

Healthier Kansas Menus – 4-WEEK CYCLE BREAKFAST MENU

PLEASE NOTE: Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
WEEK 1 Aloha Muffin Square Whole Grain Cereal Grapes Milk Choice	Star Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Orange Milk Choice	Breakfast Pita with Tomato Salsa Hash Brown Potatoes Kiwi Milk Choice	Breakfast Lasagna Fruit Cocktail Milk Choice	K-12 Calories Cholesterol (Mg) Sodium (Mg) Fiber (G) Iron (Mg) Calcium (Mg) Vitamin A (IU) Vitamin C (Mg) Protein (G) Carbohydrate (G) Total Fat (G) Saturated Fat (G)	Target 554 75 1000 2.50 2.99 253.85 971 12.50 9.59 0.00 18.47 6.16
WEEK 2 Cereal Bar String Cheese Fresh Citrus Fruit Cup Milk Choice	Baked French Toast Strips with Syrup Strawberries & Bananas Milk Choice	Western Omelet Quesadilla with Tomato Salsa Potato Rounds Fresh Pear Milk Choice	Scrumptious Coffeecake Sunrise Smoothie Graham Crackers Milk Choice	Biscuit and Gravy Apricots Fruit Juice Choice Milk Choice	554 59 676 5.45 3.00 533.1 1282 31.51 18.38 97.44 10.47 3.38	554 75 1000 2.50 2.99 253.85 971 12.50 9.59 0.00 18.47 6.16

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
<p>WEEK 3</p> <p>Oatmeal Breakfast Round Banana Milk Choice</p> <p>Whole Grain Waffles with Syrup Sausage Links Mandarin Oranges Milk Choice</p> <p>Breakfast Sundae Raisins Fruit Juice Choice Milk Choice</p> <p>Whole Grain Cheese Pizza Fresh Mixed Fruit Cup Milk Choice</p> <p>Breakfast Bake with Tomato Salsa Whole Wheat Toast Grapes Milk Choice</p>					<p>K-12</p> <p>Calories 591 Cholesterol (Mg) 42 Sodium (Mg) 643 Fiber (G) 6.26 Iron (Mg) 3.28 Calcium (Mg) 498.7 Vitamin A (IU) 1123 Vitamin C (Mg) 22.51 Protein (G) 21.32 Carbohydrate (G) 102.63 Total Fat (G) 11.87 Saturated Fat (G) 3.47</p>		<p>Target</p> <p>554 75 1000 2.50 2.99 253.85 971 12.50 9.59 0.00 18.47 6.16</p>	
<p>WEEK 4</p> <p>Pumpkin Chocolate Chip Muffin Whole Grain Cereal Fresh Orange Milk Choice</p> <p>Pancake on a Stick with Syrup Tri-Tater Fruit Juice Choice Milk Choice</p> <p>Quick Blueberry Bubble Bread Sliced Peaches Milk Choice</p> <p>Biscuit Breakfast Sandwich Rosy Applesauce Milk Choice</p> <p>Excellent Egg Taco with Tomato Salsa Yogurt Cup Pineapple Chunks Milk Choice</p>					<p>Calories 559 Cholesterol (Mg) 64 Sodium (Mg) 738 Fiber (G) 3.96 Iron (Mg) 4.21 Calcium (Mg) 481.4 Vitamin A (IU) 1598 Vitamin C (Mg) 28.21 Protein (G) 18.04 Carbohydrate (G) 88.50 Total Fat (G) 12.29 Saturated Fat (G) 3.30</p>		<p>554 75 1000 2.50 2.99 253.85 971 12.50 9.59 0.00 18.47 6.16</p>	

Menus that Move

Spring Cycle Menu Grades K – 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Peaches Milk*	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fresh Pear Milk	Cheese Pizza Green Beans Potato Wedges Spring Fruit Salad Milk	Walking Taco Marinated Black Bean Salad Applesauce Tortilla Scoops Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk
Week 2	Grilled Chicken Sandwich 1 Tsp Low-Fat Mayo Potato Rounds 2 Pkts Ketchup Pineapple Chunks Milk	Hatton Chicken Crunch with Brown Rice Green Beans Pears Milk	Chicken Alfredo with a Twist Carrots Garlic Broccoli Applesauce Milk	Eagle Tostada Bean & Corn Salad Peaches in Tropical Gelatin Milk	Turkey with Gravy Mashed Potatoes Berry Delicious Salad Fresh Banana Breadstick Milk
Week 3	Grilled Cheese Sandwich Tomato Soup California Vegetable Blend Peaches Whole-Grain Chocolate Chip Cookie Milk	Sweet Sesame Chicken Stir-Fry with Asian Brown Rice Garlic Broccoli Apricot Cup Fortune Cookie Milk	Rotini & Meat Sauce Green Beans Blushing Pears Whole-Grain Roll 1 Pat Butter Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Fresh Apple Tortilla Scoops Milk	Chicken Nuggets 1 oz BBQ Sauce Baked Beans Peas Strawberry Cup Milk
Week 4	Hamburger on a Bun 2 Pkts Ketchup Potato Salad, ¾ cup Pineapple Chunks Milk	Teriyaki Chicken with Asian Brown Rice Broccoli Watermelon Fruit Juice Fortune Cookie Milk	Cheese & Pepperoni Breadstick Spinach Strawberry Salad Orange-Glazed Carrots Milk	Santa Fe Wrap Refried Beans Pears Tortilla Scoops with Salsa Milk	Mini Corn Dogs 2 Pkts Ketchup Green Beans Sweet Potato Puffs Strawberry Cup Milk
Week 5	Turkey & Ham Deli Sub 1 Tbsp Low-Fat Mayo Fresh Cucumber & Tomato Dip Pears in Cherry Jelly-O Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Peas Fresh Banana Milk	Mini Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Peaches with 2 Tbsp Whipped Topping Milk	Spicy Mexican Chicken Cowboy Corn Salad Fresh Apple Slices 1 oz Caramel Dip Tortilla Scoops Milk	Sweet & Sour Chicken Nuggets Potato Rounds 2 Pkts Ketchup Fruit Juice Milk

*Selections include a choice of 1-cup serving of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) milk.

Schools must provide food labels to verify that all foods (or foods and ingredients) used in menus and recipes are trans fat free.

This information is an annual announcement with no expiration date.

Menus that Move

Summer Cycle Menu Grades K-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Strawberry Cup Milk	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fruit Juice Milk	Pepperoni Pizza Potato Rounds Green Beans Summer Fruit Salad Milk	Walking Taco with Tortilla Scoops Refried Beans Peaches Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk
Week 2	Grilled Chicken Sandwich Potato Rounds 2 Pkts Ketchup Mandarin Oranges Milk	Hatton Chicken Crunch with Brown Rice Garlic Broccoli Apricots Milk	Chicken Alfredo with a Twist Carrots Fresh Banana Whole-Grain Roll Milk	Eagle Tostada Bean & Corn Salad Peaches Milk	Turkey with Gravy Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Mashed Potatoes Fresh Pear Whole-Grain Roll 1 Pat Butter Milk
Week 3	Grilled Cheese Sandwich Sweet Potato Fries Fresh Apple Slices Milk	Sweet Sesame Chicken Stir-Fry with Asian Brown Rice Garlic Broccoli Peaches Rice Krispie Treat Milk	Rotini & Meat Sauce Green Beans Blushing Pears Whole-Grain Roll 1 Pat Butter Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Fresh Banana Tortilla Scoops Milk	Chicken Nuggets 1 oz BBQ Sauce Baked Beans Green Peas Apricot Cup Milk
Week 4	Hamburger on a Bun 2 Pkts Ketchup Green Peas Pineapple Chunks Milk	Teriyaki Chicken with Asian Brown Rice Broccoli Fresh Watermelon Chunks Sidekick Milk	Cheese & Pepperoni Breadsticks Spinach Strawberry Salad Orange-Glazed Carrots Milk	Santa Fe Wrap Refried Beans Pineapple Tortilla Scoops with Salsa Milk	Mini Corn Dogs 2 Pkts Ketchup Green Beans Sweet Potato Puffs Strawberry Cup Milk
Week 5	Turkey & Ham Deli Sub 1 Tbsp Low-Fat Mayo Fresh Cucumber & Tomato Dip Pineapple Tidbits Whole-Grain Cookie Milk	Wakin' Orange Chicken with Brown Rice Green Beans Fresh Banana Milk	Mini Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch dressing Strawberry Cup Milk	Spicy Mexican Chicken Cowboy Corn Salad Fresh Apple Slices 1 oz Caramel Dip Tortilla Scoops Milk	Sweet & Sour Chicken Nuggets Broccoli Salad Potato Rounds 2 Pkts Ketchup Peaches in Gelatin Milk

*Selections include a choice of 1-cup serving of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) milk.

Grades K-8 • Summer • Week 1 Meal Components

Monday	Tuesday	Wednesday	Thursday	Friday
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This institution is an equal opportunity provider.