



# Healthier Kansas Menus – LUNCH CYCLE MENU



Updated September 2014

**Please Note:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.  
 Reduced fat dressing is served with salads and fresh vegetables.  
 All Grain items are Whole Grain Rich.

## Fall Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Week 1</b></p> <p>Pig in a Blanket            Roasted Red Potatoes            Broccoli w/Cheese            Fresh Apple Slices</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Chicken Wrap            Spanish Brown Rice            Romaine Lettuce            Tomato Slice            Sautéed Zucchini            Tropical Fruit  <b>Oatmeal Cookie (9-12)</b></p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Spaghetti w/            Meat Sauce            Garlic Bread            Garden Salad            Green Beans            Mandarin Oranges</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Taco Salad            Tortilla Chips            &amp; Tomato Salsa            Refried Beans            Fresh Watermelon  <b>Cinnamon Puff (6-12)</b></p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Chicken &amp; Noodles  <b>Whole Wheat Roll &amp; Honey (6-12)</b>            Mashed Potatoes            Fresh Baby Carrots            Fresh Grapes</p> <p>Fruit Choice - Fresh            Milk Choice</p>
<p><b>Week 2</b></p> <p>Mini Meatball Sub            Ranch Potato Wedges            Tossed Salad            Fresh Peach</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>BBQ Chicken Drumstick            Whole Wheat Roll &amp; Jelly            Baked Beans            Creamy Cole Slaw            Apricot Halves</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>White Chicken Chili            Cornbread Muffin            Cherry Tomatoes            Cucumber Slices            Fresh Banana</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Cheese Pizza            Broccoli Florets            Fresh Baby Carrots            Fresh Citrus Fruit Cup</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Biscuits &amp; Gravy  <b>Sausage Patty (6-12)</b>            Fresh Sugar Snap Peas            Hash Brown Patty            Fresh Plum</p> <p>Fruit Choice - Canned            Milk Choice</p>

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## Fall Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Week 3</b></p> <p>Pork Rib on a Bun            Dark Green Leaf Lettuce &amp; Tomato Slice            Sweet Potato Puffs            Fresh Apple</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Taco Soup            Tortilla Chips &amp; Tomato Salsa            Broccoli Florets            Fresh Strawberries</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Corn Dog            Green Beans            Tater Tots            Fruit Cocktail            Snickerdoodle</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Chicken Quesadilla  <b>Tortilla Chips (9-12) Black Bean &amp; Corn Salsa (9-12)</b>            Refried Beans            Fresh Cantaloupe</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Cowboy Cavatini            Whole Wheat Roll &amp; Jelly            Seasoned Corn            Garden Salad            Fresh Orange</p> <p>Fruit Choice - Fresh            Milk Choice</p>
<p><b>Week 4</b></p> <p>Hamburger on a Bun            Dark Green Leaf Lettuce            Tomato Slice            Oven Fries            Strawberries &amp; Bananas</p> <p>Fruit Choice - Fresh            Milk Choice</p>	<p>Chili  <b>Tortilla Chips (9-12)</b>            Red Bell Pepper Strips            Fresh Peach            Cinnamon Roll</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Chicken Nuggets            Whole Wheat Roll &amp; Jelly            Mashed Potatoes &amp; Gravy            Tossed Salad            Fresh Pear</p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Baked Ham            Angel Biscuit &amp; Jelly            Apple Glazed Sweet Potatoes            Green Beans            Fresh Grapes  <b>Honey Apple Crisp (9-12)</b></p> <p>Fruit Choice - Canned            Milk Choice</p>	<p>Macaroni &amp; Cheese            Meatballs  <b>Whole Wheat Bread &amp; Jelly (6-12)</b>            Seasoned Peas            Fresh Baby Carrots            Apple Salad</p> <p>Fruit Choice - Canned            Milk Choice</p>

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