
Healthier Kansas Menu



APPENDICES

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Kansas State Department of Education
2009

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This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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Optional Fruit Choice Purchasing & Portioning Guide

Healthier Kansas Menus include an optional fruit choice. The fruit choice allows for the menus to meet the Kansas Wellness Policy Exemplary Guideline of offering at least 4 fruit or vegetable choices each day. For fresh, canned and frozen fruit choices, refer to Yield Chart 5-A for serving sizes, components, and amounts to purchase for 100 servings.

FRUIT INGREDIENTS	K-6 Portion Size	K-6 Amount to Order per 100 Servings	7-12 Portion Size	7-12 Amount to Order per 100 Servings
Fresh Citrus Fruit Cup (HKM Recipe 134):	2 oz spoodle		3 oz spoodle	
Mandarin Oranges, canned in light syrup		1 #10 can		1 ½ #10 can
Bananas, fresh AP		5 lb		7.5 lb
Apples, fresh, AP		2 lb		3 lb
Grapes, fresh AP		2 lb		3 lb
Fresh Mixed Fruit Cup (HKM Recipe 183):	2 oz spoodle		3 oz spoodle	
Apples, fresh, AP		3.13 lb		4.63 lb
Bananas, fresh, AP		5.13 lb		7.75 lb
Fruit Cocktail, canned, light syrup or juice, drained		1 #10 can		1.5 #10 cans
Pineapple with Sliced Bananas (HKM Recipe 141):	2 oz spoodle		3 oz spoodle	
Pineapple Chunks, canned in juice		2.5 #10 cans		3.75 #10 cans
Bananas, fresh AP		3 lbs		4.5 lb

Chart 1 – Yields for Selected Meat/Meat-Alternates

<i>Food Item (1)</i>	<i>Purchase Unit (2)</i>	<i>Yield M/MA in 1 oz. Serving (3)</i>	<i>Purchase Units for 100 2 oz. Servings (4)</i>	<i>Amount to meet 2 oz. M/MA Requirement (5)</i>	<i>Additional Yield Information (6)</i>
BEANS, refried, canned ¹	No. 10 can	49.6	4.2 cans	1/2 c.	1 can = approx. 12.2 c. beans
refried, dehydrated ¹	1 lb	20.5	9.8 lbs.	1.6 oz.	1 lb dehydrated AP = approx. 5 c. rehydrated
BEANS, kidney, canned, drained ¹	No. 10 can	38.9	5.2 cans	1/2 c.	1 can = approx. 9.7 c. drained beans
pinto, canned, drained ¹	No. 10 can	37.2	5.4 cans	1/2 c.	1 can = approx. 9.3 c. drained beans
red, canned, drained ¹	No. 10 can	31.9	6.4 cans	1/2 c.	1 can = approx. 8 c. drained beans
black, canned, drained ¹	No. 10 can	27.8	7.2 cans	1/2 c.	1 can = approx. 7 c. drained beans
pinto, dry ¹	1 lb.	21.0	9.6 lbs.	1.5 oz.	1.84 cups dry pinto AP= approx.1 quart cooked
navy, dry ¹	1 lb.	23.9	8.4 lbs.	1.3 oz.	1.5 cups dry navy AP= approx.1 quart cooked
BEANS, baked in sauce, vegetarian ¹	No. 10 can	47.1	4.4 cans	1/2 c.	1 can = approx. 11.75 cups beans with sauce
BEEF, ground, no more than 26% fat	1 lb.	11.5	17.4 lbs.	2.8 oz.	1 lb. AP = 0.72 lb. cooked meat
canned	1 lb.	8.1	24.6 lbs.	4.0 oz	1 lb. AP = 0.51 lb. heated meat
brisket, corned, boneless	1 lb.	11.2	18.0 lbs.	2.9 oz.	1 lb. AP = 0.70 lb. cooked meat
roast, cooked, boneless	1 lb.	16	12.5 lbs.	2.0 oz.	1 lb. AP = 1 lb. cooked meat
roast, round or chuck, boneless	1 lb.	9.8	20.6 lbs.	3.3 oz.	1 lb. AP = 0.61 lb. cooked meat
roast, rump, boneless	1 lb.	10.8	18.6 lbs.	3.0 oz.	1 lb. AP = 0.68 lb. cooked meat
stew meat	1 lb.	9.8	20.6 lbs.	3.3 oz.	1 lb. AP = 0.61 lb. cooked meat
steak, round, boneless	1 lb.	11.2	18.0 lbs.	2.9 oz.	1 lb. AP = 0.70 lb. cooked meat
CHEESE, American, Cheddar, Mozzarella					
Swiss, or Parmesan	1 lb.	16	12.5 lbs.	2 oz.	1 lb. = approx. 4 c. shredded cheese
cheese alternate	1 lb.	16	12.5 lbs.	2.oz	1 lb. = approx. 4 c. shredded cheese
cottage	1 lb.	8	25.0 lbs.	4 oz.	1/2 c. = 2 oz. serving M/MA.
CHICKEN, ground	1 lb.	11.2	18.0 lbs.	2.9 oz.	1 lb. AP = 0.70 lb cooked meat
whole, fresh or frozen, raw	1 lb.	7	28.6 lbs.	4.6 oz.	1 lb. AP = 0.44 lb. cooked meat
Chicken parts, raw					
breast, with skin and without backs	1 lb.	10.2	19.8 lbs.	3.1 oz.	6.1 oz breast= 4 oz cooked meat
drumstick, with bone and skin	1 lb.	7.8	25.6 lbs.	4.1 oz.	3.7 oz drumstick = 1.8 oz cooked meat
thigh, with bone and skin	1 lb.	8.3	24.2 lbs.	3.9 oz.	4 oz thigh = 2 oz cooked meat
chicken, boneless, with skin	1 lb.	11.2	18.0 lbs.	2.9 oz	1 lb. AP = 0.70 lb cooked meat.
breast, boneless, w/o skin	1 lb	11.6	17.4 lbs.	2.8 oz.	1 lb AP = 0.73 lb cooked meat
Canned, boned, in broth, drained	1 lb.	11.5	17.4 lbs.	2.8 oz.	1 lb AP = .72 oz cooked meat
	50 oz can	36	5.55 cans	2.8 oz	50 oz can = approx. 36 oz cooked meat
Cooked, pulled, frozen	1 lb.	16	12.6 lbs.	2 oz.	1 lb. AP = 1 lb. cooked meat
EGGS, dried, whole	1 lb.	64	3.2 lbs.	0.5 oz.	1 lb. AP = approx. 5 1/3 c
shell, large	1 dozen	24	8.5 dozen	1.8 oz	1 qt. = 19 large eggs
shell, large	1 egg	2	8.5 dozen	1 egg	
frozen, whole	1 lb.	18	11.2 lbs.	1.8 oz.	1 lb. frozen = 9 whole large eggs

Chart 1 – Yields for Selected Meat/Meat-Alternates, continued

<i>Food Item</i>	<i>Purchase Unit</i>	<i>Yield M/MA in 1 oz. Serving</i>	<i>Purchase Units for 100 2 oz. Servings</i>	<i>Amount to meet 2 oz M/MA Requirement</i>	<i>Additional Yield Information</i>
(1)	(2)	(3)	(4)	(5)	(6)
FISH, frozen, raw, unbreaded	1 lb.	11.2	18.0 lbs.	2.9 oz.	1 lb. AP = 0.70 lb. cooked fish
tuna, canned, chunk, drained	66.5 oz. can	51.2	4.0 cans	2.6 oz.	1 can = 51 oz., drained
PEANUT BUTTER or other nut or seed butters	1 lb. 1 c.	14.4 8	14 lbs. 25 cups	2.2 oz. ¼ c.	
PEANUTS, soy nuts, tree nuts or seeds ²	1 lb.	16	6.3 lbs. ²	NA ²	
PORK, ground, no more than 26% fat	1 lb.	11.5	17.4 lbs.	2.8 oz.	1 lb. AP = 0.72 lb. cooked meat
chops, with bone	1 lb.	7.2	27.8 lbs.	4.4 oz.	1 lb. AP = 0.45 lb. cooked meat
ham, canned	1 lb.	10.2	19.8	2.4 oz.	1 lb. AP = 0.64 lb. cooked meat
ham, boneless, water added	1 lb.	13.1	15.4 lbs.	2.4 oz.	1 lb. AP = 0.82 lb. cooked meat;
sausage, bulk, link or patty	1 lb.	7.5	26.6 lbs.	4.3 oz.	1 lb. AP = 0.47 lb. cooked meat
Italian sausage	1 lb.	9.9	20.2 lbs.	3.2 oz.	1 lb. AP = 0.62 lb. cooked meat
TURKEY, ground	1 lb.	11.2	18.0 lbs.	2.9 oz.	1 lb. AP = 0.70 lb. cooked meat
ham	1 lb.	11.2	18.0 lbs.	2.9 oz.	1 lb. AP = 0.70 lb. cooked meat
breast, with bone, ready-to-cook	1 lb.	10.2	19.8 lbs.	3.1 oz.	1 lb. AP = 0.64 lb. cooked meat
roast, cooked, boneless	1 lb.	16	12.6 lbs.	2.0 oz.	1 lb. AP = 1 lb. cooked meat
whole, boneless, ready-to-cook	1 lb.	11.2	17.9 lbs.	2.9 oz.	1 lb. AP = 0.70 lb. cooked meat
whole, ready to cook	1 lb.	8.5	23.6 lbs.	3.8 oz.	1 lb. AP = 0.53 lb. cooked meat
YOGURT, plain or flavored ³	1 lb.	4	50.0 lbs.	8.0 oz.	1/2 c. = 2 oz. M/MA
MISC.					
Bologna ⁴	1 lb.	16	12.5 lbs.	2.0 oz.	
Frankfurters, ⁴ Vienna sausage	1 lb.	16	12.5 lbs.	2.0 oz.	
Buffalo	1 lb.	11.5	17.4 lbs.	2.8 oz.	1 lb AP = 0.72 lb cooked meat

AP = as purchased

- 1 Beans cannot be counted for both meat/meat-alternate and fruit/vegetable in the same meal.
- 2 Nuts and seeds may be used to meet no more than 50% of the meat/meat-alternate requirement.
- 3 For yogurt to be credible towards M/MA, a minimum of 2 oz. (1/4 cup) yogurt must be offered (2 oz yogurt = 1/2 oz. M/MA).
- 4 Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts. Cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CRR 210, 220, 225, and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

Chart 2A – Yields for Selected Fruits

<i>Food Item</i> (1)	<i>Unit</i> (2)	<i>Cups per</i> <i>Unit Measure</i> (3)	<i>100</i> <i>1/4-cup</i> <i>Servings</i> (4)	<i>USDA Food</i> <i>Buying Guide</i> <i>Reference</i> (5)
APPLES, raw, pared	1 lb.	2.9 c.	8.8 lbs.	2-7
dehydrated	1 lb.	5.3 c.	4.8 lbs.	2-7
fresh, whole (approx. 5.1 oz.)	1 size 100	1.3 c.	20 apples	2-7
fresh, whole (approx. 4.3 oz.)	1 size 125-138	1.0 c.	25 apples	2-7
BANANAS, fresh regular	1 lb. EP	1.8 c.	14.2 lbs.	2-12
fresh, regular	1 lb. AP	1.3 c.	18.6 lbs.	2-12
fresh, petite	1 petite banana	.4 c.	62.5 bananas	2-12
fresh	1 regular banana	.5 c.	50 bananas	2-12
CANTALOUPE, fresh	1 lb. AP	1.4 c.	17.5 lbs.	2-28
fresh	1/4 med. melon	.6 c.	10 med. melons	2-28
frozen	1 lb.	2.2 c.	12.9 lbs.	2-29
CHERRIES, frozen, with juice	1 lb.	2.9 c.	8.8 lbs.	2-33
GRAPEFRUIT, fresh	1 lb.	1.0 c.	25 lbs.	2-39
GRAPES, fresh	1 lb.	2.6 c.	9.6 lbs.	2-41
HONEYDEW MELON, frozen	1 lb.	2.2 c.	11.5 lbs.	2-42
KIWI, fresh 33-39 count	1 lb.	2.1 c.	12 lbs.	2-45
MIXED FRUIT, frozen	1 lb.	1.7 c.	15.3 lbs.	2-40
ORANGES, fresh	1 lb.	1.8 c.	14.3 lbs.	2-52
	1 size 113	.6 c.	40 oranges	2-52
	1 size 125	.6 c.	40 oranges	2-52
	1 size 138	.5 c.	50 oranges	2-52
PEACHES, fresh, medium	1 lb.	1.8 c.	14.7 lbs.	2-53
fresh, medium size 64 and 60	1 med. peach	.7 c.	36 peaches	2-53
frozen	1 lb.	1.8 c.	13.7 lbs.	2-56
PEARS, fresh, all sizes	1 lb.	2.0 c.	12.7 lbs.	2-56
fresh, small 150 count (approx. 4 oz.)	1 small pear	.5 c.	50 pears	2-56
PLUMS, fresh, purple, red or black	1 lb.	2.5 c.	9.4 lbs.	2-64
RAISINS	1 lb.	3.2 c.	8 lbs.	2-71
STRAWBERRIES, frozen, sweetened	1 lb.	1.8 c.	14.1 lbs.	2-77
fresh	1 lb.	2.6 c.	9.6 lbs.	2-77
WATERMELON, fresh	1 lb.	1.5 c.	16.4 lbs.	2-86
CANNED FRUIT	No. 10 can	12.0 c.	2.5 cans	
JUICE, concentrate	32 oz. can	16.0 c.	3.1 cans	2-43

AP = As Purchased EP = Edible Portion

Chart 2B – Yields for Selected Vegetables

<i>Food Item (1)</i>	<i>Unit (2)</i>	<i>Cups per Unit Measure (3)</i>	<i>100 1/4-cup Servings (4)</i>	<i>USDA Food Buying Guide Reference (5)</i>
BEANS or PEAS, dried	1 lb.	6.0 c.	4 lbs.	2-13-20
BEANS, frozen green, cut	1 lb.	3.0 c.	8.7 lbs.	2-16
BROCCOLI, frozen, cut	1 lb.	2.4 c.	10.5 lbs.	2-25
fresh, spears, trimmed, AP	1 lb.	4.3 c.	5.9 lbs.	2-26
fresh, florets, EP	1 lb.	7.2 c.	3.5 lbs.	2-25
CABBAGE, fresh, AP	1 lb.	4.4 c.	5.7 lbs.	2-27
shredded, ready to use	1 lb.	6.8 c.	3.8 lbs.	2-27
CARROTS, fresh, AP	1 lb.	2.5 c.	10 lbs.	2-29
frozen	1 lb.	2.5 c.	10 lbs.	2-31
baby, ready to use	1 lb.	3.3 c.	7.7 lbs.	2-30
carrots sticks, ready to use	1 lb.	3.9 c.	6.5 lbs.	2-30
CAULIFLOWER, raw, AP	1 lb.	3.1 c.	8.2 lbs.	2-31
fresh florets, ready to use	1 lb.	4.6 c.	5.5 lbs.	2-31
frozen	1 lb.	2.3 c.	10.9 lbs.	2-31
CELERY, fresh, trimmed	1 lb.	3.0 c.	8.5 lbs.	2-31
fresh sticks, ready to use	1 lb.	3.5 c.	7.2 lbs.	2-32
CORN, frozen	1 lb.	2.8 c.	9.1 lbs.	2-36
CORN-ON-COB, 3" cobbettes	1 lb.	1.1 c.	23.6 lbs.	2-36
3" cobbettes	1 piece	.25 c.	100 each	2-36
CUCUMBER, raw, unpared	1 lb.	3.1 c.	8.5 lbs.	2-38
LETTUCE, head, untrimmed, AP	1 lb.	5.6 c.	4.6 lbs.	2-45
SALAD MIX	1 lb.	6.6 c.	3.8 lbs.	2-46
MIXED VEGETABLES, frozen	1 lb.	2.0 c.	12.4 lbs.	2-85
MIXED VEGETABLES, frozen, with broccoli, cauliflower, carrot type blends	1 lb.	2.6 c.	9.4 lbs.	2-86
MUSHROOMS, fresh	1 lb.	4.7 c.	5.4 lb.	2-47
ONIONS, chopped, fresh	1 lb.	2.3 c.	10.8 lbs.	2-50
PEAS, frozen	1 lb.	2.4 c.	10.5 lbs.	2-58
PEAS AND CARROTS	1 lb.	2.7 c.	9.2 lbs.	2-59
PEPPERS, fresh, green, chopped	1 lb.	2.4 c.	10.4 lbs.	2-59
POTATOES, fresh, pared, cooked	1 lb.	2.2 c.	11.3 lbs.	2-66
fresh, baked, with skin, 120 count	1 lb.	1.3 c.	19.2 lbs.	2-66
frozen, diced, pre-cooked	1 lb.	2.2 c.	11.2 lbs.	2-67
french fries, frozen, curly	1 lb.	4.1	6.2 lbs.	2-69
french fries, frozen, straight cut, ovenable	1 lb.	3.5 c.	7.2 lbs.	2-69
french fries, frozen, straight cut, low-moisture	1 lb.	3.6 c.	7.1 lbs.	2-69
hash browns, frozen, preportioned 2.25 oz.	1 lb.	1.8 c.	14.1 lbs.	2-69
potato rounds, frozen	1 lb.	3.2 c.	7.9 lbs.	2-70
dehydrated granules	1 lb.	12.6 c.	2 lbs.	2-68
dehydrated slices	1 lb.	10.9 c.	2.3 lbs.	2-68
RADISHES, fresh	1 lb.	3.2 c.	7.9 lbs.	2-71
SOUP, canned tomato, vegetable, minestrone, bean	No. 3 Cyl.	2.9 c.	8.7 cans 1 c. prepared =.25 cup veg.	2-73
SPINACH, fresh, partly trimmed	1 lb.	7.7 c.	3.3 lbs.	2-74
frozen, chopped	1 lb.	1.4 c.	17.9 lbs.	2-75
TOMATOES, fresh, sliced	1 lb.	2.1 c.	11.8 lbs.	2-82
fresh, wedges	1 lb.	2.6 c.	9.7 lbs.	2-82
fresh, cherry	1 lb.	3.0 c.	8.3 lbs.	2-81
paste, canned	No. 10 can	48.0 c.	0.5 can	2-83
puree, canned	No. 10 can	24.0 c.	1.0 can	2-83
sauce, canned	No. 10 can	12.0 c.	2 cans	2-83
spaghetti sauce	No. 10 can	12.0 c.	2 cans	2-84
CANNED VEGETABLES	No. 10 can	12.0 c.	2.5 cans	

¹ Shaped, shredded potatoes available under brand names such as Tater Tots and Tater Gem

Chart 3 – Yields for Selected Grains/Breads (G/B)

Quantities Measured for Individual Servings					
<i>Grain/Bread (1)</i>	<i>Ounces per unit (2)</i>	<i>Grams per unit (3)</i>	<i>Grain/Bread (1)</i>	<i>Ounces per unit (2)</i>	<i>Grams per unit (3)</i>
Bagels	.9	25	Egg roll skins	.9	25
Barley	.9 oz dry or 1/2 cup cooked	25	English muffins	.9	25
Batter type coating	.9	25	French toast	2.2	63
Biscuits	.9	25	Grain fruit bars	2.2	63
Bread sticks – hard	.7	20	Granola bars - plain	1.8	50
Breading type coating	.7	20	Granola bars - with nuts, raisins, chocolate pieces and/or fruit	2.2	63
Breads - white, wheat, whole wheat, French, Italian	.9	25	Macaroni - all shapes	.9 oz dry or 1/2 cup cooked	25
Breakfast cereal, dry	1 oz or 3/4 cup which is less	28	Muffins - all	1.8	50
Breakfast cereal, cooked *	1.1 oz dry or 3/4 cup cooked	29	Noodles, egg - all varieties	.9 oz dry or 1/2 cup cooked	25
Brownies, plain	4.0	115	Pancakes - purchased	1.1	31
Bulgur (cracked wheat)	.9 oz dry or 1/2 cup cooked	25	Pasta - all shapes	.9 oz dry or 1/2 cup cooked	25
Buns - hamburger, hot dog	.9	25	Pie crust - all pies and turnovers	1.1	31
Cake - all varieties, frosted	4.0	115	Pita bread - white, wheat, whole wheat	.9	25
Cake - plain, unfrosted	2.7	75	Pizza crust	.9	25
Chow mein noodles	.7	20	Pretzels - hard	.7	20
Coffee cake	2.7	75	Pretzels - soft	.9	25
Cookies	1.1	31	Rice - enriched white or brown	.9 oz dry or 1/2 cup cooked	25
Cookies w/ nuts, raisins, chocolate pieces and or fruit purees	2.2	63	Rolls - white, wheat, whole wheat, potato	.9	25
Corn grits or meal	.9 oz dry or 1/2 cup cooked	25	Stuffing - dry	.7	20
Corn muffins	1.1	31	Sweet rolls - frosted	2.2	63
Cornbread	1.1	31	Sweet rolls - unfrosted	1.8	50
Crackers - graham (all shapes), animal crackers	.9	25	Taco shells	.9	25
Crackers - saltines and snack crackers	.7	20	Toaster pastry - frosted	2.2	63
Croissants	1.1	31	Toaster pastry - unfrosted	1.8	50
Croutons	.7	20	Tortilla chips - wheat or corn	.9	25
Doughnuts - cake or yeast, raised, unfrosted	1.8	50	Tortillas - wheat or corn	.9	25
Doughnuts - cake or yeast, raised, frosted or glazed	2.2	63	Waffles	1.1	31

Quantities Measured for Recipes	
<i>Grain/Bread (1)</i>	<i>Units per Pound Dry Weight (2)</i>
Flour, enriched, fortified, or whole grain	31.0
Barley; batter type coating; bulgur; corn grits or meal; graham crackers; macaroni; noodles; pasta; pizza crust; rice; rolled oats; tortillas; tortilla chips	17.7
Breading type coating; chow mein noodles; crackers; croutons; stuffing, dry	22.9

* Cooked cereal served at breakfast ¾ cup provides 1 unit grain/bread.

Chart 4 – Creditable Foods for School Lunches & Breakfasts, Page 1

<i>Meat and Meat Alternate</i>	<i>Commonly Used Vegetables and Fruits</i>		
<p>Cheese Cheddar, Mozzarella, Swiss, American, Cottage Cheese Alternate or Substitute Dry Beans Dry Peas Eggs - dry, whole, frozen Fish and shellfish Meat - canned, dried, fresh, frozen Beef Lamb Pork Veal Variety Meats Bologna Frankfurters Liver and other organ meats Knockwurst Nuts Peanut Butter Poultry - canned, fresh, frozen Chicken Turkey Seeds Protein-fortified, enriched macaroni (when mixed with meat, poultry, fish or cheese) Vegetable protein product (when mixed with meat, poultry and fish) Yogurt</p>	<p>Vegetables and fruits that are Sources of Vitamin A*</p> <p>Excellent Sources Carrots Pumpkin Spinach, cooked Sweet Potatoes</p> <p>Good Sources Apricots Broccoli Cantaloupe Peppers, sweet red Spinach, raw Vegetable Mixes containing carrots or broccoli Vegetable juices</p> <p>Fair Sources Asparagus, green Brussel Sprouts Cabbage, red Grapefruit, red or pink Lettuce, leafy green Mandarin Oranges Mango Papaya Peaches, canned Peas, regular or edible pod Purple Plums Tangerines Tomatoes Tomato Products (salsa, spaghetti sauce, paste, sauce) Watermelon Winter Squash (acorn, butternut, hubbard)</p>	<p>Vegetables and fruits that are Sources of Vitamin C**</p> <p>Excellent Sources Brussel sprouts Kiwi Grapefruit & Grapefruit juice Oranges & Orange Juice Papaya Chili Peppers, red and green Peaches, frozen Peppers, sweet, red and green Strawberries</p> <p>Good Sources Asparagus Broccoli Cabbage, red Cantaloupe Cauliflower Mango Tangelos Tomato Products (soup, juice, paste) Mandarin Oranges Tangerines</p> <p>Fair Sources Apricots Banana Cabbage Honeydew Melon Okra Peas Peaches, fresh Pineapple & Pineapple juice Potatoes, fresh or reconstituted instant mashed -Vitamin C restored Sauerkraut Spinach Sweet Potatoes Tomatoes & Tomato Products (sauce, salsa, spaghetti sauce) Watermelon</p>	<p>Other vegetables and fruits that may be used to provide essential nutrients and variety:</p> <p>Apples Applesauce Artichokes Avocados Bananas Beans, green, wax, lima, Beans, dry (refried, baked, kidney, etc.) Beans Bean sprouts Beets Berries (black, blue, etc.) Celery Cherries Chickpeas Corn Cranberries Cranberry sauce Cucumbers Dates Eggplant Figs Fruit cocktail Fruits for salads Fruit juices (apple, grape, pineapple, etc.) Grapes Jicama Lettuce, Iceberg Nectarines Mushrooms Olives Onion Pears Pickles Pimentos Plums Potatoes, processed Radishes Raisins Rhubarb Squash, summer Watercress</p>

***Vitamin A Vegetables and Fruits:** Meals should be planned to include foods that are sources of Vitamin A. Lunches should provide 1/3 of the Recommended Dietary Allowances (RDA) and breakfasts should provide 1/4 of the RDA for Vitamin A. Students in grades K-6 require 224 RE of Vitamin A for lunch and 197 RE for breakfast. Students in Grades 7-12 require 300 RE Vitamin A for lunch and 225 RE for breakfast.

****Vitamin C Vegetables and Fruits:** Meals should be planned to include foods that are sources of Vitamin C. Lunches should provide 1/3 of the Recommended Dietary Allowances (RDA) and breakfasts should provide 1/4 of the RDA for Vitamin C. Students in grades K-6 require 15 milligrams (mg.) Vitamin C for lunch and 13 mg. for breakfast. Students in Grades 7-12 require 18 mg Vitamin C for lunch and 14 mg. for breakfast.

Chart 4 – Creditable Foods for School Lunches & Breakfasts, Page 2

<i>Grain/Breads (enriched or whole grain)</i>		<i>Milk</i>	<i>Foods for Iron</i>
<p>Group A (0.7 oz or 20 gm = 1 unit) Breeding type coating Bread sticks - hard Chow mein noodles Crackers - saltines and snack crackers Croutons Pretzels - hard Stuffing - dry</p> <p>Group B (0.9 oz or 25 gm = 1 unit) Bagels Batter type coating Biscuits Breads - white, whole wheat, French, Italian Buns-hamburger and hot dog Crackers - graham (all shapes), animal crackers Egg roll skins English muffins Pita bread- white, whole wheat Pizza crust Pretzels - soft Rolls - white, whole wheat, potato Tortilla chips - wheat or corn Tortillas - wheat or corn Taco shells</p> <p>Group C (1.1 oz or 31 gm = 1 unit) Cookies - plain* Cornbread Corn muffins Croissants Pancakes - purchased Pie crust - all pies and turnovers* Waffles - purchased</p> <p>Group D (1.8 oz or 50 gm = 1 unit) Doughnuts - cake and yeast, raised, unfrosted Granola bars - plain* Muffins Sweet rolls - unfrosted Toaster pastry - unfrosted</p>	<p>Group E (2.2 oz or 63 gm = 1 unit) Cookies - with nuts, raisins, chocolate pieces and/or fruit purees* Doughnuts - cake and yeast, raised, frosted or glazed French toast Grain fruit bars* Granola bars - with nuts, raisins, chocolate pieces and/or fruit Sweet rolls - frosted Toaster pastry - frosted</p> <p>Group F (2.7 oz or 75 gm = 1 unit) Cake - plain, unfrosted* Coffee cake*</p> <p>Group G (4 oz or 115 gm = 1 unit) Brownies - plain* Cake - all varieties, frosted</p> <p>Group H (0.9 oz dry, 1/2 cup cooked = 1 unit) Barley Breakfast cereal - cooked 3/4 cup (oatmeal, Farina) Bulgur or cracked wheat Corn grits or meal Macaroni - all shapes Noodles, egg - all varieties Pasta - all shapes Ravioli - noodle only Rice - enriched white or brown</p> <p>Group I (3/4 cup or 28 gm or 1 oz, whichever is less) Breakfast cereals, dry, ready to eat</p> <p>*Dessert Grain/Breads</p>	<p>Milk, fluid Cultured buttermilk Flavored milk Low-fat milk Whole milk Skim milk</p>	<p>Meat and Meat Alternates Dry beans Beef and other red Meats in general Peanut Butter Shellfish, tuna</p> <p>Vegetables and Fruits Apples (canned) Beans, green, wax, dry Berries Broccoli Mixed Vegetables Peaches Raisins Sweet Potatoes Dark green leafy vegetables - spinach Tomatoes</p> <p>Grains/Bread All enriched or whole-grain bread and grain foods listed on this page</p> <p>Foods for iron. Because of the way iron is distributed among many foods (meats, vegetables and fruits and breads), it is recommended that each meal include several foods that are sources of iron. The list of foods for iron includes meat and meat alternate foods that supply at least 1.0 milligram of iron per 2 ounce serving of meat/meat alternate, breads and other foods that supply 0.6 milligrams of iron per serving and fruits and vegetables that provide at least 0.3 milligrams of iron per 1/4 cup.</p> <p>Lunches should provide 1/3 of the Recommended Dietary Allowances (RDA) and breakfasts should provide 1/4 of the RDA for iron. Students in grades K-6 require 3.5 mg of Iron for lunch and 3 mg for breakfast. Students in Grades 7-12 require 4.5 mg of iron for lunch and 3.4 mg for breakfast.</p> <p>For additional information, refer to the USDA publication, <i>Food Buying Guide for Child Nutrition Programs</i>.</p>
Foods Which Do Not Contribute to Meal Pattern Requirements			
<p>Bacon Butter or margarine Canned pie filling Catsup, mustard Cheese sauce, processed** Chili Sauce Coconut Cream Cream cheese</p>	<p>Frozen yogurt Gelatin Hominy Honey Ice cream, ice milk Imitation cheese Nonfat dry milk Pickle relish</p>	<p>Popcorn Potato or Snack Chips** Preserves Pudding Salad dressings Soy milk Syrups</p>	<p>Taco or picante sauce, salsa if contains thickeners, sugars, gums** Tofu</p> <p>** These items may not be counted as contributing to the meal requirements unless appropriate documentation is provided.</p>

Chart 5A – Yields for Selected Single-Ingredient Fruit Recipes, Page 1

<i>Food Item (1)</i>	<i>Serving Size * (2)</i>	<i>Component Contribution to Record on Production Record in Cups (3)</i>	<i>Servings Per Purchase Unit ** (4)</i>	<i>Purchase Units for 100 Servings ** (5)</i>
Apples, canned, sliced	¼ cup	.25	50.4	2
fresh, raw, cored, size 125-138	½ apple or 2.1 oz	.5	2 per apple	50 apples
fresh, raw, cored, size 100	1/5 apple or 1 oz	.25	15.6 per pound	6.5 pounds
Applesauce, canned	¼ cup	.25	47.6	2.2
Apricots, canned, halves	¼ cup	.25	48	2.1
Bananas, fresh, 100-120 count	½ banana	.25	2 per banana	50 bananas
fresh, petite	1 petite	.375	1	100 bananas
Blueberries, frozen, whole	¼ cup or 1.3 oz	.25	11.9 per pound	8.5 pounds
Cantaloupe, fresh	1.4 oz, EP	.25	5.7 per pound	17.5 pounds
fresh, sliced or chunks, 5” diameter	1/16 melon	.25	16 per melon	6.25 melons
frozen, melon balls	1.8 oz	.25	8.7 per pound	11.5 pounds
Cherries, canned, red, tart	¼ cup	.25	46.8	
canned, red, tart, drained	¼ cup, drained	.25	36.2	
frozen, red, tart, pitted	1.4 oz	.25	11.4 per pound	8.8 pounds
Fruit Cocktail, canned	¼ cup	.25	46.9	2.2
Fruit, mixed, canned	¼ cup	.25	48.6	2.1
frozen, mixed including peaches, grapes, apricots, pears, pineapple, cherries, etc.	2.3 oz	.25	58.2 per 136 oz tub	1.8 tubs
Grapes, fresh, seedless	1.5 oz	.25	10.5 per pound	9.6 pounds
Honeydew Melon, fresh, cubes	3.2 oz	.25	4.9 per pound	20.5 pounds
frozen, melon balls	1.8 oz	.25	8.7 per pound	11.5 pounds
Juice, frozen, reconstituted (1 part juice to 3 parts water)	¼ cup	.25	64 per 32 fl oz can	1.6 cans
Kiwi, fresh, 33-39 count, peeled	1.9 oz, EP	.25	8.3 per pound	12 pounds
Oranges, fresh size 113, 125	½ orange	.3	2	50 oranges
Oranges, mandarin, canned	¼ cup	.25	39.75	2.5
Peaches, canned, diced	¼ cup	.25	48.6	2.1
canned diced, drained	¼ cup, drained	.25	35.4	2.9
canned, sliced	¼ cup	.25	50	2
canned, sliced, drained	¼ cup, drained	.25	36.1	2.8
canned, halves	¼ cup, 1 half	.25	47.1	2.2
fresh, size 64 & 60, pitted	½ peach	.25	5.4 per pound	18.6 pounds
Pears, canned, diced	¼ cup	.25	47.6	2.2
canned, sliced	¼ cup	.25	49.7	2.1
canned, sliced, drained	¼ cup, drained	.25	29.5	3.4
canned, halves	¼ cup, 1 half	.25	52	2
fresh, cored, 120 count	½ pear	.375	6.6 per pound	15.2 pounds

* Serving size (canned fruit) is for fruit and juice unless otherwise noted. EP = Edible Portion. AP = As Purchased.

** Purchase unit is No. 10 can unless otherwise noted.

Chart 5A – Yields for Selected Single-Ingredient Fruit Recipes, Page 2

<i>Food Item (1)</i>	<i>Serving Size * (2)</i>	<i>Component Contribution to Record on Production Record in Cups (3)</i>	<i>Servings Per Purchase Unit ** (4)</i>	<i>Purchase Units for 100 Servings ** (5)</i>
Pineapple, canned, chunks	¼ cup	.25	49.9	2.1
canned, chunks, drained	¼ cup, drained	.25	31.8	3.2
canned, sliced	¼ cup	.25	47.6	2.2
canned, sliced, drained, 1-3/4 slices	¼ cup, drained	.25	37.7	2.7
canned, tidbits	¼ cup	.25	50.1	2
canned, tidbits, drained	¼ cup, drained	.25	33.4	3
frozen, chunks	½ cup	.25	7.3 per pound	13.7 pounds
Plums, canned, pitted	¼ cup	.25	49.2	2.1
canned, pitted, drained	¼ cup, drained	.25	24.7	4.1
fresh, size 45 & 50	1 whole	.5	4.99 per pound	20.1 pounds
Raisins, dried, packaged	1.25 – 1.5 oz	.25	1 per pkg.	100 pkg.
Strawberries, fresh, raw	1.5 oz, AP	.25	10.5 per pound	9.6 pounds
frozen, sliced, sweetened	2.2 oz	.25	7.1 per pound	14.1 pounds
Tangerines, fresh, size 120	1 whole	.375	4 per pound	25 pounds
Tropical Fruit, canned	¼ cup	.25	45	2.2
Watermelon, fresh, whole	2.6 oz diced fruit without rind	.25	6.1 per pound	16.4 pounds

* Serving size (canned fruit) is for fruit and juice unless otherwise noted. EP = Edible Portion. AP = As Purchased.

** Purchase unit is No. 10 can unless otherwise noted.

Serving Size/Serving Utensil	Component Contribution Recorded on Production Record
#16 dipper, 2 oz. spoodle, ¼ cup measure	.25 cup
#12 dipper, 1/3 cup measure	.33 cup
3 oz. spoodle	.375 cup
#8 dipper, 4 oz. spoodle, ½ cup measure	.5 cup

Chart 5B – Yields for Selected Single-Ingredient Vegetable Recipes, Page 1

<i>Food Item (1)</i>	<i>Serving Size * (2)</i>	<i>Component Contribution to Record on Production Record in Cups (3)</i>	<i>Servings Per Purchase Unit ** (4)</i>	<i>Purchase Units for 100 Servings ** (5)</i>
Beans, green, canned, cut frozen, cut	¼ cup ¼ cup	.25 .25	45.3 11.6 per pound	2.3 8.7 pounds
Beans, pinto, canned	¼ cup	.25	37.2	2.7
Beans, baked, canned in sauce, with pork	¼ cup, solids & liquid	.25	48.9	2.1
Beans, baked, canned in sauce, vegetarian	¼ cup, solids & liquid	.25	47.1	2.2
Beans, refried, canned	¼ cup	.25	49.6	2.1
refried, dehydrated	¼ cup	.25	20.5 per pound	4.9 pounds
Beets, canned, diced	¼ cup	.25	37.6	2.7
canned, sliced	¼ cup	.25	36.4	2.8
Broccoli, fresh, trimmed, florets	.6 oz	.25	28.8 per pound	3.5 pounds
frozen, spears	1.5 oz	.25	10.9 per pound	9.2 pounds
frozen, cut or chopped	¼ cup	.25	9.6 per pound	10.5 pounds
Carrots, canned, diced	¼ cup	.25	34.3	3
canned, sliced	¼ cup	.25	37.2	2.7
fresh, baby, ready to eat	1.3 oz	.25	12.9 per pound	7.8 pounds
fresh, sticks, ready to eat	1 oz	.25	15.4 per pound	6.5 pounds
frozen, sliced	¼ cup	.25	9.9 per pound	10.2 pounds
Cauliflower, fresh, florets	.9 oz	.25	18.3 per pound	5.5 pounds
frozen	¼ cup	.25	9.2 per pound	10.9 pounds
Celery, fresh, trimmed	1.4 oz	.25	12.2 per pound	8.2 pounds
fresh, sticks, ready to eat	1.1 oz	.25	14 per pound	7.2 pounds
Corn, whole kernel, liquid pack	¼ cup	.25	39.6	2.6
frozen, whole kernel	¼ cup	.25	11.1 per pound	9.1 pounds
Cucumber, fresh, pared	1.7 oz, EP	.25	9.7 per pound	10.3 pounds
Lettuce, fresh, iceberg, shredded	.5 oz, EP	.25	29.2 per pound ready to eat	3.5 pounds, ready to eat
Lettuce, fresh, leaf	.7 oz, EP	.25	21.7 per pound	4.7 pounds
Lettuce, fresh, romaine	.5 oz EP	.25	31.3 per pound	3.2 pounds
Peas, green, canned	¼ cup	.25	36.7	2.8
frozen, green	¼ cup	.25	9.59 per pound	10.5 pounds
Peas and Carrots, canned	¼ cup	.25	41.3	2.5
frozen	¼ cup	.25	10.9 per pound	9.2 pounds
Peppers, bell, green or red, fresh	1.6 oz	.25	9.7 per pound	10.4 pounds
Pickle Spears	¼ cup	.25 (1 + ¼ spear)	8.8 per 24 oz jar	11.4 jars

* Serving size is for heated, drained vegetables unless otherwise noted. EP = Edible Portion.

** Purchase unit is No. 10 can unless otherwise noted.

Chart 5B – Yields for Selected Single-Ingredient Vegetable Recipes, Page 2

<i>Food Item (1)</i>	<i>Serving Size * (2)</i>	<i>Component Contribution to Record on Production Record in Cups (3)</i>	<i>Servings Per Purchase Unit ** (4)</i>	<i>Purchase Units for 100 Servings ** (5)</i>
Potatoes, canned, diced	¼ cup	.25	39.9	2.6
canned, sliced	¼ cup	.25	44.2	2.3
canned, whole	¼ cup	.25	43.7	2.3
French fries, frozen, curly	1.1 oz	.25	21.8 per pound	4.6 pounds
French fries, frozen, straight-cut	1.1 oz	.25	14 per pound	7.2 pounds
French fries, frozen, low-moisture	1.1 oz	.25	14.2 per pound	7.1 pounds
French fries, frozen, crinkle cut	1.3 oz	.25	12.6 per pound	8 pounds
Wedges, frozen, with skins	1.5 oz	.25	10.6 per pound	9.5 pounds
Hash browns, frozen, 2-2.25 oz.	1	.25	7.1 per pound	14.1 pounds
Tater Tots, frozen, regular size	1.1 oz	.25 (about 4 pcs.)	12.7 per pound	7.9 pounds
frozen, diced, precooked	¼ cup	.25	8.97 per pound	11.2 pounds
dehydrated, flake, low moisture	¼ cup	.25	50.5 per pound	2 pounds
dehydrated, granules, low moisture	¼ cup	.25	50.5 per pound	2 pounds
Salad Mix, fresh	.6 oz	.25	26 per pound	3.8 pounds
Salsa, chunky, commercial	¼ cup	.25	63.9 per gallon	1.6 gallon
Sauerkraut, canned	¼ cup	.25	36.5	2.8
Soup, canned, condensed Minestrone, Tomato, Vegetable, Vegetable with other basic components such as meat/poultry	1 cup, reconstituted (1 part soup to 1 part water)	.25	11.5 per No. 3 can (50 oz)	8.7 cans
Soup, canned, condensed Bean	½ cup, reconstituted (1 part soup to 1 part water)	.25	23 per No. 3 can (50 oz)	4.4 cans
Spinach, canned	¼ cup	.25	25.2	4
Sweet Potatoes, canned, cut	¼ cup	.25	33.8	
canned, whole	¼ cup	.25	39.1	
frozen, center cuts	1.6 oz	.25	9.7 per pound	10.4 pounds
Tomatoes, fresh, sliced	1.8 oz	.25	8.5 per pound	11.8 pounds
fresh, wedges	1.6 oz	.25	10.4 per pound	9.7 pounds
fresh, cherry	1.4 oz	.25	12.1 per pound	8.3 pounds
Tomato Products, canned Spaghetti Sauce, meatless	¼ cup	.25	47.9	2.1
Vegetables, canned, mixed	¼ cup	.25	36.1	2.8
Vegetables, mixed, frozen carrots, celery, corn, green beans, peas, lima beans and potatoes	¼ cup	.25	8.1 per pound	12.4 pounds
Vegetables, mixed, frozen broccoli and cauliflower blend	¼ cup	.25	10.7 per pound	9.4 pounds
Vegetables, mixed, frozen broccoli, cauliflower & carrot blend	¼ cup	.25	10.6 per pound	9.5 pounds

* Serving size is for heated, drained vegetables unless otherwise noted. EP = Edible Portion.

** Purchase unit is No. 10 can unless otherwise noted.

Serving Size/Serving Utensil	Component Contribution Recorded on Production Record
#16 dipper, 2 oz. spoodle, ¼ cup measure	.25 cup
#12 dipper, 1/3 cup measure	.33 cup
3 oz. spoodle	.375 cup
#8 dipper, 4 oz. spoodle, ½ cup measure	.5 cup

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	.063 lb	7 oz	.44	13 oz	.81 lb
2 oz	.13 lb	8 oz	.50 lb	14 oz	.88 lb
3 oz	.19 lb	9 oz	.56 lb	15 oz	.94 lb
4 oz	.25 lb	10 oz	.63 lb	16 oz	1.0 lb
5 oz	.31 lb	11 oz	.69 lb		
6 oz	.38	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 9.5.1. 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% low-fat.
- ◆ Generic ingredients from the Standard Reference Database in CN 12 are used whenever possible.
- ◆ The fruit choice and the alternate entrée choice were not included in the nutrient analyses.
- ◆ Specific manufactured items included in the analysis are noted below.

Entrees: Butcher Boy 1311001 Beef & Bean Burrito, Advance Beef Pattie 155-525, Tyson Breaded Chicken Pattie 2379, Tyson Chicken Breast Strip 2473, Tyson Chicken Nuggets 2377, Hillshire Farms Cocktail Franks 31196, Advanced 1-144-2 Breaded Beef Pattie, Advance Pork Rib 44-531-0, Tony’s Sausage Pizza 63615, and Silver Skillet Beef Cubes canned in broth.

Vegetables: Simplot California Blend Vegetables, Simplot 3” Corn on the Cob, Pace Picante Sauce, Simplot Skincredible Potato Wedges 23801, Contadina Deluxe Spaghetti Sauce, McCain Crinkle Cut Sweet Potato Fries MCF04566, Simplot Classic Tri-Taters, Del Monte Tropical Fruit Salad.

Breads & Cereals: Uncle Ben’s Mexican Fiesta Rice and Mexican Original 7721 Tortilla Chips¹ (lower sodium)

Condiments & Seasonings: Curley’s BBQ Sauce, 5th Season Chili Powder²

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.

Nutrient Abbreviations:

Calcm	Calcium	Mg	Milligram
Cals	Calories	Protn	Protein
Carb	Carbohydrate	Sodm	Sodium
Cholst	Cholesterol	S- Fat	Saturated Fat
G	Grams	T- Fat	Total Fat
IU	International Units	Vit-A	Vitamin A
% Cals	Percentage calories	Vit-C	Vitamin C

¹ Standard Reference Database did not contain tortilla chips with reduced sodium.

² Standard Reference Database did not contain a chili powder with sodium.

KSDE Healthier Kansas Menus Nutrient Analysis - Week 1

Grades K – 6

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	752	79	1509	8.64	4.60	495.2	4119	32.54	26.42	114.69	23.00	27.5%	5.47	6.5%
Tuesday	750	63	1646	5.05	5.19	520.3	8495	27.69	30.79	94.29	28.82	34.6%	6.93	8.3%
Wednesday	716	64	1176	6.52	6.04	412.2	3316	16.17	34.61	97.65	20.79	26.1%	5.33	6.7%
Thursday	780	66	1049	10.39	4.81	516.2	1412	20.16	33.91	104.05	25.22	29.1%	8.50	9.8%
Friday	675	88	1161	6.87	4.62	375.4	829	46.59	35.63	110.44	10.62	14.2%	2.66	3.5%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	735		664	111%
Cholesterol (Mg)	72		100	72%
Sodium (Mg)	1308		1500	87%
Fiber (G)	7.50		3.33	225%
Iron (Mg)	5.05		3.47	146%
Calcium (Mg)	463.9		286.00	162%
Vitamin A (IU)	3434		1119	325%
Vitamin C (Mg)	28.63		15.24	188%
Protein (G)	32.27	17.57%	9.77	330%
Carbohydrate (G)	104.22	56.75%	0.00	
Total Fat (G)	21.69	26.57%	<30.00	
Saturated Fat (G)	5.78	7.08%	<10.00	

Grades 7 - 12

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	896	80	1678	11.73	5.39	530.7	4522	50.32	29.06	142.23	26.37	26.5%	6.45	6.5%
Tuesday	819	63	1805	6.16	5.97	530.3	12377	40.48	31.95	109.35	29.66	32.6%	7.06	7.8%
Wednesday	797	64	1384	7.40	7.03	419.7	3164	16.25	37.03	108.48	24.08	27.2%	5.91	6.7%
Thursday	887	81	1189	13.96	7.83	570.2	3003	29.96	40.41	117.30	29.20	29.6%	9.71	9.9%
Friday	888	88	1444	11.47	6.61	423.0	1041	86.27	40.95	151.28	14.86	15.1%	3.31	3.4%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	857		825	104%
Cholesterol (Mg)	75		100	75%
Sodium (Mg)	1500		2000	75%
Fiber (G)	10.14		5.67	179%
Iron (Mg)	6.57		4.50	146%
Calcium (Mg)	494.8		400.00	124%
Vitamin A (IU)	4822		1500	321%
Vitamin C (Mg)	44.65		18.35	243%
Protein (G)	35.88	16.74%	16.20	224%
Carbohydrate (G)	125.73	58.65%	0.00	
Total Fat (G)	24.83	26.06%	<30.00	
Saturated Fat (G)	6.49	6.81%	<10.00	

KSDE Healthier Kansas Menus Nutrient Analysis - Week 2

Grades K – 6

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	726	45	1461	7.48	7.85	412.4	5077	19.88	31.41	107.52	23.44	29.0%	6.38	7.9%
Tuesday	781	88	1209	7.52	3.82	410.7	669	54.51	26.75	116.41	25.18	29.0%	5.58	6.4%
Wednesday	793	51	1518	9.56	5.68	492.0	1378	45.51	32.52	104.81	28.08	31.9%	5.95	6.8%
Thursday	795	52	1419	8.84	5.33	437.6	1894	57.68	29.75	121.71	23.70	26.8%	6.25	7.1%
Friday	783	45	1559	9.96	3.78	668.3	7256	10.37	32.23	100.59	28.63	32.9%	8.50	9.8%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	776		664	110%
Cholesterol (Mg)	57		100	58%
Sodium (Mg)	1433		1500	93%
Fiber (G)	8.67		3.33	247%
Iron (Mg)	5.29		3.47	133%
Calcium (Mg)	484.2		286.00	169%
Vitamin A (IU)	3255		1119	289%
Vitamin C (Mg)	37.59		15.24	231%
Protein (G)	30.33	15.64%	9.77	305%
Carbohydrate (G)	110.21	56.83%	0.00	
Total Fat (G)	25.81	29.94%	<30.00	
Saturated Fat (G)	6.53	7.58%	<10.00	

Grades 7 - 12

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	797	45	1691	8.92	8.05	422.0	6964	25.49	31.01	120.02	25.93	29.3%	6.74	7.6%
Tuesday	984	89	1554	10.91	5.69	436.4	729	68.80	31.88	152.64	30.00	27.4%	6.40	5.9%
Wednesday	891	64	1759	12.21	6.89	537.7	1703	80.15	38.92	117.59	30.82	31.1%	6.94	7.0%
Thursday	938	52	1704	11.80	5.97	456.0	2047	106.64	31.95	145.56	28.59	27.4%	7.28	7.0%
Friday	924	50	1748	13.78	4.73	768.9	10692	16.83	37.34	122.21	32.92	32.1%	9.96	9.7%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	907		825	110%
Cholesterol (Mg)	60		100	60%
Sodium (Mg)	1691		2000	85%
Fiber (G)	11.52		5.67	203%
Iron (Mg)	6.226		4.50	139%
Calcium (Mg)	524.20		400.00	131%
Vitamin A (IU)	4427		1500	295%
Vitamin C (Mg)	59.58		18.35	325%
Protein (G)	34.22	15.10%	16.20	211%
Carbohydrate (G)	131.61	58.06%	0.00	
Total Fat (G)	29.65	29.43%	<30.00	
Saturated Fat (G)	7.46	7.41%	<10.00	

KSDE Healthier Kansas Menus Nutrient Analyses - Week 3

Grades K – 6

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	698	57	2037	4.49	3.98	549.1	1107	27.05	28.75	96.67	22.45	29.0%	7.18	9.3%
Tuesday	682	43	1694	7.54	4.97	622.8	2482	16.89	27.43	98.48	21.82	28.8%	3.94	5.2%
Wednesday	846	75	1099	12.33	5.69	568.7	1493	22.33	36.67	107.98	26.09	27.8%	9.18	9.8%
Thursday	859	69	1119	9.75	6.51	520.06	6025	37.99	39.80	125.51	23.60	24.7%	6.98	7.3%
Friday	662	48	1241	6.93	4.15	396.1	775	46.38	29.57	96.41	20.71	27.3%	4.82	6.4%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	753		664	113%
Cholesterol (Mg)	58		100	58%
Sodium (Mg)	1438		1500	96%
Fiber (G)	8.21		3.33	247%
Iron (Mg)	5.06		3.47	146%
Calcium (Mg)	531.5		286.00	186%
Vitamin A (IU)	2377		1119	212%
Vitamin C (Mg)	30.13		15.24	198%
Protein (G)	32.64	17.33%	9.77	334%
Carbohydrate (G)	105.01	55.75%	0.00	
Total Fat (G)	22.93	27.39%	<30.00	
Saturated Fat (G)	6.42	7.67%	<10.00	

Grades 7 - 12

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	866	57	2275	5.63	5.15	591.6	1337	40.71	31.53	126.58	27.06	28.1%	8.37	8.7%
Tuesday	1023	44	2164	13.19	7.92	657.9	2813	27.79	34.63	157.21	32.01	28.1%	5.61	4.9%
Wednesday	810	71	936	10.18	4.86	551.1	1493	19.22	34.70	103.75	25.41	28.2%	8.92	9.9%
Thursday	897	69	1145	11.17	6.89	530.8	8761	60.94	40.22	135.05	23.73	23.8%	7.01	7.0%
Friday	896	48	1524	11.53	6.15	443.7	988	86.06	34.88	137.25	24.95	25.1%	5.47	5.5%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	899		825	109%
Cholesterol (Mg)	58		100	58%
Sodium (Mg)	1609		2000	80%
Fiber (G)	10.34		5.67	182%
Iron (Mg)	6.19		4.50	138%
Calcium (Mg)	555.0		400.00	139%
Vitamin A (IU)	3078		1500	205%
Vitamin C (Mg)	46.95		18.35	256%
Protein (G)	35.19	15.67%	16.20	217%
Carbohydrate (G)	131.97	58.75%	0.00	
Total Fat (G)	26.63	26.68%	<30.00	
Saturated Fat (G)	7.07	7.09%	<10.00	

KSDE Healthier Kansas Menus Nutrient Analyses - Week 4

Grades K – 6

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	794	27	1016	11.08	5.28	400.3	1503	12.00	27.85	120.94	22.86	25.9%	5.94	6.7%
Tuesday	760	57	1583	6.57	4.39	694.7	5732	33.15	29.56	116.900	21.32	25.2%	5.77	6.8%
Wednesday	837	85	1673	8.39	5.95	555.2	1209	38.84	39.32	118.87	25.39	27.3%	9.88	10.6%
Thursday	662	48	1756	6.09	3.82	452.4	2250	17.71	25.53	100.74	17.74	24.1%	6.20	8.4%
Friday	768	48	1382	9.01	5.07	380.3	1783	39.93	31.94	109.94	23.79	27.9%	8.37	9.8%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	764		664	115%
Cholesterol (Mg)	53		100	53%
Sodium (Mg)	1482		1500	99%
Fiber (G)	8.23		3.33	247%
Iron (Mg)	4.9		3.47	141%
Calcium (Mg)	496.6		286.00	174%
Vitamin A (IU)	2496		1119	223%
Vitamin C (Mg)	28.33		15.24	186%
Protein (G)	30.84	16.14%	9.77	316%
Carbohydrate (G)	113.30	59.31%	0.00	
Total Fat (G)	22.22	26.17%	<30.00	
Saturated Fat (G)	7.23	8.52%	<10.00	

Grades 7 - 12

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Monday	811	27	1016	11.59	5.38	401.0	1559	13.38	28.39	124.93	23.00	25.5%	5.96	6.6%
Tuesday	771	57	1647	7.49	4.73	705.9	8432	34.49	29.91	118.45	21.37	25.0%	5.78	6.8%
Wednesday	936	85	1922	12.50	6.85	604.6	1435	71.55	42.99	142.05	25.70	24.7%	9.93	9.5%
Thursday	753	53	1983	7.45	4.31	456.5	2548	22.97	26.75	116.81	20.38	24.4%	7.15	8.5%
Friday	1002	48	1616	13.34	6.98	402.0	1831	52.27	37.10	156.39	28.14	25.3%	9.08	8.2%

Nutrient	Menu Avg	% of Cals	Target	% of Target
Calories	855		825	104%
Cholesterol (Mg)	54		100	54%
Sodium (Mg)	1637		2000	82%
Fiber (G)	10.47		5.67	185%
Iron (Mg)	5.65		4.50	126%
Calcium (Mg)	514.0		400.00	128%
Vitamin A (IU)	3161		1500	207%
Vitamin C (Mg)	38.93		18.35	212%
Protein (G)	33.03	15.46%	16.20	204%
Carbohydrate (G)	131.73	61.66%	0.00	
Total Fat (G)	23.72	24.98%	<30.00	
Saturated Fat (G)	7.58	7.98%	<10.00	

