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# **Healthier Kansas Menus with Alternate Entrées - Lunch**



## **INTRODUCTION**

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Child Nutrition & Wellness, Kansas State  
Department of Education

*Revised July 2019*

## Healthier Kansas Menus with Alternate Entrées - INTRODUCTION

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**For further information about this publication, please contact:** Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, [www.kn-eat.org](http://www.kn-eat.org)

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- USD 507 Satanta, Satanta Elementary School, Satanta Jr.-Sr. High School
- USD 307 Ell-Saline, Ell-Saline Elementary School, Ell-Saline Middle & High School

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## **Introduction**

### ***Healthy Menus that Students will Love***

Healthier Kansas Menus with Alternate Entrées 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 with Alternate Entrées* 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 menu cycles have been redesigned to include two different entrée choices each day. Main entrée and alternate entrée options are offered each day to provide a variety of choice for students. 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 can be a time saving tool. The resources included are:

- 8-Week Menu Calendar including an alternate entrée option each day – The 8 weeks of menus were designed to be “seasonal menus” and may be split up or used through the school year as an 8 week cycle. There are many possibilities for customization!
  - 4-Week Spring Calendar
  - 4-Week Fall Calendar
  - 2-Week Repeating Alternate Entrées Cycle
- 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**

### ***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.

### ***Use the Resources***

#### **8-Week Menu with Alternate Entrées 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.

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### **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 with Alternate Entrée*.

### **Appendices**

Additional data is provided in the appendices at the end of the *Healthier Kansas Menus with Alternate Entrée* resources. These include:

- Converting Common Measures
- Healthier Kansas Menus with Alternate Entrée - Nutrient Analysis

## Healthier Kansas Menus with Alternate Entrée – INTRODUCTION

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

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**Healthier Kansas Menus with Alternate Entrée – INTRODUCTION**

**Fall Cycle, continued**

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

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**Healthier Kansas Menus with Alternate Entrée – INTRODUCTION**

**Spring Cycle**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
						K-5	6-8	9-12
<p><b>Week 1</b></p> <p>Hot Ham &amp; Cheese on a Bun Or Pork Rib on a Bun</p> <p>Potato Wedges Red Bell Pepper Strips Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Pepperoni Pizza Or Popcorn Chicken <b>Whole Wheat Roll (9-12)</b></p> <p>Broccoli Florets Cherry Tomatoes Fruit Cocktail Fresh Fruit Choice Milk Choice</p>	<p>Taco Burger on a Bun <b>Tortilla Chips (6-12)</b> Or Fruit, Yogurt &amp; Granola Parfait <b>Tortilla Chips (6-12)</b></p> <p>Tomato Salsa Dark Green Leaf Lettuce Refried Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p>	<p>Lasagna Garlic Bread Stick w/ Marinara Sauce Or Turkey &amp; Cheese Sub Sandwich</p> <p>Garden Salad Fresh Baby Carrots Fresh Grapes Chocolate Chip Cookie Canned Fruit Choice Milk Choice</p>	<p>Chicken Patty Whole Wheat Roll Or Peanut Butter &amp; Jelly Sandwich</p> <p>Mashed Potatoes &amp; Gravy Steamed Asparagus Fresh Peach Canned Fruit Choice Milk Choice</p>	<b>Calories</b>	<b>649</b>	<b>683</b>	<b>759</b>
					<b>Sodium (mg)</b>	<b>890</b>	<b>858</b>	<b>910</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.5%</b>	<b>8.4%</b>	<b>7.6%</b>
<p><b>Week 2</b></p> <p>Sweet and Sour Chicken Nuggets Seasoned Brown Rice Or Yogurt &amp; Blueberry Oat Muffin Plate</p> <p>Asian Fresh Vegetables Cherry Tomatoes Fresh Pear Canned Fruit Choice Milk Choice</p>	<p>Super Nachos Or Chicken Crispito</p> <p>Romaine Lettuce Southwestern Lentils Tomato Salsa Fresh Plum Canned Fruit Choice Milk Choice</p>	<p>Cheese Breadsticks w/ Marinara Sauce Or Grilled Chicken Sandwich</p> <p>Seasoned Corn Tossed Salad Fresh Watermelon Canned Fruit Choice Milk Choice</p>	<p>Pulled Pork Sandwich Or Hamburger on a Bun</p> <p>Creamy Cole Slaw Baked Beans Applesauce Fresh Fruit Choice Milk Choice</p>	<p>Rock and Roll Beef Wrap Or Cheese Pizza</p> <p>Steamed Carrots Broccoli Florets Fresh Orange <b>Cherry Crisp (6-12)</b> Canned Fruit Choice Milk Choice</p>	<b>Calories</b>	<b>627</b>	<b>664</b>	<b>790</b>
					<b>Sodium (mg)</b>	<b>706</b>	<b>722</b>	<b>772</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.8%</b>	<b>8.6%</b>	<b>8.8%</b>

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**Healthier Kansas Menus with Alternate Entrée – INTRODUCTION**

**Spring Cycle, continued**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p><b>Week 3</b></p> <p>Chicken Tetrizzini Garlic Bread <b>Or</b> Pork Rib on a Bun</p> <p>Tossed Salad Sliced Cucumber Baby Carrots Fresh Apple Canned Fruit Choice Milk Choice</p>	<p>Hamburger on a Bun <b>Or</b> Popcorn Chicken <b>Whole Wheat Roll (9-12)</b></p> <p>Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fruit Cocktail Fresh Fruit Choice Milk Choice</p>	<p>Pancakes Sausage Patty <b>Or</b> Fruit, Yogurt &amp; Granola Parfait</p> <p>Hash Brown Patty Green Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p>	<p>Baked Chicken Drumstick w/ Savory Rice &amp; Oatmeal Roll <b>Or</b> Turkey &amp; Cheese Sub Sandwich</p> <p>Fresh Broccoli Cherry Tomatoes Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p>Yummy Sloppy Joe on a Bun <b>Or</b> Peanut Butter &amp; Jelly Sandwich</p> <p>Roasted Red Potatoes Edamame Fresh Peach Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>636</p> <p>814</p> <p>7.7%</p>	<p>666</p> <p>847</p> <p>7.7%</p>	<p>772</p> <p>923</p> <p>7.2%</p>
<p><b>Week 4</b></p> <p>Beef &amp; Bean Burrito <b>Tortilla Chips (9-12)</b> <b>Or</b> Yogurt &amp; Blueberry Oat Muffin Plate <b>Tortilla Chips (9-12)</b></p> <p>Tomato Salsa Romaine Lettuce Mexican Corn Fresh Pear Canned Fruit Choice Milk Choice</p>	<p>Stromboli Squares <b>Garlic Breadstick (9-12)</b> <b>Or</b> Chicken Crispito</p> <p>Garden Salad Fresh Baby Carrots Fresh Plum Canned Fruit Choice Milk Choice</p>	<p>BBQ Beef on a Bun <b>Or</b> Grilled Chicken Sandwich</p> <p>Fresh Snow Peas Baked Beans Fresh Watermelon <b>Royal Brownie (6-12)</b> Canned Fruit Choice Milk Choice</p>	<p>Turkey &amp; Cheese Sub Sandwich <b>Or</b> Hamburger on a Bun</p> <p>Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Applesauce Fresh Fruit Choice Milk Choice</p>	<p>Country Style Beef Pattie <b>Whole Wheat Roll (6-12)</b> <b>Or</b> Cheese Pizza</p> <p>Mashed Potatoes &amp; Gravy Steamed Broccoli Fresh Orange Canned Fruit Choice Milk Choice</p>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p>613</p> <p>782</p> <p>7.6%</p>	<p>655</p> <p>821</p> <p>7.5%</p>	<p>780</p> <p>870</p> <p>6.9%</p>

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## Adapting Menus to Meet Your Needs

The *Healthier Kansas Menus with Alternate Entrées* 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 with Alternate Entrées* and the accompanying nutrient analysis, the following criteria were used:

- ◆ Menus follow the Nutrition Standards for School Meals including Target 2 for sodium limits.
- ◆ 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.
- ◆ Nutrient analysis reflects the same number of Alternate Entrées served each day.

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 with Alternate Entrées* production records. When it comes to serving condiments, less is better.
- ◆ Offer a fruit choice each day – when using *Healthier Kansas Menus with Alternate Entrées*, this is required for grades 9-12 to meet the minimum daily requirement and is encouraged for grades K-5 and 6-8. Select an additional fruit or choice of fruits to offer each day.
  - Note: *Healthier Kansas Menus with Alternate Entrées* include a "Fruit Choice" each day. If a fresh fruit is included on the planned menu, the fruit choice could be canned or frozen. If there is not a sufficient amount of fresh fruits or vegetables on the menu for the day, make sure the optional fruit is a fresh fruit.

### ***Adapting Recipes & Purchased Product Specifications***

At times it may not be possible to follow the *Healthier Kansas Menus with Alternate Entrées* 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.
  - Sometimes a fruit on the menu is not in season or is particularly expensive that week. Substitute foods from the same food group, i.e. substitute a fruit for a different fruit.
  - Sometimes a vegetable on the menu is not in season or is particularly expensive that week. Substitute vegetables from the same vegetable sub-group, i.e. substitute celery sticks for snap peas or a different vegetable from the "other" sub-group.
  - Substitute equal portion sizes. For example, replace two 1-oz rolls with 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.
  - Substitute foods from the same food groups, i.e. substitute a different Nut Butter & Jelly Sandwich for the Peanut Butter & Jelly Sandwich.

**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 with Alternate Entrées*, 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](http://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

### *2015 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 revised, the 2015 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.

