



# 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	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<b>Week 1</b> Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fresh Apple Slices  Fruit Choice - Canned Milk Choice	Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Sautéed Zucchini Tropical Fruit <b>Oatmeal Cookie (9-12)</b>  Fruit Choice - Fresh Milk Choice	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges  Fruit Choice - Canned Milk Choice	Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon <b>Cinnamon Puff (6-12)</b>  Fruit Choice - Canned Milk Choice	Chicken & Noodles <b>Whole Wheat Roll &amp; Honey (6-12)</b> Mashed Potatoes Fresh Baby Carrots Fresh Grapes  Fruit Choice - Fresh Milk Choice	<b>Calories</b>	<b>645</b>	<b>692</b>	<b>788</b>
					<b>Sodium (mg)</b>	<b>1066</b>	<b>1113</b>	<b>1162</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>8.2%</b>	<b>7.8%</b>	<b>7.4%</b>
<b>Week 2</b> Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Peach  Fruit Choice - Canned Milk Choice	BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans Creamy Cole Slaw Apricot Halves  Fruit Choice - Fresh Milk Choice	White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Banana  Fruit Choice - Canned Milk Choice	Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup  Fruit Choice - Canned Milk Choice	Biscuits & Gravy <b>Sausage Patty (6-12)</b> Fresh Sugar Snap Peas Hash Brown Patty Fresh Plum  Fruit Choice - Canned Milk Choice	<b>Calories</b>	<b>640</b>	<b>654</b>	<b>839</b>
					<b>Sodium (mg)</b>	<b>1078</b>	<b>1107</b>	<b>1302</b>
					<b>% of Total Calories from Sat. Fat</b>	<b>5.6%</b>	<b>5.8%</b>	<b>5.6%</b>

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## 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            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)</b>  <b>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>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>636</b></p> <p><b>1099</b></p> <p><b>8.2%</b></p>	<p><b>636</b></p> <p><b>1099</b></p> <p><b>8.2%</b></p>	<p><b>771</b></p> <p><b>1129</b></p> <p><b>8.2%</b></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>	<p><b>Calories</b></p> <p><b>Sodium (mg)</b></p> <p><b>% of Total Calories from Sat. Fat</b></p>	<p><b>648</b></p> <p><b>1124</b></p> <p><b>8.5%</b></p>	<p><b>671</b></p> <p><b>1148</b></p> <p><b>8.3%</b></p>	<p><b>834</b></p> <p><b>1222</b></p> <p><b>7.9%</b></p>

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