
Healthier Kansas Menus



APPENDICES

Child Nutrition & Wellness, Kansas State
Department of Education
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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	Fractional Equivalent	Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent
.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 cups	1 gallon of water	= 8 lbs. or 128 ounces
1 quart	= 4 cups or 2 pints	1 quart of water	= 2 lbs. or 32 ounces
1 pint	= 2 cups	1 pint of water	= 16 ounces
1 cup	= 16 tablespoons	1 cup of water	= 8 ounces
1 Tablespoon	= 3 teaspoons	1 tablespoon of water	= 1/2 ounce

Healthier Kansas Menus Nutrient Analysis

The following pages detail the nutrient content of menu items, daily meals and weekly menus of *Healthier Kansas Menus*. The analysis was completed using Nutri-Kids Menu Planning software, version 14.53. The analysis was completed based on the following assumptions and practices:

- ◆ Production records, food specifications and recipes are followed.
- ◆ All students take all items. (Serve)
- ◆ No seconds or alternate menu items are served.
- ◆ 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); Hash Brown Patty (Simplot 10071179430018); Pork Rib (Advance Pierre 44-531-0); Corn Dog, Whole Grain (Foster Farms 92124)

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)

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 Nutrient Analysis – Fall Week 1

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	603	1250	5.8%
Tuesday	598	1155	6.7%
Wednesday	797	1217	7.9%
Thursday	576	984	15.4%
Friday	652	721	5.8%

Nutrient	Weekly Menu Avg	Target
Calories	645	550-650
Sodium (Mg)	1066	≤1230
% of Total Calories from Saturated Fat	8.2%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	603	1250	5.8%
Tuesday	598	1155	6.7%
Wednesday	797	1217	7.9%
Thursday	677	1101	13.6%
Friday	782	839	5.2%

Nutrient	Weekly Menu Avg	Target
Calories	692	600-700
Sodium (Mg)	1113	≤1360
% of Total Calories from Saturated Fat	7.8%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	641	1250	5.5%
Tuesday	840	1383	7.3%
Wednesday	865	1228	7.3%
Thursday	743	1102	12.4%
Friday	850	849	4.8%

Nutrient	Weekly Menu Avg	Target
Calories	788	750-850
Sodium (Mg)	1162	≤1420
% of Total Calories from Saturated Fat	7.4%	<10%

KSDE Healthier Kansas Menus Nutrient Analysis – Fall Week 2

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	715	1372	6.4%
Tuesday	699	1227	3.2%
Wednesday	627	623	5.4%
Thursday	584	976	6.1%
Friday	574	1191	7.2%

Nutrient	Weekly Menu Avg	Target
Calories	640	550-650
Sodium (Mg)	1078	≤1230
% of Total Calories from Saturated Fat	5.6%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	715	1372	6.4%
Tuesday	699	1227	3.2%
Wednesday	627	623	5.4%
Thursday	584	976	6.1%
Friday	645	1337	8.0%

Nutrient	Weekly Menu Avg	Target
Calories	654	600-700
Sodium (Mg)	1107	≤1360
% of Total Calories from Saturated Fat	5.8%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	843	1498	6.7%
Tuesday	1028	1724	3.4%
Wednesday	826	724	4.8%
Thursday	652	986	5.5%
Friday	843	1578	8.2%

Nutrient	Weekly Menu Avg	Target
Calories	839	750-850
Sodium (Mg)	1302	≤1420
% of Total Calories from Saturated Fat	5.6%	<10%

KSDE Healthier Kansas Menus Nutrient Analysis – Fall Week 3

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	655	1189	6.9%
Tuesday	610	893	12.7%
Wednesday	700	1313	6.2%
Thursday	540	1172	8.4%
Friday	675	926	7.3%

Nutrient	Weekly Menu Avg	Target
Calories	636	550-650
Sodium (Mg)	1099	≤1230
% of Total Calories from Saturated Fat	8.2%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	655	1189	6.9%
Tuesday	610	893	12.7%
Wednesday	700	1313	6.2%
Thursday	540	1172	8.4%
Friday	675	926	7.3%

Nutrient	Weekly Menu Avg	Target
Calories	636	600-700
Sodium (Mg)	1099	≤1360
% of Total Calories from Saturated Fat	8.2%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	698	1190	6.6%
Tuesday	818	919	12.7%
Wednesday	766	1314	5.7%
Thursday	830	1298	8.9%
Friday	741	927	6.7%

Nutrient	Weekly Menu Avg	Target
Calories	771	750-850
Sodium (Mg)	1129	≤1420
% of Total Calories from Saturated Fat	8.2%	<10%

KSDE Healthier Kansas Menus Nutrient Analysis – Fall Week 4

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	651	887	10.7%
Tuesday	604	1175	6.6%
Wednesday	770	1092	5.8%
Thursday	568	1307	5.8%
Friday	649	1157	13.7%

Nutrient	Weekly Menu Avg	Target
Calories	648	550-650
Sodium (Mg)	1124	≤1230
% of Total Calories from Saturated Fat	8.5%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	651	887	10.7%
Tuesday	604	1175	6.6%
Wednesday	770	1092	5.8%
Thursday	568	1307	5.8%
Friday	760	1277	12.1%

Nutrient	Weekly Menu Avg	Target
Calories	671	600-700
Sodium (Mg)	1148	≤1360
% of Total Calories from Saturated Fat	8.3%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	722	889	9.7%
Tuesday	864	1312	8.5%
Wednesday	838	1102	5.3%
Thursday	887	1489	5.4%
Friday	859	1316	10.7%

Nutrient	Weekly Menu Avg	Target
Calories	834	750-850
Sodium (Mg)	1222	≤1420
% of Total Calories from Saturated Fat	7.9%	<10%

KSDE Healthier Kansas Menus Nutrient Analysis – Spring Week 1

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	667	1371	10.5%
Tuesday	507	921	6.9%
Wednesday	701	1241	8.3%
Thursday	699	1284	8.1%
Friday	668	1002	5.5%

Nutrient	Weekly Menu Avg	Target
Calories	648	550-650
Sodium (Mg)	1164	≤1230
% of Total Calories from Saturated Fat	7.9%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	667	1371	10.5%
Tuesday	507	921	6.9%
Wednesday	845	1287	10.0%
Thursday	699	1284	8.1%
Friday	673	1032	5.4%

Nutrient	Weekly Menu Avg	Target
Calories	678	600-700
Sodium (Mg)	1179	≤1360
% of Total Calories from Saturated Fat	8.3%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	733	1371	9.6%
Tuesday	575	931	6.1%
Wednesday	918	1298	9.3%
Thursday	870	1397	8.0%
Friday	745	1033	5.0%

Nutrient	Weekly Menu Avg	Target
Calories	768	750-850
Sodium (Mg)	1206	≤1420
% of Total Calories from Saturated Fat	7.7%	<10%

KSDE Healthier Kansas Menus Nutrient Analysis – Spring Week 2

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	658	1383	4.9%
Tuesday	654	1041	13.4%
Wednesday	635	935	10.8%
Thursday	765	1362	8.0%
Friday	539	627	10.2%

Nutrient	Weekly Menu Avg	Target
Calories	650	550-650
Sodium (Mg)	1070	≤1230
% of Total Calories from Saturated Fat	9.4%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	658	1383	4.9%
Tuesday	654	1041	13.4%
Wednesday	635	935	10.8%
Thursday	765	1362	8.0%
Friday	710	694	9.2%

Nutrient	Weekly Menu Avg	Target
Calories	685	600-700
Sodium (Mg)	1083	≤1360
% of Total Calories from Saturated Fat	9.2%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	724	1384	4.5%
Tuesday	967	1322	14.3%
Wednesday	703	945	9.8%
Thursday	833	1372	7.4%
Friday	778	704	8.4%

Nutrient	Weekly Menu Avg	Target
Calories	801	750-850
Sodium (Mg)	1145	≤1420
% of Total Calories from Saturated Fat	9.2%	<10%

KSDE Healthier Kansas Menus Nutrient Analysis – Spring Week 3

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	627	923	6.2%
Tuesday	687	1017	10.6%
Wednesday	548	865	6.7%
Thursday	570	583	4.6%
Friday	755	899	6.3%

Nutrient	Weekly Menu Avg	Target
Calories	637	550-650
Sodium (Mg)	857	≤1230
% of Total Calories from Saturated Fat	7.0%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	627	923	6.2%
Tuesday	687	1017	10.6%
Wednesday	682	1046	6.3%
Thursday	564	578	4.6%
Friday	755	899	6.3%

Nutrient	Weekly Menu Avg	Target
Calories	663	600-700
Sodium (Mg)	893	≤1360
% of Total Calories from Saturated Fat	6.9%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	815	1082	6.0%
Tuesday	760	1028	9.6%
Wednesday	828	1172	6.1%
Thursday	726	650	4.9%
Friday	793	899	6.0%

Nutrient	Weekly Menu Avg	Target
Calories	784	750-850
Sodium (Mg)	966	≤1420
% of Total Calories from Saturated Fat	6.5%	<10%

KSDE Healthier Kansas Menus Nutrient Analysis – Spring Week 4

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	596	743	4.1%
Tuesday	582	1203	8.0%
Wednesday	777	1619	7.0%
Thursday	636	1446	7.8%
Friday	573	758	9.0%

Nutrient	Weekly Menu Avg	Target
Calories	633	550-650
Sodium (Mg)	1154	≤1230
% of Total Calories from Saturated Fat	7.2%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	596	743	4.1%
Tuesday	582	1203	8.0%
Wednesday	907	1707	6.8%
Thursday	636	1446	7.8%
Friday	684	877	8.0%

Nutrient	Weekly Menu Avg	Target
Calories	681	600-700
Sodium (Mg)	1195	≤1360
% of Total Calories from Saturated Fat	6.9%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	808	769	6.4%
Tuesday	753	1347	7.2%
Wednesday	973	1708	6.4%
Thursday	709	1457	7.0%
Friday	750	878	7.3%

Nutrient	Weekly Menu Avg	Target
Calories	798	750-850
Sodium (Mg)	1232	≤1420
% of Total Calories from Saturated Fat	6.8%	<10%

Notes