



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.

Spring Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p>Week 1</p> <p>Hot Ham & 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 Whole Wheat Roll (9-12)</p> <p>Broccoli Florets Cherry Tomatoes Fruit Cocktail Fresh Fruit Choice Milk Choice</p>	<p>Taco Burger on a Bun Tortilla Chips (6-12) Or Fruit, Yogurt & Granola Parfait Tortilla Chips (6-12)</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 & 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 & Jelly Sandwich</p> <p>Mashed Potatoes & Gravy Steamed Asparagus Fresh Peach Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>649</p> <p>890</p> <p>8.5%</p>	<p>683</p> <p>858</p> <p>8.4%</p>	<p>759</p> <p>910</p> <p>7.6%</p>
<p>Week 2</p> <p>Sweet and Sour Chicken Nuggets Seasoned Brown Rice Or Yogurt & 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 Cherry Crisp (6-12) Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>627</p> <p>706</p> <p>8.8%</p>	<p>664</p> <p>722</p> <p>8.6%</p>	<p>790</p> <p>772</p> <p>8.8%</p>

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Spring Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p>Week 3</p> <p>Chicken Tetrizzini Garlic Bread Or 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 Or Popcorn Chicken Whole Wheat Roll (9-12)</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 Or Fruit, Yogurt & Granola Parfait</p> <p>Hash Brown Patty Green Beans Fresh Raspberries Canned Fruit Choice Milk Choice</p>	<p>Baked Chicken Drumstick w/ Savory Rice & Oatmeal Roll Or Turkey & Cheese Sub Sandwich</p> <p>Fresh Broccoli Cherry Tomatoes Fresh Grapes Canned Fruit Choice Milk Choice</p>	<p>Yummy Sloppy Joe on a Bun Or Peanut Butter & Jelly Sandwich</p> <p>Roasted Red Potatoes Edamame Fresh Peach Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</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>Week 4</p> <p>Beef & Bean Burrito Tortilla Chips (9-12) Or Yogurt & Blueberry Oat Muffin Plate Tortilla Chips (9-12)</p> <p>Tomato Salsa Romaine Lettuce Mexican Corn Fresh Pear Canned Fruit Choice Milk Choice</p>	<p>Stromboli Squares Garlic Breadstick (9-12) Or Chicken Crispito</p> <p>Garden Salad Fresh Baby Carrots Fresh Plum Canned Fruit Choice Milk Choice</p>	<p>BBQ Beef on a Bun Or Grilled Chicken Sandwich</p> <p>Fresh Snow Peas Baked Beans Fresh Watermelon Royal Brownie (6-12) Canned Fruit Choice Milk Choice</p>	<p>Turkey & Cheese Sub Sandwich Or 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 Whole Wheat Roll (6-12) Or Cheese Pizza</p> <p>Mashed Potatoes & Gravy Steamed Broccoli Fresh Orange Canned Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</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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