



Healthier Kansas Menus with Alternate Entrées – LUNCH CYCLE MENU



Revised July 2019

Please Note: Milk choice includes a variety of non-fat or 1% (flavored or unflavored) milk. One milk choice must be unflavored.

Reduced fat dressing is served with salads and fresh vegetables.

Menus were planned using all whole grain-rich products. Beginning July 1, 2019, at least half of the weekly grains in the school lunch menu and the school breakfast menu must be whole grain-rich.

Fall Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p>Week 1</p> <p>Pig in a Blanket Or Peanut Butter & Jelly Sandwich</p> <p>Roasted Red Potatoes Broccoli w/Cheese Fresh Cantaloupe Canned Fruit Choice Milk Choice</p>	<p>Chicken Wrap Spanish Brown Rice Or Chicken Crispito Spanish Brown Rice</p> <p>Romaine Lettuce Tomato Slice Sautéed Zucchini Diced Pears Oatmeal Cookie (9-12) Fresh Fruit Choice Milk Choice</p>	<p>Spaghetti w/ Meat Sauce Garlic Bread Or Hamburger on a Bun</p> <p>Garden Salad Green Beans Honeydew Melon Canned Fruit Choice Milk Choice</p>	<p>Taco Salad & Tortilla Chips and Salsa Or Yogurt & Blueberry Oat Muffin Plate</p> <p>Red Bell Pepper Strips Refried Beans Romaine Lettuce Apple Salad Cinnamon Puff (6-12) Canned Fruit Choice Milk Choice</p>	<p>Chicken & Noodles Whole Wheat Roll (6-12) Or Turkey & Cheese Sub Sandwich</p> <p>Mashed Potatoes Fresh Baby Carrots Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>643</p> <p>777</p> <p>8.3%</p>	<p>669</p> <p>797</p> <p>7.9%</p>	<p>779</p> <p>851</p> <p>7.4%</p>
<p>Week 2</p> <p>Mini Meatball Sub Or Fruit, Yogurt & Granola Parfait</p> <p>Ranch Potato Wedges Tossed Salad Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>BBQ Chicken Drumstick Whole Wheat Roll Or Popcorn Chicken Whole Wheat Roll</p> <p>Baked Beans Creamy Cole Slaw Fresh Baby Carrots Fresh Nectarine Canned Fruit Choice Milk Choice</p>	<p>White Chicken Chili Cornbread Muffin Or Rock and Roll Beef Wrap</p> <p>Cherry Tomatoes Cucumber Slices Fresh Blueberries Canned Fruit Choice Milk Choice</p>	<p>Cheese Pizza Or Grilled Chicken Sandwich</p> <p>Broccoli Florets Fresh Baby Carrots Diced Peaches Fresh Fruit Choice Milk Choice</p>	<p>Biscuits & Gravy Sausage Patty (6-12) Or Pepperoni Pizza</p> <p>Fresh Sugar Snap Peas Hash Brown Patty Fresh Strawberries Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>618</p> <p>837</p> <p>6.8%</p>	<p>657</p> <p>887</p> <p>6.9%</p>	<p>803</p> <p>1007</p> <p>6.5%</p>

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Fall Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p>Week 3</p> <p>Pork Rib on a Bun Or Peanut Butter & Jelly Sandwich</p> <p>Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fresh Cantaloupe Canned Fruit Choice Milk Choice</p>	<p>Taco Soup & Tortilla Chips Or Chicken Crispito & Tortilla Chips</p> <p>Tomato Salsa Refried Beans Diced Pears Fresh Fruit Choice Milk Choice</p>	<p>Corn Dog Or Hamburger on a Bun</p> <p>Green Beans Tater Tots Honeydew Melon Snickerdoodle Canned Fruit Choice Milk Choice</p>	<p>Chicken Quesadilla Tortilla Chips (9-12) Or Yogurt & Blueberry Oat Muffin Plate Tortilla Chips (9-12)</p> <p>Black Bean & Corn Salsa (9-12) Broccoli Florets Fresh Baby Carrots Apple Salad Canned Fruit Choice Milk Choice</p>	<p>Cowboy Cavatini Whole Wheat Roll Or Turkey & Cheese Sub Sandwich</p> <p>Seasoned Corn Garden Salad Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>655</p> <p>856</p> <p>7.7%</p>	<p>661</p> <p>858</p> <p>7.5%</p>	<p>823</p> <p>922</p> <p>6.9%</p>
<p>Week 4</p> <p>Hamburger on a Bun Or Fruit, Yogurt & Granola Parfait</p> <p>Dark Green Leaf Lettuce Tomato Slice Oven Fries Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Chili Tortilla Chips (9-12) Or Popcorn Chicken Tortilla Chips (9-12)</p> <p>Red Bell Pepper Strips Sliced Cucumber Fresh Nectarine Cinnamon Roll Canned Fruit Choice Milk Choice</p>	<p>Chicken Nuggets Whole Wheat Roll Or Rock and Roll Beef Wrap</p> <p>Mashed Potatoes & Gravy Tossed Salad Fresh Blueberries Canned Fruit Choice Milk Choice</p>	<p>Baked Ham Angel Biscuit & Jelly Or Grilled Chicken Sandwich</p> <p>Apple Glazed Sweet Potatoes Green Beans Diced Peaches Honey Apple Crisp (9-12) Fresh Fruit Choice Milk Choice</p>	<p>Macaroni & Cheese Meatballs Whole Wheat Bread & Jelly (6-12) Or Pepperoni Pizza</p> <p>Baked Beans Fresh Baby Carrots Fresh Strawberries Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>637</p> <p>880</p> <p>8.9%</p>	<p>655</p> <p>899</p> <p>8.7%</p>	<p>813</p> <p>957</p> <p>7.9%</p>

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