coffee Cake, continued

Nutrients Per Serving

Calories	301	Vitamin A	182.6 IU	Iron	1.48 mg
Protein	4.36 gm	Vitamin C	11.89 mg	Calcium	50.27 mg
Carbohydrate	56.92 gm	Fiber	2.2 gm	Cholesterol	15.93 mg
Fat	7.28 gm	% Fat	21.76%	Sodium	306.1 mg
Saturated Fat	1.24 gm	% Saturated Fat	3.71%		

Western Omelet Quesadilla

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-93
(Egg Board, modified by KSDE)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Tortilla, whole wheat, 8" (at least 1 oz eq each)	Approx. 6 lb 4 oz	100 each			1. Line sheet pans (18" x 26" x 1") with pan liners.
Eggs, frozen, whole, thawed	5 lb 12 oz				2. Dice onions and peppers. 3. Blend eggs, milk, granulated onion, black pepper, onions, green peppers and ham. Pour into 2" steam table pans sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs. 4. CCP: Heat eggs to an internal temperature of 165° F or above for 15 seconds. 5. Add cheese to egg mixture and stir to melt. 6. With a #16 scoop, place 1 scoop on half a 6" tortilla. Fold the tortilla in half and shingle quesadilla's on a bun sheet. Bake in convection oven at 350° F for 8-10 minutes and rotate pans half way through. 7. Bake until tops are golden brown:
Milk, low-fat	1 lb	2 cups			
Onion Powder		2 tsp			
Pepper, black		1 tsp			
Turkey ham, deli slices, chopped (or turkey sausage)	2 lb				
Onion, red, AP	2 lb 4 oz				
Green Peppers, AP	2 lb 8 oz				
Cheese, cheddar, shredded	2 lb 8 oz				
Pan Release Spray	As needed				

Serving Size	1 Serving Provides	Yield
1 Quesadilla	1.5 oz equivalent M/MA + 1 oz equivalent grains	100

Nutrients Per Serving

Calories	178	Vitamin A	571.9 IU	Iron	1.27 mg
Protein	10.74 gm	Vitamin C	15.25 mg	Calcium	233.5 mg
Carbohydrate	18.03 gm	Fiber	2.42 gm	Cholesterol	108.1 mg
Fat	6.97 gm	% Fat	35.16%	Sodium	440.6 mg
Saturated Fat	3.22 gm	% Saturated Fat	16.23%		

Angel Biscuits, whole wheat

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 120
(Cooking Light, modified by KSDE)

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Yeast, instant Sugar, granulated Baking Powder Baking Soda Salt	4 lb 3 lb 2 ½ oz 10 oz	1 Tbsp 2 tsp 1 Tbsp 2 tsp 1 Tbsp 2 tsp			1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed.
Vegetable Shortening, Trans Fat Free	1 lb 4 oz				
Buttermilk, low-fat		2 qt 2 cups			2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes).
Flour for kneading: Flour, whole wheat	7 oz				3. Add buttermilk to flour mixture, mix just until ingredients are moistened. 4. Cover and chill 1 hour.
					5. Turn the dough out onto a floured surface; knead lightly 5 times. 6. Roll dough into a ½ inch thickness; cut with a 2½ inch biscuit cutter. Biscuits should weight approximately 2 oz each. 7. Place the biscuits on a paper lined sheet pan. 8. Bake in a convection oven at 450°F for 9 minutes or a conventional oven at 475°F for 12 minutes, or until golden brown.

Serving Size	1 Serving Provides	Yield
1 biscuit	2 oz equivalent grains	100 biscuits

Nutrients Per Serving

Calories	188	Vitamin A	11.52 IU	Iron	1.79 mg
Protein	4.83 gm	Vitamin C	3.08 mg	Calcium	53.93 mg
Carbohydrate	29.19 gm	Fiber	2.71 gm	Cholesterol	0.98 mg
Fat	6.37 gm	% Fat	30.40%	Sodium	231.9 mg
Saturated Fat	1.64 gm	% Saturated Fat	7.82%		

Whole Wheat Cinnamon Rolls, 51%

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 167

Ingredients	144 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat Roll Dough (HKM Recipe 877)	12 lb 8 oz (2 times HKM Recipe 877 for 100 rolls)	As needed			1. Prepare dough according to HKM Recipe 877. Form dough into 3 lb balls (4½ balls for 144 servings) and spray with pan release spray or cover with plastic wrap.
Pan Release Spray					
Sugar, granulated	1 lb	2 cups			2. Mix sugar and cinnamon in a separate bowl.
Cinnamon, ground		⅔ cup			
Salad Oil	2 oz	¼ cup			3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24" x 10" x ¼" thick. 4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle. 5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 ¾-inch circles. Cut the ½ roll into 12 circles. 6. Place rolls on sheet pans (18" x 26" x 1) lined with pan liners in 8 rows with 6 per row (48 per pan).
					7. Place in a warm area (90°F) until double in size (30-50 minutes). 8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F.
Powdered Sugar	1 lb 4 oz	3¾ cups			9. Let rolls cool 5-10 minutes. 10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.
Vanilla Extract		2 Tbsp			
Water	4 oz				

Whole Wheat Cinnamon Rolls, 51%, continued

Serving Size	1 Serving Provides	Yield
1 each	1.25 oz equivalent grains (Grain Based Dessert)	144 rolls

Nutrients Per Serving

Calories	151	Vitamin A	38.95 IU	Iron	1.23 mg
Protein	3.25 gm	Vitamin C	3.26 mg	Calcium	33.24 mg
Carbohydrate	27.81 gm	Fiber	1.97 gm	Cholesterol	0.28 mg
Fat	3.46 gm	% Fat	20.67 %	Sodium	162.5 mg
Saturated Fat	0.52 gm	% Saturated Fat	3.08 %		

Whole Wheat Rolls, Breadsticks and Buns, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 877

USDA B-16, modified

Ingredients	100 – 1 oz Servings (50 – 2 oz servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Dry Milk, instant, nonfat Sugar, granulated Yeast, instant, dry Salt	1 lb 14 oz 1 lb 12 oz 4 oz 6 oz 2 oz 1 oz	 ¾ cup ¼ cup 1 Tbsp 1 tsp			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	7 oz				3. Add oil and blend for approximately 2 minutes on low speed.
Water (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°)		1 qt 2 Tbsp (+ up to ½ cup if dough is stiff)			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
Pan Release Spray		As needed			6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 1") which have been lined with pan liners. (See variations below for shaping breadsticks and hamburger buns.) 7. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes.

Whole Wheat Rolls, Breadsticks and Buns, 51%, continued

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
					8. Bake until lightly browned. * Conventional oven: 400°F for 18-20 minute * Convection oven: 350°F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Serving Size	1 Serving Provides	Yield
1 each	1 oz roll/breadstick = 1.0 oz equivalent Grains 2 oz bun = 2.0 oz equivalent Grains	Approximately 6 lbs + 4 oz of dough <ul style="list-style-type: none"> • 100 rolls/breadsticks (1 oz each) • 50 buns (2 oz each)

Nutrients Per Serving

Calories	85	Vitamin A	26.82 IU	Iron	0.85 mg
Protein	2.32 gm	Vitamin C	1.22 mg	Calcium	19.67 mg
Carbohydrate	14.5 gm	Fiber	1.2 gm	Cholesterol	0.2 mg
Fat	2.22 gm	% Fat	23.55 %	Sodium	101.3 mg
Saturated Fat	0.33 gm	% Saturated Fat	3.52 %		

Healthier Kansas Menus – Innovative School Breakfast Options



**Option 1 – Grab n’ Go Cold + Grab n’ Go Hot + Daily Option
DAILY PRODUCTION RECORDS**

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options DAILY PRODUCTION RECORDS



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Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat, flavored or un-flavored, or 1% unflavored milk.

Fruit juice choice includes any 100% juice.

Entrée Option 1: Grab n' Go Cold + Grab n' Go Hot + Daily option						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	K-12 Weekly Nutrient Averages
Grab n' Go Cold	Fruit, Yogurt & Granola Parfait	Bagel w/ Cream Cheese Hard Boiled Egg	Kansas Granola Bar Yogurt	Scrumptious Coffee Cake String Cheese	Cran-Sausage Muffin Yogurt	Calories – 500
Grab n' Go Hot	Chicken & Waffles	Libby's Biscuit Breakfast Pizza	Western Omelet Quesadilla	Monte Cristo Biscuit Sandwich	Savory Blueberry Pizza	Sodium – 519 mg
Daily Option	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	% calories from sat fat – 7.7%
	Applesauce Fruit Juice Choice Milk Choice	Orange Slices Fruit Juice Choice Milk Choice	Strawberries Fruit Juice Choice Milk Choice	Grapes Fruit Juice Choice Milk Choice	Fruit Cocktail Fruit Juice Choice Milk Choice	



Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Recipes for the Week

Day	Recipe Name	Recipe Number	Recipe Page Number
Monday	Fruit, Yogurt & Granola Parfait	B-141	2
Tuesday	Libby's Biscuit Breakfast Pizza	B-142	5
Tuesday	Angel Biscuits, whole wheat	HKM 120	11
Wednesday	Kansas Granola Bar	HKM 13	4
Wednesday	Western Omelet Quesadilla	B-93	10
Thursday	Scrumptious Coffee Cake	B-105	8
Thursday	Monte Cristo Biscuit Sandwich	B-143	6
Thursday	Angel Biscuits, whole wheat	HKM 120	11
Friday	Cran-Sausage Muffin	B-140	2
Friday	Savory Blueberry Pizza	B-144	7

Recipe numbers reference the *Healthier Kansas Menus – Innovative School Breakfast Options Recipes* booklet.

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

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 $\frac{3}{4}$ tsp
2 fl oz = $\frac{1}{4}$ cup	#40 = 1 $\frac{2}{3}$ Tbsp
3 fl oz = $\frac{3}{8}$ cup	#30 = 2 Tbsp
4 fl oz = $\frac{1}{2}$ cup	#20 = 3 $\frac{1}{3}$ Tbsp
6 fl oz = $\frac{3}{4}$ cup	#16 = $\frac{1}{4}$ cup
8 fl oz = 1 cup	#12 = $\frac{1}{3}$ cup
	#8 = $\frac{1}{2}$ cup
	#6 = $\frac{2}{3}$ cup

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Monday – Entrée Option 1: Grab n’ Go Hot + Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> Prepare Fruit, Yogurt & Granola Parfait, HKM B-141 Recipe. Purchase whole grain granola that provides 1 oz eq grains per ¼ cup granola. Purchase low-fat yogurt in bulk. CCP: Refrigerate and hold at 41° F or below for cold service. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	Granola K-12: ¼ cup Yogurt K-12: ½ cup Fruit K-12: ½ cup
Chicken & Waffles	<ul style="list-style-type: none"> Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. Heat according to manufacturer’s instructions. CCP: Hold for hot service at 135°F or above. 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. Heat according to manufacturer’s instructions and hold hot for service. CCP: Hold for hot service at 135°F or above. 	K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent grain) K-12: 1 pack
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Applesauce, canned	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase canned applesauce, unsweetened. Chill cans overnight. Wipe tops of cans clean before opening. Cover, drain and refrigerate until serving. 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

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

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
Syrup	<ul style="list-style-type: none">• Purchase syrup packets or bulk syrup.	K-12: 1 fl oz

Pre-preparation for Entrée Option 1 – Tuesday: Thaw whole grain-rich bagels. Cook, cool and peel hard-boiled eggs, if not purchasing pre-cooked. Bake or thaw biscuits. Cup yogurt portions, if applicable.

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Tuesday – Entrée Option 1: Grab n’ Go Hot + Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Whole Grain-rich Bagel	<ul style="list-style-type: none"> • Purchase 2 oz whole grain-rich bagels. 	K-12: 1 each
Cream Cheese	<ul style="list-style-type: none"> • Serve bagel with cream cheese. 	K-12: 1 Tbsp
Egg, Hard-Boiled	<ul style="list-style-type: none"> • Purchase hard-boiled eggs. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 each
Libby’s Biscuit Breakfast Pizza	<ul style="list-style-type: none"> • Prepare Libby’s Biscuit Breakfast Pizza, HKM B-142 Recipe. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 pizza slice
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Orange, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase 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 Entrée Option 1 – Wednesday: If desired, bake granola bar. Cup yogurt portions, if applicable.

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Wednesday – Entrée Option 1: Grab n’ Go Hot + Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Kansas Granola Bar	<ul style="list-style-type: none"> • Prepare Kansas Granola Bar, HKM Recipe 13. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	K-12: 1 piece (4 x 6 cut)
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Western Omelet Quesadilla	<ul style="list-style-type: none"> • Prepare Western Omelet Quesadilla, HKM B-93 Recipe. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase whole wheat tortillas that provide 1 oz equivalent grains, low-sodium ham, and shredded Mexican-style cheese, reduced fat. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Strawberries, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands. Rinse. Optional: cut into halves. • 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 Entrée Option 1 – Thursday: If desired, mix and bake coffee cake. Bake biscuits or thaw biscuit discs overnight or per manufacturer’s instructions. Cup yogurt portions, if applicable.

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Thursday – Entrée Option 1: Grab n’ Go Hot + Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Scrumptious Coffee Cake	<ul style="list-style-type: none"> • Prepare Scrumptious Coffee Cake, HKM B-105 Recipe. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	K-12: 1 piece (4 x 6 cut)
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
Monte Cristo Biscuit Sandwich	<ul style="list-style-type: none"> • Prepare Monte Cristo Biscuit Sandwich, HKM B-143 Recipe. • If purchasing biscuits, purchase whole grain-rich biscuit providing 2 oz equivalent grains. • If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 sandwich
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Grapes, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash grapes. Remove from stems or separate out into smaller clusters. • Cover and refrigerate until serving. • Weigh out each portion size indicated and use as a sample. • 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 Entrée Option 1 – Friday: Chill fruit cocktail. Cup yogurt portions, if applicable.

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Friday – Entrée Option 1: Grab n’ Go Hot + Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Cran-Sausage Muffin	<ul style="list-style-type: none"> • Prepare Cran-Sausage Muffin, HKM B-143 Recipe. • Purchase sausage patty where 1 whole serving provides 1 oz equivalent M/MA and no more than 150 mg of sodium per serving. 	K-12: 1 muffin
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Savory Blueberry Pizza	<ul style="list-style-type: none"> • Prepare Savory Blueberry Pizza, HKM B-144 Recipe. • Purchase whole grain-rich pizza dough providing no more than 150 calories and 135 mg sodium per serving. • Purchase Turkey, deli ham sliced. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 pizza slice
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
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

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

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

**Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS**

Fruit & Vegetable Order Guide

Entrée Option 1: Grab n’ Go Hot + Grab n’ Go Cold + Daily option

The chart below provides amounts to be ordered per 96-112 servings based on the serving sizes listed in the recipes and production records in the *Healthier Kansas Menus Innovative School Breakfast Options 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 96-112 Servings
Monday	Blueberries, fresh (or frozen)		10 lb 8 oz or 1 gal 2 qts
Monday	Strawberries, fresh, sliced (or frozen IQF no added sugar)		8 lb AP or 1 gal 2 qts
Monday	Applesauce, unsweetened, canned	½ cup	4.4 #10 cans
Tuesday	Oranges, fresh	1 each	28 lb 10 oz or 100 each
Wednesday	Cranberries, dried, unsweetened		2 lb 8 oz
Wednesday	Bananas, ripe, AP		4 lb 12 oz or 2 cups
Wednesday	Applesauce, unsweetened, canned		1 lb 3 oz
Wednesday	Onion, red, AP		2 lb 4 oz
Wednesday	Green Pepper, AP		2 lb 8 oz
Wednesday	Strawberries, fresh	½ cup	19 lb 4 oz
Thursday	Applesauce, unsweetened, canned		1 lb
Thursday	Grapes, fresh	½ cup	20 lb

Entrée Option 1: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Friday	Cranberries, dried, unsweetened		1 lb 14 oz
Friday	Blueberries, fresh or frozen, thawed, drained		4 lb 8 oz or 2 qt 1 cup
Friday	Onion, red, AP		2 lb 4 oz
Friday	Basil, fresh		8 oz
Friday	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	6 #10 cans

Notes

Healthier Kansas Menus – Innovative School Breakfast Options



Option 2 – Grab n’ Go Hot + Daily Option DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education
Summer 2018

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options DAILY PRODUCTION RECORDS



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Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat, flavored or un-flavored, or 1% unflavored milk.
 Fruit juice choice includes any 100% juice.

Option 2: Grab n' Go Hot + Daily option						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	K-12 Weekly Nutrient Averages
Grab n' Go Hot	Chicken & Waffles	Libby's Biscuit Breakfast Pizza	Western Omelet Quesadilla	Monte Cristo Biscuit Sandwich	Savory Blueberry Pizza	Calories – 468
Daily Option	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Sodium – 536 mg
	Applesauce Fruit Juice Choice Milk Choice	Orange Slices Fruit Juice Choice Milk Choice	Strawberries Fruit Juice Choice Milk Choice	Grapes Fruit Juice Choice Milk Choice	Fruit Cocktail Fruit Juice Choice Milk Choice	% calories from sat fat – 8.9%



Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Recipes for the Week

Day	Recipe Name	Recipe Number	Recipe Page Number
Tuesday	Libby's Biscuit Breakfast Pizza	B-142	5
Tuesday	Angel Biscuits, whole wheat	HKM 120	11
Wednesday	Western Omelet Quesadilla	B-93	10
Thursday	Monte Cristo Biscuit Sandwich	B-143	6
Thursday	Angel Biscuits, whole wheat	HKM 120	11
Friday	Savory Blueberry Pizza	B-144	7

Recipe numbers reference the *Healthier Kansas Menus – Innovative School Breakfast Options Recipes* booklet.

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

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 $\frac{3}{4}$ tsp
2 fl oz = $\frac{1}{4}$ cup	#40 = 1 $\frac{2}{3}$ Tbsp
3 fl oz = $\frac{3}{8}$ cup	#30 = 2 Tbsp
4 fl oz = $\frac{1}{2}$ cup	#20 = 3 $\frac{1}{3}$ Tbsp
6 fl oz = $\frac{3}{4}$ cup	#16 = $\frac{1}{4}$ cup
8 fl oz = 1 cup	#12 = $\frac{1}{3}$ cup
	#8 = $\frac{1}{2}$ cup
	#6 = $\frac{2}{3}$ cup

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Monday - Entrée Option 2: Grab n' Go Hot + Daily option

Menu Item	Purchasing & Preparation	Serving
Chicken & Waffles	<ul style="list-style-type: none"> • Purchase pre-cooked, oven-ready popcorn chicken that provides 2 oz equivalent M/MA and 1 oz equivalent Grain, no more than 18 gm of fat; and no more than 290 mg sodium per serving. If product is not Child Nutrition (CN) labeled, obtain a Product Formulation Statement. • Heat according to manufacturer's instructions. • CCP: Hold for hot service at 135°F or above. • 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. • Heat according to manufacturer's instructions and hold hot for service. • CCP: Hold for hot service at 135°F or above. 	<p>K-12: 15 pieces (or number needed to provide 2 oz equivalent M/MA & 1 oz equivalent grain)</p> <p>K-12: 1 pack</p>
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Applesauce, canned	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase canned applesauce, unsweetened. • Chill cans overnight. Wipe tops of cans clean before opening. • Cover, drain and refrigerate until serving. • 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
Syrup	<ul style="list-style-type: none"> • Purchase syrup packets or bulk syrup. 	K-12: 1 fl oz

Pre-preparation for Entrée Option 1 – Tuesday: Thaw whole grain-rich bagels. Cook, cool and peel hard-boiled eggs, if not purchasing pre-cooked. Bake or thaw biscuits. Cup yogurt portions, if applicable.

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Tuesday - Entrée Option 2: Grab n' Go Hot + Daily option

Menu Item	Purchasing & Preparation	Serving
Libby's Biscuit Breakfast Pizza	<ul style="list-style-type: none"> Prepare Libby's Biscuit Breakfast Pizza, HKM B-142 Recipe. CCP: Hold for hot service at 135°F or above. 	K-12: 1 pizza slice
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Orange, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase 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 Entrée Option 1 – Wednesday: If desired, bake granola bar. Cup yogurt portions, if applicable.

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Wednesday - Entrée Option 2: Grab n' Go Hot + Daily option

Menu Item	Purchasing & Preparation	Serving
Western Omelet Quesadilla	<ul style="list-style-type: none"> • Prepare Western Omelet Quesadilla, HKM B-93 Recipe. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase whole wheat tortillas that provide 1 oz equivalent grains. • Purchase low-sodium ham. • Purchase shredded Mexican-style cheese, reduced fat. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 each
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Strawberries, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands. Rinse. Optional: cut into halves. • 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 Entrée Option 1 – Thursday: If desired, mix and bake coffee cake. Bake biscuits or thaw biscuit discs overnight or per manufacturer's instructions. Cup yogurt portions, if applicable.

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Thursday - Entrée Option 2: Grab n' Go Hot + Daily option

Menu Item	Purchasing & Preparation	Serving
Monte Cristo Biscuit Sandwich	<ul style="list-style-type: none"> • Prepare Monte Cristo Biscuit Sandwich, HKM B-143 Recipe. • If purchasing biscuits, purchase whole grain-rich biscuit providing 2 oz equivalent grains. • If preparing biscuits, prepare Angel Biscuits, HKM Recipe 120. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 sandwich
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Grapes, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash grapes. Remove from stems or separate out into smaller clusters. • Cover and refrigerate until serving. • Weigh out each portion size indicated and use as a sample. • 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 Entrée Option 1 – Friday: Chill fruit cocktail. Cup yogurt portions, if applicable.

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Friday - Entrée Option 2: Grab n' Go Hot + Daily option

Menu Item	Purchasing & Preparation	Serving
Savory Blueberry Pizza	<ul style="list-style-type: none"> • Prepare Savory Blueberry Pizza, HKM B-144 Recipe. • Purchase whole grain-rich pizza dough providing no more than 150 calories and 135 mg sodium per serving. • Purchase Turkey, deli ham sliced. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • CCP: Hold for hot service at 135°F or above. 	K-12: 1 pizza slice
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
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

Entrée Option 2: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Fruit & Vegetable Order Guide
Entrée Option 2: Grab n’ Go Hot + Daily option

The chart below provides amounts to be ordered per 96-112 servings based on the serving sizes listed in the recipes and production records in the *Healthier Kansas Menus Innovative School Breakfast Options 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 96-112 Servings
Monday	Applesauce, unsweetened, canned	½ cup	4.4 #10 cans
Tuesday	Oranges, fresh	1 each	28 lb 10 oz or 100 each
Wednesday	Cranberries, dried, unsweetened		2 lb 8 oz
Wednesday	Bananas, ripe, AP		4 lb 12 oz or 2 cups
Wednesday	Onion, red, AP		2 lb 4 oz
Wednesday	Green Pepper, AP		2 lb 8 oz
Wednesday	Strawberries, fresh	½ cup	19 lb 4 oz
Thursday	Grapes, fresh	½ cup	20 lb
Friday	Blueberries, fresh or frozen, thawed, drained		4 lb 8 oz or 2 qt 1 cup
Friday	Onion, red, AP		2 lb 4 oz
Friday	Basil, fresh		8 oz
Friday	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	6 #10 cans

Notes

Healthier Kansas Menus – Innovative School Breakfast Options



Option 3 – Grab n’ Go Cold + Daily Option DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education
Summer 2018

Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options DAILY PRODUCTION RECORDS



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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat, flavored or un-flavored, or 1% unflavored milk.

Fruit juice choice includes any 100% juice.

Entrée Option 3: Grab n' Go Cold + Daily option						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	K-12 Weekly Nutrient Averages
Grab n' Go Cold	Fruit, Yogurt & Granola Parfait	Bagel w/ Cream Cheese Hard Boiled Egg	Kansas Granola Bar Yogurt	Scrumptious Coffee Cake String Cheese	Cran-Sausage Muffin Yogurt	Calories – 494
Daily Option	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Assorted Cereal Bowl Yogurt	Sodium – 429 mg
	Applesauce Fruit Juice Choice Milk Choice	Orange Slices Fruit Juice Choice Milk Choice	Strawberries Fruit Juice Choice Milk Choice	Grapes Fruit Juice Choice Milk Choice	Fruit Cocktail Fruit Juice Choice Milk Choice	% calories from sat fat – 7.1%



Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Recipes for the Week

Day	Recipe Name	Recipe Number	Recipe Page Number
Monday	Fruit, Yogurt & Granola Parfait	B-141	2
Wednesday	Kansas Granola Bar	HKM 13	4
Thursday	Scrumptious Coffee Cake	B-105	8
Friday	Cran-Sausage Muffin	B-140	2

Recipe numbers reference the *Healthier Kansas Menus – Innovative School Breakfast Options Recipes* booklet.

Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

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 $\frac{3}{4}$ tsp
2 fl oz = $\frac{1}{4}$ cup	#40 = 1 $\frac{2}{3}$ Tbsp
3 fl oz = $\frac{3}{8}$ cup	#30 = 2 Tbsp
4 fl oz = $\frac{1}{2}$ cup	#20 = 3 $\frac{1}{3}$ Tbsp
6 fl oz = $\frac{3}{4}$ cup	#16 = $\frac{1}{4}$ cup
8 fl oz = 1 cup	#12 = $\frac{1}{3}$ cup
	#8 = $\frac{1}{2}$ cup
	#6 = $\frac{2}{3}$ cup

Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Monday – Entrée Option 3: Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> • Prepare Fruit, Yogurt & Granola Parfait, HKM B-141 Recipe. • Purchase whole grain granola that provides 1 oz eq grains per ¼ cup granola. • Purchase low-fat yogurt in bulk. • CCP: Refrigerate and hold at 41° F or below for cold service. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	Granola K-12: ¼ cup Yogurt K-12: ½ cup Fruit K-12: ½ cup
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Applesauce, canned	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase canned applesauce, unsweetened. • Chill cans overnight. Wipe tops of cans clean before opening. • Cover, drain and refrigerate until serving. • 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 Entrée Option 1 – Tuesday: Thaw whole grain-rich bagels. Cook, cool and peel hard-boiled eggs, if not purchasing pre-cooked. Bake or thaw biscuits. Cup yogurt portions, if applicable.

Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Tuesday – Entrée Option 3: Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Whole Grain-rich Bagel	<ul style="list-style-type: none"> • Purchase 2 oz whole grain-rich bagels. 	K-12: 1 each
Cream Cheese	<ul style="list-style-type: none"> • Serve bagel with cream cheese. 	K-12: 1 Tbsp
Egg, Hard-Boiled	<ul style="list-style-type: none"> • Purchase hard-boiled eggs. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 each
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Orange, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase 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 Entrée Option 1 – Wednesday: If desired, bake granola bar. Cup yogurt portions, if applicable.

Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Wednesday – Entrée Option 3: Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Kansas Granola Bar	<ul style="list-style-type: none"> • Prepare Kansas Granola Bar, HKM Recipe 13. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	K-12: 1 piece (4 x 6 cut)
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Strawberries, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands. Rinse. Optional: cut into halves. • 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 Entrée Option 1 – Thursday: If desired, mix and bake coffee cake. Bake biscuits or thaw biscuit discs overnight or per manufacturer’s instructions. Cup yogurt portions, if applicable.

Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Thursday – Entrée Option 3: Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Scrumptious Coffee Cake	<ul style="list-style-type: none"> • Prepare Scrumptious Coffee Cake, HKM B-105 Recipe. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	K-12: 1 piece (4 x 6 cut)
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
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Grapes, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash grapes. Remove from stems or separate out into smaller clusters. • Cover and refrigerate until serving. • Weigh out each portion size indicated and use as a sample. • 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 Entrée Option 1 – Friday: Chill fruit cocktail. Cup yogurt portions, if applicable.

Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Friday – Entrée Option 3: Grab n’ Go Cold + Daily option

Menu Item	Purchasing & Preparation	Serving
Cran-Sausage Muffin	<ul style="list-style-type: none"> • Prepare Cran-Sausage Muffin, HKM B-143 Recipe. • Purchase sausage patty where 1 whole serving provides 1 oz equivalent M/MA and no more than 150 mg of sodium per serving. 	K-12: 1 muffin
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
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

**Entrée Option 3: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS**

**Fruit & Vegetable Order Guide
Entrée Option 3: Grab n’ Go Cold + Daily option**

The chart below provides amounts to be ordered per 96-112 servings based on the serving sizes listed in the recipes and production records in the *Healthier Kansas Menus Innovative School Breakfast Options 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 96-112 Servings
Monday	Blueberries, fresh (or frozen)		10 lb 8 oz or 1 gal 2 qts
Monday	Strawberries, fresh, sliced (or frozen IQF no added sugar)		8 lb AP or 1 gal 2 qts
Monday	Applesauce, unsweetened, canned	½ cup	4.4 #10 cans
Tuesday	Oranges, fresh	1 each	28 lb 10 oz or 100 each
Wednesday	Cranberries, dried, unsweetened		2 lb 8 oz
Wednesday	Bananas, ripe, AP		4 lb 12 oz or 2 cups
Wednesday	Applesauce, unsweetened, canned		1 lb 3 oz
Wednesday	Strawberries, fresh	½ cup	19 lb 4 oz
Thursday	Applesauce, unsweetened, canned		1 lb
Thursday	Grapes, fresh	½ cup	20 lb
Friday	Cranberries, dried, unsweetened		1 lb 14 oz
Friday	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	6 #10 cans

Notes

Healthier Kansas Menus – Innovative School Breakfast Options



Option 4 – Breakfast in the Classroom DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education
Summer 2018

Entrée Option 4: Healthier Kansas Menus – Innovative School Breakfast Options

DAILY PRODUCTION RECORDS



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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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Entrée Option 4: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat, flavored or un-flavored, or 1% unflavored milk.
 Fruit juice choice includes any 100% juice.

Entrée Option 4: Breakfast in the Classroom						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	K-12 Weekly Nutrient Averages
Breakfast in the Classroom	Whole Grain Cereal Yogurt	Whole Grain Cinnamon Roll String Cheese	Fruit, Yogurt & Granola Parfait	Cereal Bar Hard-Boiled Egg	Bagel w/ Cream Cheese String Cheese	Calories – 455
	Applesauce Fruit Juice Choice Milk Choice	Orange Slices Fruit Juice Choice Milk Choice	Strawberries Fruit Juice Choice Milk Choice	Grapes Fruit Juice Choice Milk Choice	Fruit Cocktail Fruit Juice Choice Milk Choice	Sodium – 411 mg
						% calories from sat fat – 7.3%



Recipes for the Week

Day	Recipe Name	Recipe Number	Recipe Page Number
Tuesday	Whole Grain Cinnamon Roll	HKM 167	12
Wednesday	Fruit, Yogurt & Granola Parfait	B-141	2

Recipe numbers reference the *Healthier Kansas Menus – Innovative School Breakfast Options Recipes* booklet.

Entrée Option 4: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

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 $\frac{3}{4}$ tsp
2 fl oz = $\frac{1}{4}$ cup	#40 = 1 $\frac{2}{3}$ Tbsp
3 fl oz = $\frac{3}{8}$ cup	#30 = 2 Tbsp
4 fl oz = $\frac{1}{2}$ cup	#20 = 3 $\frac{1}{3}$ Tbsp
6 fl oz = $\frac{3}{4}$ cup	#16 = $\frac{1}{4}$ cup
8 fl oz = 1 cup	#12 = $\frac{1}{3}$ cup
	#8 = $\frac{1}{2}$ cup
	#6 = $\frac{2}{3}$ cup

Entrée Option 4: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions
Monday – Entrée Option 4: Breakfast in the Classroom

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
Yogurt Cup, low-fat	<ul style="list-style-type: none"> • Purchase low-fat, flavored yogurt cups that are 4 oz each or may purchase in bulk and pre-portion 4 oz servings. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz cup
Applesauce, canned	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Purchase canned applesauce, unsweetened. • Chill cans overnight. Wipe tops of cans clean before opening. • Cover, drain and refrigerate until serving. • 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
Syrup	<ul style="list-style-type: none"> • Purchase syrup packets or bulk syrup. 	K-12: 1 fl oz

Pre-preparation for Entrée Option 1 – Tuesday: Bake whole wheat cinnamon roll, if desired. Cut and portion oranges for service.

Purchasing, Preparation & Serving Instructions

Tuesday – Entrée Option 4: Breakfast in the Classroom

Menu Item	Purchasing & Preparation	Serving
Whole Wheat Cinnamon Roll	<ul style="list-style-type: none"> Prepare HKM Recipe 167, Whole Wheat Cinnamon Roll. 	K-12: 1 each
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
Orange, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase 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 Entrée Option 1 – Wednesday: Portion Fruit, Yogurt & Granola Parfaits without granola, if desired. Add granola before service at breakfast.

Purchasing, Preparation & Serving Instructions

Wednesday – Entrée Option 4: Breakfast in the Classroom

Menu Item	Purchasing & Preparation	Serving
Fruit, Yogurt & Granola Parfait	<ul style="list-style-type: none"> • Prepare Fruit, Yogurt & Granola Parfait, HKM B-141 Recipe. • Purchase whole grain granola that provides 1 oz eq grains per ¼ cup granola. • Purchase low-fat yogurt in bulk. • CCP: Refrigerate and hold at 41° F or below for cold service. • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. 	Granola K-12: ¼ cup Yogurt K-12: ½ cup Fruit K-12: ½ cup
Strawberries, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Handle with gloved hands. Rinse. Optional: cut into halves. • 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 Entrée Option 1 – Thursday: Cook, cool and peel hard-boiled eggs, if not purchasing pre-cooked.

Purchasing, Preparation & Serving Instructions

Thursday – Entrée Option 4: Breakfast in the Classroom

Menu Item	Purchasing & Preparation	Serving
Whole Grain Cereal Bar	<ul style="list-style-type: none"> • Purchase whole grain-rich cereal bars that provides 1 oz equivalent grains per serving. 	K-12: 1 bar
Egg, Hard-Boiled	<ul style="list-style-type: none"> • Purchase hard-boiled eggs. • CCP: Refrigerate and hold at 41°F or below for cold service. 	K-12: 1 each
Grapes, fresh	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. • Wash grapes. Remove from stems or separate out into smaller clusters. • Cover and refrigerate until serving. • Weigh out each portion size indicated and use as a sample. • 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 Entrée Option 1 – Friday: Thaw whole grain-rich bagels. Portion fruit cocktail cups for service.

Entrée Option 4: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Purchasing, Preparation & Serving Instructions

Friday – Entrée Option 4: Breakfast in the Classroom

Menu Item	Purchasing & Preparation	Serving
Whole Grain-rich Bagel	<ul style="list-style-type: none"> • Purchase 2 oz whole grain-rich bagels. 	K-12: 1 each
Cream Cheese	<ul style="list-style-type: none"> • Serve bagel with cream cheese. 	K-12: 1 Tbsp
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
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

Entrée Option 4: Healthier Kansas Menus – Innovative School Breakfast Options
DAILY PRODUCTION RECORDS

Fruit & Vegetable Order Guide
Entrée Option 4: Breakfast in the Classroom

The chart below provides amounts to be ordered per 96-112 servings based on the serving sizes listed in the recipes and production records in the *Healthier Kansas Menus Innovative School Breakfast Options 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 96-112 Servings
Monday	Applesauce, unsweetened, canned	½ cup	4.4 #10 cans
Tuesday	Oranges, fresh	1 each	28 lb 10 oz or 100 each
Wednesday	Blueberries, fresh (or frozen)		10 lb 8 oz or 1 gal 2 qts
Wednesday	Strawberries, fresh, sliced (or frozen IQF no added sugar)		8 lb AP or 1 gal 2 qts
Wednesday	Strawberries, fresh	½ cup	19 lb 4 oz
Thursday	Grapes, fresh	½ cup	20 lb
Friday	Fruit Cocktail, canned in 100% juice or light syrup	½ cup	6 #10 cans

Notes

Healthier Kansas Menus— Innovative School Breakfast Options



APPENDICES

Child Nutrition & Wellness, Kansas State
Department of Education
Summer 2018



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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

Table of Contents

	Page
Converting Common Measures	1
Healthier Kansas Menus – Innovative School Breakfast Options Nutrient Analysis	2



Converting Common Measures

1. Convert Ounces to Pounds

Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds
1 oz	.062 lb	7 oz	.437 lb	13 oz	.812 lb
2 oz	.125 lb	8 oz	.5 lb	14 oz	.875 lb
3 oz	.187 lb	9 oz	.562 lb	15 oz	.937 lb
4 oz	.25 lb	10 oz	.625 lb	16 oz	1.0 lb
5 oz	.312 lb	11 oz	.687 lb		
6 oz	.375 lb	12 oz	.75 lb		

To convert ounces to pounds in decimal unit, divide the number of ounces by 16.

2. Convert Decimal to Fraction

Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent
.125	1/8	.375	3/8	.66	2/3
.25	1/4	.50	1/2	.75	3/4
.33	1/3	.625	5/8	.875	7/8

3. Convert Volume Measures

1 gallon = 4 quarts or 16 cups	1 gallon of water = 8 lbs. or 128 ounces
1 quart = 4 cups or 2 pints	1 quart of water = 2 lbs. or 32 ounces
1 pint = 2 cups	1 pint of water = 16 ounces
1 cup = 16 tablespoons	1 cup of water = 8 ounces
1 Tablespoon = 3 teaspoons	1 tablespoon of water = 1/2 ounce

Healthier Kansas Menus – Innovative School Breakfast Options Nutrient Analysis

The following pages detail the nutrient content of menu items, daily meals and weekly menus of *Healthier Kansas Menus – Innovative School Breakfast Options*. The analysis was completed using Nutri-Kids Menu Planning software, version 18.01.00 based on the following assumptions and practices:

- ◆ Production records, food specifications and recipes are followed.
- ◆ All students take all items. (Serve)
- ◆ Alternate menu items are included in analysis as being served the same number of portions each day.
- ◆ Ground beef is drained but not rinsed.
- ◆ Canned fruits are drained unless otherwise noted.
- ◆ Milk variety recipe is 50% non-fat chocolate and 50% is 1% white.
- ◆ Generic ingredients from the Standard Reference Database in CN 19 are used whenever possible.
- ◆ Specific manufactured items included in the analysis are noted below. **Note that inclusion of branded items in the nutrient analysis does not constitute a recommendation for use of these products by the Kansas State Department of Education.**

Entrees: Sausage Patty (JTM Food Group CP5685); Popcorn Chicken (Tyson 2940-928); Turkey, deli ham, smoked, frozen (USDA CN#51525); Turkey breast, low sodium, sliced (Jennie-O 236440); Popcorn Chicken (Tyson 2940-928); Mini Waffles (Pillsbury 132265000)

Grains: Tortilla, WG 8" (Catalia 40028); Frozen Biscuit Dough, Whole Grain (Pillsbury 100-94562-32267); Granola, low fat (Kelloggs CN#8189); Whole Wheat Bagel Varieties, 2 oz (Lender's 00078, 00079, 00074, 00075, 00080, 00081); RTE cereal assortment (General Mills); Pizza dough, whole wheat (Rich's 11108)

Healthier Kansas Menus – Innovative School Breakfast Options
APPENDICES

Nutrient Analysis

Option 1: Grab n' Go Cold + Grab n' Go Hot + Daily Option

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	522	416	4.8%
Tuesday	501	585	10.6%
Wednesday	425	466	7.4%
Thursday	533	600	8.2%
Friday	533	527	7.6%

Nutrient	Weekly Menu Avg	Target
Calories	500	450-500
Sodium (Mg)	519	≤540
% of Total Calories from Saturated Fat	7.7%	<10%

Option 2: Grab n' Go Hot + Daily Option

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	503	431	6.7%
Tuesday	483	626	12.0%
Wednesday	383	461	8.5%
Thursday	485	573	9.1%
Friday	485	587	8.0%

Nutrient	Weekly Menu Avg	Target
Calories	468	450-500
Sodium (Mg)	536	≤540
% of Total Calories from Saturated Fat	8.9%	<10%

Option 3: Grab n' Go Cold + Daily Option

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	416	333	4.0%
Tuesday	491	415	8.6%
Wednesday	469	411	7.0%
Thursday	562	538	7.7%
Friday	534	449	7.7%

Nutrient	Weekly Menu Avg	Target
Calories	494	450-500
Sodium (Mg)	429	≤540
% of Total Calories from Saturated Fat	7.1%	<10%

Option 4: Breakfast in the Classroom

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	402	364	7.0%
Tuesday	471	493	8.6%
Wednesday	399	318	2.9%
Thursday	468	326	5.1%
Friday	536	552	11.6%

Nutrient	Weekly Menu Avg	Target
Calories	455	450-500
Sodium (Mg)	411	≤540
% of Total Calories from Saturated Fat	7.3%	<10%

Notes