Healthier Kansas Menus

with Alternate Entrées



# APPENDICES

Child Nutrition & Wellness, Kansas State Department of Education

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

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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 units, divide the number of ounces by 16.*

2. Convert Decimal to Fraction

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Decimal Unit | FractionalEquivalent | Decimal Unit | Fractional Equivalent | Decimal Unit | FractionalEquivalent |
| .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 cups1 quart = 4 cups or 2 pints1 pint = 2 cups1 cup = 16 tablespoons1 Tablespoon = 3 teaspoons | 1 gallon of water = 8 lbs or 128 ounces1 quart of water = 2 lbs or 32 ounces1 pint of water = 16 ounces1 cup of water = 8 ounces1 tablespoon of water = 1/2 ounce |

Healthier Kansas Menus with Alternate Entrées Nutrient Analysis

The following pages detail the nutrient content of menu items, daily meals and weekly menus of *Healthier Kansas Menus with Alternate Entrées.* The analysis was completed using Nutri-Kids Menu Planning software, version 18.01 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 potions each day.
* Ground beef is drained but not rinsed.
* Canned fruits are drained unless otherwise noted.
* Milk variety recipe is 70% non-fat chocolate and 30% is 1% white.
* Generic ingredients from the Standard Reference Database in CN 12 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: Pepperoni Pizza (ConAgra 77387-12719); Breaded Chicken Patty (Tyson 16477-928); Chicken Nuggets (Tyson 70364-928); Saucy Blues BBQ Pork (Hormel Foods 55241); Beef Patty (Advance Pierre 155-525-0); Chicken Drumstick (Tyson 8832-928); Beef & Bean Burrito (Foster Farms 09036); Beef Sirloin Steak, Sliced & Shaped (Advance Pierre 7325-001); Beef Patty, Breaded (Tyson 24725-928); Meatballs (Advance Pierre 3-17-405-20); Cheese Pizza (ConAgra 77387-12718); Turkey Sausage Crumbles (Jimmy Dean); Sausage Patty (JTM Food Group CP5685); Pork Rib (Advance Pierre 44-531-0); Corn Dog, Whole Grain (Foster Farms 92124); Uncrustable 2.6 oz (Smuckers 51500-06961); Uncrustable 5.3 oz (51500-21028); Chicken Chili Crispito (Tyson 23987-928), Popcorn Chicken (Tyson 2940-928); Grilled Chicken Filet (Tyson 70322-928)

Fruits & Vegetables: Potato Wedges (Simplot 23801); Roasted Red Potatoes (McCain Farmer’s Kitchen MCF04851); Sweet Potato Fries, Crinkle Cut (Simplot 10071179027812); Sweet Potato Puffs (Lamb Weston); Tater Tots (Ore-Ida OIF00215A); Hash Brown Patty (Simplot 10071179430018)

Grains: Lasagna Noodles, WG (Hodgson Mills 71518-00017-001); Tortilla Chips, Triangle Unsalted (Mission 08616); Tortilla, WG 8” (Mission 10411); Long Grain & Wild Rice Blend (Uncle Ben’s); Egg Noodles, Whole Grain (Hodgson Mills)

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 1

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 632 | 906 | 8.3% |
| Tuesday | 608 | 928 | 7.2% |
| Wednesday | 715 | 931 | 9.6% |
| Thursday | 689 | 585 | 10.6% |
| Friday | 570 | 535 | 4.9% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6437778.3% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 653 | 901 | 7.6% |
| Tuesday | 608 | 928 | 7.2% |
| Wednesday | 715 | 931 | 9.6% |
| Thursday | 718 | 597 | 10.2% |
| Friday | 650 | 629 | 4.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6697977.9% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 721 | 911 | 6.9% |
| Tuesday | 879 | 1156 | 7.5% |
| Wednesday | 783 | 941 | 8.8% |
| Thursday | 795 | 609 | 9.3% |
| Friday | 718 | 639 | 4.2% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 7798517.4% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

 KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 2

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 677 | 910 | 7.3% |
| Tuesday | 698 | 728 | 3.8% |
| Wednesday | 593 | 669 | 7.7% |
| Thursday | 585 | 994 | 7.1% |
| Friday | 537 | 883 | 8.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6188376.8% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 677 | 910 | 7.3% |
| Tuesday | 834 | 864 | 4.1% |
| Wednesday | 593 | 669 | 7.7% |
| Thursday | 585 | 994 | 7.1% |
| Friday | 594 | 1000 | 9.2% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6578876.9% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 793 | 1000 | 7.5% |
| Tuesday | 1012 | 1046 | 3.7% |
| Wednesday | 767 | 752 | 6.6% |
| Thursday | 651 | 995 | 6.5% |
| Friday | 792 | 1240 | 9.2% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 80310076.5% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 3

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 683 | 1054 | 6.0% |
| Tuesday | 721 | 654 | 9.1% |
| Wednesday | 647 | 1059 | 6.2% |
| Thursday | 540 | 756 | 8.5% |
| Friday | 682 | 758 | 8.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6558567.7% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 704 | 1049 | 5.4% |
| Tuesday | 721 | 654 | 9.1% |
| Wednesday | 647 | 1059 | 6.2% |
| Thursday | 552 | 768 | 8.3% |
| Friday | 682 | 758 | 8.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6618587.5% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 777 | 1061 | 4.9% |
| Tuesday | 1005 | 764 | 8.4% |
| Wednesday | 715 | 1069 | 5.6% |
| Thursday | 867 | 950 | 7.0% |
| Friday | 750 | 768 | 7.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 8239226.9% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 4

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 655 | 761 | 9.3% |
| Tuesday | 622 | 721 | 8.1% |
| Wednesday | 651 | 873 | 7.2% |
| Thursday | 480 | 1115 | 5.7% |
| Friday | 778 | 929 | 12.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6378808.9% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 655 | 761 | 9.3% |
| Tuesday | 622 | 721 | 8.1% |
| Wednesday | 651 | 873 | 7.2% |
| Thursday | 480 | 1115 | 5.7% |
| Friday | 864 | 1024 | 11.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6558998.7% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 730 | 783 | 8.4% |
| Tuesday | 885 | 795 | 8.1% |
| Wednesday | 719 | 884 | 6.5% |
| Thursday | 798 | 1287 | 5.4% |
| Friday | 932 | 1034 | 10.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 8139577.9% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 1

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 678 | 1012 | 10.4% |
| Tuesday | 549 | 919 | 7.5% |
| Wednesday | 646 | 639 | 9.4% |
| Thursday | 780 | 1251 | 8.7% |
| Friday | 591 | 628 | 5.9% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6498908.5% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 678 | 1012 | 10.4% |
| Tuesday | 549 | 919 | 7.5% |
| Wednesday | 786 | 654 | 9.5% |
| Thursday | 776 | 1080 | 8.8% |
| Friday | 624 | 623 | 5.1% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6838588.4% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 746 | 1022 | 9.5% |
| Tuesday | 637 | 949 | 6.6% |
| Wednesday | 862 | 671 | 8.6% |
| Thursday | 856 | 1276 | 8.0% |
| Friday | 692 | 634 | 4.6% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 7599107.6% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 2

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 726 | 873 | 6.4% |
| Tuesday | 546 | 459 | 12.1% |
| Wednesday | 615 | 815 | 11.4% |
| Thursday | 709 | 882 | 6.2% |
| Friday | 591 | 628 | 5.9% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6277068.8% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 738 | 885 | 6.3% |
| Tuesday | 546 | 459 | 12.1% |
| Wednesday | 615 | 815 | 11.4% |
| Thursday | 709 | 882 | 6.2% |
| Friday | 711 | 566 | 8.5% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6647228.6% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 806 | 895 | 5.8% |
| Tuesday | 873 | 658 | 14.1% |
| Wednesday | 683 | 826 | 10.2% |
| Thursday | 804 | 899 | 5.8% |
| Friday | 784 | 582 | 7.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 7907728.8% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 3

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 581 | 962 | 7.7% |
| Tuesday | 666 | 783 | 10.1% |
| Wednesday | 594 | 895 | 6.2% |
| Thursday | 574 | 720 | 7.0% |
| Friday | 764 | 709 | 7.4% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6368147.7% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 581 | 962 | 7.7% |
| Tuesday | 666 | 783 | 10.1% |
| Wednesday | 651 | 1012 | 6.8% |
| Thursday | 647 | 773 | 7.3% |
| Friday | 785 | 704 | 6.8% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6668477.7% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 688 | 1056 | 6.5% |
| Tuesday | 754 | 809 | 9.1% |
| Wednesday | 849 | 1252 | 7.4% |
| Thursday | 715 | 783 | 6.6% |
| Friday | 853 | 714 | 6.3% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 7729237.2% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 4

Grades K – 5

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 613 | 589 | 4.8% |
| Tuesday | 575 | 975 | 10.2% |
| Wednesday | 749 | 990 | 7.9% |
| Thursday | 623 | 938 | 8.6% |
| Friday | 507 | 419 | 6.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6137827.6% | 550-650≤1230 (Target 1)≤935 (Target 2)<10% |

Grades 6 – 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 625 | 601 | 4.7% |
| Tuesday | 575 | 975 | 10.2% |
| Wednesday | 879 | 1078 | 7.5% |
| Thursday | 623 | 938 | 8.6% |
| Friday | 575 | 513 | 6.4% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 6558217.5% | 550-650≤1360 (Target 1)≤1035 (Target 2)<10% |

Grades 9 – 12

|  |  |  |  |
| --- | --- | --- | --- |
|  | Calories | Sodium (mg) | %Calories from Saturated Fat |
| Monday | 833 | 626 | 5.1% |
| Tuesday | 781 | 1174 | 8.9% |
| Wednesday | 947 | 1088 | 7.0% |
| Thursday | 693 | 940 | 7.8% |
| Friday | 643 | 523 | 5.7% |

|  |  |  |
| --- | --- | --- |
| Nutrient | Weekly Menu Avg | Target |
| CaloriesSodium (Mg)% of Total Calories from Saturated Fat | 7808705.7% | 750-850≤1420 (Target 1)≤1080 (Target 2)<10% |

Notes