



Healthier Kansas Menus – 4-WEEK CYCLE LUNCH MENU



PLEASE NOTE: Milk choice includes a choice of non-fat or 1% milk. Reduced fat dressing is served with salads and fresh vegetables. Fruit choices and alternate entrees are not included in the analysis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
<p>WEEK 1</p> <p>Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Pumpkin Bar</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Chicken Wrap Lettuce & Tomato Spanish Rice Steamed Carrots Tropical Fruit</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey & Cheese Sub</p>	<p>Spaghetti w/ Meat Sauce Garden Spinach Salad French Garlic Bread Sliced Peaches</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick</p>	<p>Taco Salad Whole Grain Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pineapple Rings</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun</p>	<p>Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt & Muffin Plate</p>	<p>Elementary</p> <p>Calories 735 Cholesterol (Mg) 72 Sodium (Mg) 1308 Fiber (G) 7.50 Iron (Mg) 5.05 Calcium (Mg) 463.9 Vitamin A (IU) 3634 Vitamin C (Mg) 28.63 Protein (G) 32.27 Carbohydrate (G) 104.22 Total Fat (G) 21.69 Saturated Fat (G) 5.78</p>	<p>Secondary</p> <p>857 75 1500 10.14 6.57 494.8 4/22 44.65 35.88 125.73 24.83 6.49</p>
<p>WEEK 2</p> <p>Hamburger on a Bun Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey & Cheese Sub</p>	<p>Chili Whole Grain Corn Chips Celery & Cucumbers Cinnamon Roll Orange Smiles</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick</p>	<p>Pork Rib on a Bun Tri-Tater Corn Fresh Kiwi Cherry Crisp</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun</p>	<p>Macaroni & Cheese Smokies Seasoned Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt & Muffin Plate</p>	<p>Calories 776 Cholesterol (Mg) 57 Sodium (Mg) 1433 Fiber (G) 8.67 Iron (Mg) 5.29 Calcium (Mg) 484.2 Vitamin A (IU) 3255 Vitamin C (Mg) 37.59 Protein (G) 30.33 Carbohydrate (G) 110.21 Total Fat (G) 25.81 Saturated Fat (G) 6.53</p>	<p>907 60 1691 11.52 6.26 524.2 4427 59.58 34.22 131.61 29.65 7.46</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
WEEK 3						
Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Pudding	Sausage Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Banana	Taco Burger on a Bun Lettuce & Tomato Refried Beans Black Bean & Corn Salsa w/ Whole Grain Corn Tortilla Chips Sliced Pears Chocolate Chip Cookie	Italian Pasta Bake Green Pepper Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly Applesauce Royal Brownie	Chicken Pattie Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly Orange Wedges	Elementary	Secondary
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Calories 753	899
					Cholesterol (Mg) 58	58
					Sodium (Mg) 1438	1609
					Fiber (G) 8.21	10.34
					Iron (Mg) 5.06	6.19
					Calcium (Mg) 531.5	555.0
					Vitamin A (IU) 2377	3078
					Vitamin C (Mg) 30.13	46.95
					Protein (G) 32.64	35.19
					Carbohydrate (G) 105.01	131.97
					Total Fat (G) 22.93	26.63
					Saturated Fat (G) 6.42	7.07
<u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich	<u>Alternate Entrée:</u> Turkey & Cheese Sub	<u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	<u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun	<u>Alternate Entrée:</u> Yogurt & Muffin Plate		
WEEK 4						
Beef & Bean Burrito Lettuce & Tomato Mexican Corn Salsa & Whole Grain Corn Tortilla Chips Honey Apple Crisp	Stromboli Green Beans Fresh Carrots Strawberry Shortcake	BBQ Beef on a Bun Cheesy Potatoes Baked Beans Orange Smiles Oatmeal Cookie	Turkey & Cheese Sub Romaine Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks	Country Style Beef Pattie Mashed Potatoes & Gravy California Blend Vegetables Wheat Roll & Jelly Banana	Calories 764	855
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Cholesterol (Mg) 53	54
					Sodium (Mg) 1482	1637
					Fiber (G) 8.23	10.47
					Iron (Mg) 4.90	5.65
					Calcium (Mg) 496.6	514.0
					Vitamin A (IU) 2496	3161
					Vitamin C (Mg) 28.33	38.93
					Protein (G) 30.84	33.03
					Carbohydrate (G) 113.30	131.73
					Total Fat (G) 22.22	23.72
					Saturated Fat (G) 7.23	7.58
<u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich	<u>Alternate Entrée:</u> Turkey & Cheese Sub	<u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	<u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun	<u>Alternate Entrée:</u> Yogurt & Muffin Plate		