Healthier Kansas Menus - Breakfast

INTRODUCTION

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

- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- National Pork Board, [www.pork.org](http://www.pork.org)
- Pinnacle Foodservice, [www.foodservice.pinnaclefoodscorp.com](http://www.foodservice.pinnaclefoodscorp.com)
- USD 201 Washington County
- USD 320 Wamego
- USD 345 Seaman
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>Tips for Using Healthier Kansas Menus - Breakfast</td>
<td>2</td>
</tr>
<tr>
<td>Healthier Kansas Menus – Breakfast; 6-Week Cycle</td>
<td>4</td>
</tr>
<tr>
<td>Adapting Menus to Meet Your Needs</td>
<td>6</td>
</tr>
<tr>
<td>Menu Standards of Excellence</td>
<td>9</td>
</tr>
</tbody>
</table>
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. Menus were well accepted by students in all grades and were tested in both small and large schools.

*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 - Breakfast* can be a time saving tool. The resources included are:

- 6-Week Breakfast Menu Calendar
- 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 - Breakfast

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 8-Week 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. When pre-prepared products are included, they should meet the standards indicated on the Purchasing, Preparation & Serving Instructions. When menus are changed, the production record component information must be re-calculated to assure the daily and weekly components requirements are met.

If changes are needed, download copies of the menu tools from [http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm](http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm), save the documents on your computer and make changes before printing them. To assure that any menus or recipes that you revise still meet requirements, carefully record all changes.

Use the Resources

6-Week Breakfast Menu Calendar
Download the calendar. Make changes if needed. Add the school's 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.
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.

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 - Breakfast – INTRODUCTION**

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Week 1</strong></td>
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<tr>
<td>Mini Waffles with Syrup</td>
<td>Star Spangled Pancakes</td>
<td>Whole Wheat Bagel with Toppings</td>
<td>Breakfast Pita with Tomato Salsa</td>
<td>Whole Grain Cinnamon Roll</td>
<td>Calories – 488 Sodium – 538 Sat Fat – 4.7%</td>
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<td>Fresh Pineapple</td>
<td>Sausage Patty</td>
<td>Fresh Strawberries</td>
<td>Sliced Pears</td>
<td>Mandarin Oranges</td>
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<td>Tropical Fruit</td>
<td>Fruit Juice Choice Milk Choice</td>
<td>Fruit Juice Choice Milk Choice</td>
<td>Fruit Juice Choice Milk Choice</td>
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<td><strong>Week 2</strong></td>
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<tr>
<td>Whole Grain Cereal</td>
<td>Biscuit &amp; Gravy</td>
<td>Scrumptious Coffeecake</td>
<td>Western Omelet Quesadilla</td>
<td>French Toast Sticks with Syrup</td>
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<td>Yogurt Cup</td>
<td>Pineapple Chunks</td>
<td>Fresh Citrus Fruit Cup</td>
<td>with Tomato Salsa</td>
<td>Fruit Cocktail</td>
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<td>Fruit Juice Choice Milk Choice</td>
<td>Fresh Grapes</td>
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<td><strong>Week 3</strong></td>
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<tr>
<td>Whole Grain Cinnamon Roll</td>
<td>Mini Waffles with Syrup</td>
<td>Breakfast Pizza</td>
<td>Excellent Egg Taco with Tomato Salsa</td>
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<td>Fresh Banana</td>
<td>Apricot Halves</td>
<td>Peach Slices</td>
<td>with Tomato Salsa</td>
<td>Rosy Applesauce</td>
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<td>Fresh Kiwi</td>
<td>Graham Snacks</td>
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<td>Biscuit &amp; Gravy</td>
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<td>Fresh Mixed Fruit Cup</td>
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<td>Oatmeal Breakfast Round</td>
<td>Whole Wheat Bagel with Toppings</td>
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<tr>
<td><strong>Week 6</strong></td>
<td>Whole Grain Cereal</td>
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<td>Biscuit &amp; Gravy</td>
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<td>Pineapple Chunks</td>
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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* and its’ accompanying nutrient analysis, 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 to not exceed the serving sizes listed on the *Healthier Kansas Menus* production records. When it comes to serving condiments, less is better.

**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** to record all substitutions on recipes and production records. Keep information on file regarding products purchased.
Changing Menu Items & Portion Sizes

If menu items or portion sizes are changed from those planned in the Healthier Kansas Menus, component contributions must be re-calculated. Daily and weekly component totals must also be re-added to assure 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 that focus 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 can be introduced to new foods.
  - Schools can take advantage of food items in season or on sale.
  - Schools can serve food items that will be 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 don’t 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

2010 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](http://www.health.gov/DietaryGuidelines). When the Healthier Kansas Menus were developed, the 2010 Dietary Guidelines for Americans were used as a basis for serving healthy meals. The following guidelines were incorporated into the menus:

- Consume a variety of foods from the basic food groups while staying within energy needs.
- Encourage intake of fruits and vegetables:
  - Choose a variety of fruits and vegetables each day including legumes, dark green & orange vegetables, and starchy vegetables.
- Limit intake of sodium and saturated fat.
- Limit the intake of added sugars.
- Serve non-fat or low-fat milk (1%) only.
- Keep foods safe to eat