



# Healthier Kansas Menus – 6-WEEK CYCLE BREAKFAST MENU



**PLEASE NOTE:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. All Grain items are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY SUMMARY
<p><b>Week 1</b></p> <p>Mini Waffles with Syrup</p> <p>Fresh Pineapple</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Star Spangled Pancakes</p> <p>Sausage Patty</p> <p>Tropical Fruit</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Whole Wheat Bagel with Toppings</p> <p>Fresh Strawberries</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Breakfast Pita with Tomato Salsa</p> <p>Sliced Pears</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Whole Grain Cinnamon Roll</p> <p>Mandarin Oranges</p> <p>Fruit Juice Choice Milk Choice</p>	<p><b>Calories – 488</b> <b>Sodium – 538</b> <b>Sat Fat – 4.7%</b></p>
<p><b>Week 2</b></p> <p>Whole Grain Cereal</p> <p>Yogurt Cup</p> <p>Fresh Apple</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Biscuit &amp; Gravy</p> <p>Pineapple Chunks</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Scrumptious Coffeecake</p> <p>Fresh Citrus Fruit Cup</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Western Omelet Quesadilla with Tomato Salsa</p> <p>Fresh Grapes</p> <p>Fruit Juice Choice Milk Choice</p>	<p>French Toast Sticks with Syrup</p> <p>Fruit Cocktail</p> <p>Fruit Juice Choice Milk Choice</p>	<p><b>Calories – 495</b> <b>Sodium – 540</b> <b>Sat Fat – 4.1%</b></p>
<p><b>Week 3</b></p> <p>Whole Grain Cinnamon Roll</p> <p>Fresh Banana</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Mini Waffles with Syrup</p> <p>Apricot Halves</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Breakfast Pizza</p> <p>Peach Slices</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Excellent Egg Taco with Tomato Salsa</p> <p>Graham Snacks</p> <p>Fresh Kiwi</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Whole Grain Muffin</p> <p>Rosy Applesauce</p> <p>Fruit Juice Choice Milk Choice</p>	<p><b>Calories – 485</b> <b>Sodium – 423</b> <b>Sat Fat – 4.2%</b></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY SUMMARY
<b>Week 4</b>					
Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Choice Milk Choice	Biscuit & Gravy Fresh Oranges Fruit Juice Choice Milk Choice	Kansas Granola Bar Apricot Halves Fruit Juice Choice Milk Choice	Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Fruit Juice Choice Milk Choice	Pancake on a Stick Fresh Strawberries Fruit Juice Choice Milk Choice	<b>Calories – 467</b> <b>Sodium – 538</b> <b>Sat Fat – 4.3%</b>
<b>Week 5</b>					
French Toast Sticks with Syrup Fresh Grapes Fruit Juice Choice Milk Choice	Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Apple Fruit Juice Choice Milk Choice	Quick Blueberry Bubble Bread Mandarin Oranges Fruit Juice Choice Milk Choice	Breakfast Pizza Sliced Peaches Fruit Juice Choice Milk Choice	<b>Calories – 500</b> <b>Sodium – 458</b> <b>Sat Fat – 5.2%</b>
<b>Week 6</b>					
Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Choice Milk Choice	Pancake on a Stick Fruit Cocktail Fruit Juice Choice Milk Choice	Biscuit & Gravy Fresh Banana Fruit Juice Choice Milk Choice	Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Choice Milk Choice	Whole Grain Muffin Tropical Fruit Fruit Juice Choice Milk Choice	<b>Calories – 461</b> <b>Sodium – 538</b> <b>Sat Fat – 6.1%</b>

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