

---

# **Healthier Kansas Menu**



## **SPECIAL DIET MODIFICATIONS**

---

Child Nutrition & Wellness, Kansas State Department of Education

New October 2011

# Healthier Kansas Menus – SPECIAL DIET MODIFICATIONS



**Child Nutrition & Wellness**  
**Kansas State Department of Education**  
120 SE 10<sup>th</sup> Avenue  
Topeka, Kansas 66612  
785-296-2276  
FAX: 785-296-0232  
[www.kn-eat.org](http://www.kn-eat.org)

---

For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: [csjohnson@ksde.org](mailto:csjohnson@ksde.org)

---

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education: KSDE General Counsel, 120 SE 10th Avenue, Topeka, KS 66612, (785)296-3204.

---

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.

---

Healthier Kansas Menus-Special Diet Modifications was developed by Child Nutrition & Wellness, Kansas State Department of Education using the following sources:

- *Diet Manual*, Becky Dorner & Associates, 2002.
- *Gluten-Free Diets*, Child Nutrition & Wellness, Kansas State Department of Education.
- *Healthier Kansas Menus – Recipes*, Child Nutrition & Wellness, Kansas State Department of Education.
- *Patient Education Materials, Supplement to the Manual of Clinical Dietetics*, Third Edition, American Dietetic Association, Shield J., MEd, RD, Mullen, M., MS, RD, 2001.
- *Puree Pizzazz*, Becky Dorner & Associates, 1997.
- USDA National Nutrient Database for Standard Reference, Release 24.

**The Special Diet Modifications information is based on the Healthier Kansas Menus, recipes, and production records. Any deviation from these menus will result in the need for further review and changes to the Special Diet Modifications by the School Food Authority.**

Students requiring meal modifications must have a signed Medical Statement to Request School Meal Modification (Form 19B – see Food Service Facts, Chapter 19) on file.

A student's need for meal modification, due to medical condition or disability, must be met in accordance with the signed Form 19B. The signed Form 19B supersedes the need to meet an approved menu planning system such as Food Based or Nutrient Standard. This Healthier Kansas Menus – Special Diet Modifications guidance can be used to meet an individual student's special dietary needs as specified on Form 19B.

The School Food Authority is responsible for providing the meal modifications, due to medical condition or disability, specified by the licensed physician on Form 19B.

Source for Carbohydrate Grams: USDA National Nutrient Database for Standard Reference, Release 24.

## Healthier Kansas Menus – Special Diet Modifications

---

### Common Special Diets:

**PKU Diet** – Children with phenylketonuria (PKU) are unable to metabolize certain amino acids in proteins. Often, a person with PKU gets most of their protein from a physician prescribed meal replacement shake. The Medical Statement must say which foods the student may or may not be served.

**Carbohydrate Grams** – Students with conditions such as diabetes may require a consistent number of carbohydrate grams at each meal. Use the meal modification guide to provide the student with the allowed number of carbohydrate grams (as specified in the Medical Statement). Purchased, processed, foods' carbohydrate grams will vary. Check the nutrition label for the specific product being used.

**Dental soft** – Often the need for a dental soft diet is temporary, due to dental work, missing teeth, or mouth pain. Level of tolerance for food textures may vary among students.

Food Category	Foods Recommended	Tips
Breads, Cereals, Rice, & Pasta	<ul style="list-style-type: none"><li>• Soft breads</li><li>• Rice or soft pastas</li><li>• Crackers softened in soup</li></ul>	Buy or prepare bread products without seeds, dried fruit, or nuts.
Vegetables	<ul style="list-style-type: none"><li>• Well-cooked soft vegetables without skin or seeds</li><li>• Mashed, baked, or creamed potatoes</li><li>• All vegetable juices</li></ul>	Avoid vegetables such as corn that have a tough outer skin.
Fruits	<ul style="list-style-type: none"><li>• Canned fruit cocktail, peaches, pears</li><li>• Cooked or mashed ripe fruits without seeds and skin</li><li>• All fruit juices</li></ul>	Avoid raw fresh fruit with skin and seeds.
Meats, poultry, fish, dried beans and peas, eggs, and nuts	<ul style="list-style-type: none"><li>• Soft cooked meats, poultry, and fish</li><li>• Soft scrambled eggs and egg substitute</li><li>• Cooked dried beans and peas</li><li>• Smooth peanut butter</li></ul>	Provide gravy, sauces, or broth with ground meats

**Pureed** – Pureed foods may be made by adding nutritious liquid to dental soft foods and blending to a smooth consistency. Examples of nutritious liquids include chicken or beef broth, milk, and fruit or vegetable juice. See separate file, *Basic Pureed Recipes* for details on how to create nutritious pureed foods.

## Healthier Kansas Menus – Special Diet Modifications

---

**Food Allergens** – The top 8 food allergens (milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat) must be declared on ingredient labels. Always check labels prior to serving an item to a student with a food allergy.

Food Allergy	Possible Substitutions
Peanuts (including peanut butter, peanut oil, etc.)	Foods made without peanuts. Almond butter and sunflower butter are possible substitutes for peanut butter.
Tree Nuts (such as almonds, cashews, pecans, pistachios and walnuts)	Foods made without tree nuts.
Eggs	Egg free baked goods, noodles, meats, egg substitutes, soups, salad dressings, puddings, and custards. Substitute cheese, meat or meat substitute at meals.
Milk/Milk Products	Foods prepared without milk. Soy milk, milk free shakes, non-dairy creamers, milk free sherberts, ices, sorbets, margarine.
Soybeans	Many baked goods and processed foods contain soy. Substitute foods prepared without soy (read ingredient labels). Peanut butter, margarine, salad dressings, and oils without soybean oils.
Wheat	Wheat-free baked goods, cereals, crackers, meats, gravies, sauces. Substitute Rice Chex, cream of rice, rice cakes and crackers, corn meal, corn tortillas, popcorn, corn chips.
Fish	Meat, poultry, eggs, cheese.
Shellfish	Meat, poultry, eggs, cheese.

**Lactose Intolerance** – Is caused by the deficiency of adequate lactase (the enzyme which helps to digest the milk sugar lactose). In contrast, milk allergy is caused by an immune reaction to milk protein. Symptoms of lactose intolerance include a feeling of fullness, bloating, cramping, flatulence, diarrhea, and nausea. People with lactose intolerance can sometimes handle milk if they use an enzyme preparation – either added to the milk or taken orally. Otherwise, they need to avoid all foods/fluids containing milk solids, whey or casein (milkshakes, puddings, ice cream, etc.).

The following may be substituted for milk as part of a reimbursable meal:

- Lactose-free fluid cow’s milk
- Non-dairy beverage with a nutrient profile equivalent to fluid cow’s milk as specified in federal regulations. Currently the only beverages meeting these specifications are specific brands and varieties of soymilk. To view a list of products that currently meet this criteria, visit [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Food Service Facts, Chapter 19.

## Healthier Kansas Menus – Special Diet Modifications

---

**Gluten Free** – Students with gluten intolerance must have a Form 19B signed by a licensed physician on file. These students must avoid products containing wheat, barley, rye, and oats or derivatives of any of these ingredients. Always read ingredient labels on products used. Use caution with pre-prepared items such as hot dogs, luncheon meats, sausage, creamed vegetables, pie fillings, salad dressings, baked goods, chili, sandwich spreads, etc. Read labels carefully. Avoid any foods that contain: wheat, oats, barley, rye, oat gum, wheat starch, flour containing wheat, rye, oats, or barley, HVP, or HPP that contain wheat, oats, barley or rye.

Foods containing gluten	Possible substitutions
<p>Wheat, rye, barley containing products: Breads, cereals, pastas and other products containing wheat or wheat flour, wheat germ, gluten flour, durum flour, graham flour, wheat starch (cakes, cookies, muffins, pies, pastries, cereals, pastas, tacos, pizza, waffles, pancakes, ice cream cones, any food containing wheat, farina, wheat based semolina)</p>	<p>Products made from corn, rice, soy, arrowroot, potato flour, tapioca, rice bran, cornmeal, buckwheat, millet, flax, sorghum, quinoa (without added wheat or oats, barley or rye)</p>
<p>Oat containing products: Breads and other products containing oats, oat bran (cookies, muffins, cakes, oatmeal, oat bran, cereals, bulgur, products containing oat gum)</p>	<p>Rice or corn grain products including rice or corn cereal, crackers, cakes, tacos, tortillas and other rice or corn products (without added wheat or oats, barley or rye)</p>
<p>HVP or HPP (hydrolyzed vegetable protein or hydrolyzed plant protein): Breaded products or those prepared with bread crumbs or those creamed such as meats, vegetables. Vegetable broth, soups, bouillon, bouillon cubes, sauces and gravies may contain HVP or HPP; processed turkey, canned fish or meat, vegetables may also contain HVP or HPP.</p>	<p>Fresh, frozen, canned, salted or smoked meat, fish, poultry (with allowed ingredients); eggs; meat alternates such as beans, chickpeas, lentils, nuts, peas, tofu. Homemade broth, soups and stocks; gluten-free bouillon.</p>
<p>Miscellaneous: Malt (such as malted milk), malt extract, malt flavoring; licorice, soy sauce, Worcestershire sauce, mixed spices (such as curry powder), flavored yogurt, frozen yogurt.</p>	<p>Tea, coffee, cocoa, cider, ice cream, sherbet, whipped toppings, gelatin desserts, cookies, etc., made with allowed ingredients.</p>

# Week 1

# Special Diet Modifications



## Healthier Kansas Menus – Special Diet Modifications

### Week 1 – Monday

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Pig in a Blanket	30	1 each	1 each	31	31	All Meat Hot Dog on GF Bun	Milk, Soy*, Wheat	Pig in a Blanket, chopped
Potato Wedges		1.5 oz EP	3 oz EP	11	22	Baked Potato with Margarine & Sour Cream	Soy*, Wheat*	Mashed Potatoes
Broccoli with cheese		2 oz spoodle	3 oz spoodle	3	5	Broccoli with Shredded Cheese	Milk	Broccoli (Steamed Well) with Cheese
Apple		½ apple	1 apple	10	21	Apple	N/A	Applesauce
Pumpkin Bar	45	1 each	1 each	28	28	GF Cookie	Milk, Eggs, Soy*, Wheat	Pumpkin Bar
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Catsup		1 fl oz	1.5 fl oz	7	11	Catsup	N/A	Catsup
Mustard		1 tsp	1 tsp	0	0	Mustard	N/A	Mustard

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 1 – Tuesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Chicken Wrap	158	1 each	1 each	35	35	Unbreaded Chicken And Shredded Cheese In Corn Tortilla	Milk, Soy*, Wheat	Chicken Wrap with Chopped Chicken and Shredded Cheese
Lettuce & Tomato Mix		0.75 oz	0.75 oz	1	1	Lettuce & Tomato Mix	N/A	Canned Tomatoes
Spanish Rice		#12 scoop	#8 scoop	14	20	Rice w/Tomatoes and Peppers	Milk, Soy*, Wheat*	Spanish Rice
Carrots, steamed		2 oz spoodle	3 oz spoodle	3	4	Carrots, steamed	N/A	Well-Steamed Carrots
Tropical Fruit, canned, light syrup		2 oz spoodle	3 oz spoodle	10	15	Tropical Fruit, canned, light syrup	N/A	Tropical Fruit, canned, light syrup
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	No	Milk, Eggs, Soy*, Wheat	Ranch Dressing, reduced fat

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 1 – Wednesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Spaghetti & Meat Sauce	170	8 oz spoodle	8 oz spoodle	42	42	GF Noodles; Spaghetti Sauce made with Ground Beef and GF Spaghetti Sauce Or Tomato Sauce	Soy*, Wheat	Spaghetti & Meat Sauce
Garden Spinach Salad	164	1.2 oz	1.2 oz	2	2	Garden Spinach Salad	N/A	Cooked Spinach
French Garlic Bread	163	1/2 slice	1 slice	18	35	GF Bread with Margarine and Garlic	Soy*, Wheat	Soft Roll
Peaches, sliced, light syrup		2 oz spoodle	3 oz spoodle	9	14	Peaches, Sliced, light syrup	N/A	Peaches, sliced, light syrup
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	Vinegar & Oil Dressing	Milk, Eggs, Soy*, Wheat	No

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 1 – Thursday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Taco Meat	76	#16 scoop	#12 scoop	3	4	Ground Beef Seasoned with GF Seasonings	Milk*, Soy*, Wheat*	Taco Meat
Lettuce & Tomato Mix		1.5 oz	2.25 oz	2	3	Lettuce & Tomato Mix	N/A	Soft Cooked Mixed Vegetables
Cheese, cheddar, shredded		0.5 oz	0.5 oz	0	0	Cheese, cheddar, shredded	Milk	Cheese, cheddar, shredded
Whole Grain Corn Tortilla Chips		1 oz	1 oz	19	19	Whole Grain Corn Chips	Soy*	Corn tortilla (to make soft taco)
Salsa	129	1 fl oz	1 fl oz	3	3	Salsa	N/A	Salsa
Refried Beans		#16 scoop	#12 scoop	9	12	Refried Beans	Soy*	Refried Beans
Cinnamon Puff	46	1 each	1 each	37	37	GF Dinner Roll With Margarine and Cinnamon	Milk, Soy*, Wheat	Cinnamon Puff
Pineapple Rings, juice packed		2 slices	3 slices	8	11	Pineapple Rings, juice packed	N/A	Crushed Pineapple
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 1 – Friday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Chicken & Noodles	152	8 oz spoodle	8 oz spoodle	30	30	Grilled Chicken Patty	Milk, Eggs, Soy*, Wheat	Chicken & Noodles
Mashed Potatoes		#12 scoop	#8 scoop	11	17	Mashed Potatoes	Milk*	Mashed Potatoes
Green Beans		2 oz spoodle	3 oz spoodle	2	3	Green Beans	N/A	Soft Green Beans
Wheat Roll	877	1 each	1-2 each	28	28-56	GF Roll	Milk, Soy*, Wheat	Wheat Roll
Orange Wedges		1/2 orange	1 orange	8	16	Orange Wedges	N/A	Mandarin Oranges
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Jelly		1 each (1/2 oz)	1 each (1/2 oz)	10	10	Jelly	N/A	Jelly

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

# Week 2

# Special Diet Modifications



**Healthier Kansas Menus – Special Diet Modifications**

**Week 2 – Monday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Hamburger on a Bun	877	1 each	1 each	21	21	100% Meat Patty on GF Bun	Milk, Soy*, Wheat	Sloppy Joe on a Bun
Lettuce & Tomato		0.28 oz lettuce & 1 slice tomato	0.28 oz lettuce & 1 slice tomato	1	1	Lettuce & Tomato	N/A	Soft Cooked Vegetable
Sweet Potato Fries		2.2 oz	3.3 oz	15	22	Baked Sweet Potato	Soy*, Wheat*	Sweet Potato Fries
Fruit Cocktail		3 oz spoodle	3 oz spoodle	14	14	Fruit Cocktail	N/A	Fruit Cocktail
Rice Crispy Bar	82	1 each	1 each	24	24	GF Cookie	Soy*	Soft Cookie
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Catsup		1 fl oz	1.5 fl oz	7	11	Catsup	N/A	Catsup
Mustard		1 tsp	1 tsp	0	0	Mustard	N/A	Mustard

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 2 – Tuesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Chicken Nuggets		5 each	5 each	15	15	Grilled Chicken Patty	Soy*, Wheat	Chicken Nuggets, chopped
Mashed Potatoes		#12 scoop	#8 scoop	11	17	Mashed Potatoes	Milk	Mashed Potatoes
Broccoli Florets, fresh		0.6 oz EP	0.9 oz EP	1	2	Broccoli Florets	N/A	Well-Steamed Broccoli
Wheat Roll	877	1 each	1-2 each	28	28-56	GF Roll	Milk, Soy*, Wheat	Wheat Roll
Strawberries & Bananas	124	3 oz spoodle	3 oz spoodle	29	29	Strawberries & Bananas	N/A	Strawberries & Bananas
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Gravy		1 fl oz	1 fl oz	2	2	No	Milk, Soy, Wheat	Gravy
Ranch Dressing, reduced fat		1 oz	1 oz	6	6	No	Milk, Eggs, Soy*, Wheat	Ranch Dressing, reduced fat
Jelly		1 each (1/2 oz)	1 each (1/2 oz)	10	10	Jelly	N/A	Jelly

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 2 – Wednesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Chili	128	6 oz spoodle	8 oz spoodle	18	24	Chili	Soy*, Wheat*	Chili
Whole Grain Corn Chips		1 oz	1 oz	18	18	Whole Grain Corn Chips	Soy*	Crushed Saltines
Celery & Cucumbers		0.8 oz celery / 1 oz cucumber	0.8 oz celery / 1 oz cucumber	2	2	Celery & Cucumbers	N/A	Applesauce
Cinnamon Roll	127	1 each	1 each	37	37	GF Dinner Roll with Margarine & Cinnamon	Milk, Soy*, Wheat	Cinnamon Roll
Orange Smiles		1/2 orange	1 orange	8	16	Orange Smiles	N/A	Mandarin Oranges
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	No	Milk, Eggs, Soy*, Wheat	No

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 2 – Thursday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Pork Rib on a Bun	877	1 each	1 each	26	26	Grilled Cheese on GF Bread	Milk, Soy*, Wheat	Pork Rib (chopped) on a Bun
Tri-Tater		1 each	2 each	13	26	Baked Potato	Soy*, Wheat*	Tri-Tator
Corn		2 oz spoodle	3 oz spoodle	8	11	Corn	N/A	Creamed Corn
Kiwi, fresh		1/2 each	1 each	5	10	Kiwi, fresh	N/A	Kiwi, fresh
Cherry Crisp	121	1 piece cut 5x7	1 piece cut 5x7	32	32	GF Brownie	Soy*, Wheat	Cherry Crisp
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
BBQ Sauce		1 fl oz	1.5 fl oz	11	16	No	Wheat*	BBQ Sauce
Catsup		1 fl oz	1.5 fl oz	7	11	Catsup	N/A	Catsup

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 2 – Friday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Macaroni & Cheese	118	#8 scoop	#6 scoop	21	28	Macaroni & Cheese made with GF Noodles & Shredded Cheese	Milk, Soy*, Wheat	Macaroni & Cheese
Smokies		3 each	3 each	1	1	100% Beef Hot Dog	Soy*, Wheat*	Hot Dog, chopped
Seasoned Peas		2 oz spoodle	3 oz spoodle	7	10	Seasoned Peas	N/A	Seasoned Peas
Baby Carrots		1.3 oz	2 oz	3	5	Baby Carrots	N/A	Steamed Carrots
Whole Wheat Bread	107	0.9-2.0 oz	0.9-2.0 oz	14-28	14-28	GF Bread	Milk, Soy*, Wheat	Whole Wheat Bread
Apple Wedges		1/2 apple	1 apple	11	21	Apple Wedges	N/A	Applesauce
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	No	Milk, Eggs, Soy*, Wheat	No
Jelly		1 each (1/2 oz)	1 each (1/2 oz)	10	10	Jelly	N/A	Jelly

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

# Week 3

# Special Diet Modifications



**Healthier Kansas Menus – Special Diet Modifications**

**Week 3 – Monday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Hot Ham & Cheese on Bun	48	1 each	1 each	22	22	All Meat Ham & Cheese on GF Bread	Milk, Soy*, Wheat	Ham Salad on a Bun
Potato Wedges		1.5 oz EP	3 oz EP	11	22	Baked Potato with Margarine & Sour Cream	Milk, Soy*, Wheat*	Pork and Beans
Broccoli Florets, fresh		0.6 oz EP	0.9 oz EP	1	2	Broccoli Florets, fresh	N/A	Well-Steamed Broccoli
Grapes, fresh		1.5 oz EP	2.3 oz EP	8	12	Grapes, fresh	N/A	Canned Fruit
Chocolate Pudding		#12 scoop	#8 scoop	18	27	GF Cookie	Milk, Eggs*, Wheat*	Chocolate Pudding
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	No	Milk, Eggs, Soy*, Wheat	No
Catsup		1 fl oz	1.5 fl oz	7	11	Catsup	N/A	No

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 3 – Tuesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Sausage Pizza		1 piece	1 piece	34	34	Cheese Pizza with GF Crust and GF Sauce	Milk, Eggs, Soy*, Wheat	Pasta with Meat Sauce
Tossed Salad with Romaine	74	1 oz	1 oz	2	2	Tossed Salad with Romaine	N/A	Soft Cooked Vegetable
Garlic Bread Stick	877	1 each	1-2 each	28	28-56	GF Mini Pretzels	Milk, Soy*, Wheat	Garlic Bread Stick
Marinara Sauce		2 oz spoodle	3 oz spoodle	4	5	No	Milk*, Soy*, Wheat*	Marinara Sauce
Banana		1/2 banana	1 banana	14	27	Banana	N/A	Banana
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	Vinegar & Oil Dressing	Milk, Eggs, Soy*, Wheat	No

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 3 – Wednesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Taco Burger on Whole Wheat Bun	76 877	#16 scoop + 1 bun	#16 scoop + 1 bun	24	24	Taco Meat on GF Bun	Milk, Soy* Wheat	Taco Burger on Whole Wheat Bun
Cheese, shredded		0.5 oz	0.5 oz	0	0	Cheese, shredded	Milk	Cheese, shredded
Lettuce & Tomato Mix		0.75 oz	0.75 oz	1	1	Lettuce & Tomato Mix	N/A	Canned Tomatoes
Refried Beans		#16 scoop	#12 scoop	9	12	Refried Beans	Soy*	Refried Beans
Black Bean & Corn Salsa	81	2 oz spoodle	2 oz spoodle	9	9	Black Bean & Corn Salsa	Soy*	Grape Juice
Whole Grain Corn Tortilla Chips		0.75 oz	0.75 oz	15	15	Whole Grain Corn Tortilla Chips	Soy*	No
Sliced Pears, light syrup or juice pack		2 oz spoodle	3 oz spoodle	10	15	Sliced Pears, light syrup or juice pack	N/A	Sliced Pears, light syrup or juice pack
Chocolate Chip Cookie	1079	1 each	1 each	20	20	GF Cookie	Milk, Eggs, Peanuts*, Soy*, Wheat	Soft Chocolate Chip Cookie
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 3 – Thursday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Italian Pasta Bake	67	6 oz spoodle	6 oz spoodle	25	25	GF noodles with GF Spaghetti Sauce	Milk, Soy*, Wheat	Italian Pasta Bake
Green Pepper Strips		0.8 oz	1.6 oz	1	2	Green Pepper Strips	N/A	Soft Cooked Peas
Baby Carrots		1.3 oz EP	2 oz EP	3	5	Baby Carrots	N/A	Well-Steamed Carrots
Whole Wheat Bread	107	0.9-2.0 oz	0.9-2.0 oz	14-28	14-28	GF Bread	Milk, Soy*, Wheat	Whole Wheat Bread
Applesauce, sweetened		2 oz spoodle	3 oz spoodle	11	17	Applesauce, sweetened	N/A	Applesauce, sweetened
Royal Brownie	62	1 each	1 each	25	25	GF Brownie	Eggs, Soy*, Wheat	Royal Brownie
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	No	Milk, Eggs, Soy*, Wheat	No
Jelly		1 each (1/2 oz)	1 each (1/2 oz)	10	10	Jelly	N/A	Jelly

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 3 – Friday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Chicken Patty		1 each	1 each	15	15	Grilled Chicken Breast	Soy*, Wheat	Chopped Chicken Patty
Mashed Potatoes		#12 scoop	#8 scoop	11	17	Mashed Potatoes	Milk*	Mashed Potatoes
Green Beans		2 oz spoodle	3 oz spoodle	2	3	Green Beans	N/A	Soft Green Beans
Orange Wedges		1/2 orange	1 orange	8	16	Orange Wedges	N/A	Mandarin Oranges
Wheat Roll	877	1 each	1-2 each	28	28-56	GF Roll	Milk, Soy*, Wheat	Wheat Roll
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Gravy		1 fl oz	1 fl oz	2	2	No	Milk, Soy, Wheat	Gravy
Jelly		1 each (1/2 oz)	1 each (1/2 oz)	10	10	Jelly	N/A	Jelly

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

# Week 4

# Special Diet Modifications



**Healthier Kansas Menus – Special Diet Modifications**

**Week 4 – Monday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Beef & Bean Burrito		1 each	1 each	42	42	GF Tortilla Shell with 100% Ground Beef, Refried Beans, and Shredded Cheese	Milk, Soy, Wheat	Beans And Cheese In Soft Flour Tortilla
Lettuce & Tomato Mix		0.75 oz	0.75 oz	1	1	Lettuce & Tomato Mix	N/A	Canned Tomatoes
Mexican Corn		2 oz spoodle	3 oz spoodle	8	11	Mexican Corn	N/A	Creamed Corn
Whole Grain Corn Tortilla Chips		0.75 oz	0.75 oz	15	15	Whole Grain Corn Tortilla Chips	Soy*	Spanish Rice
Salsa	129	1 oz spoodle	1 oz spoodle	3	3	Salsa	N/A	Salsa
Honey Apple Crisp	39	1 each	1 each	31	31	Fresh Apple	Soy*, Wheat	Honey Apple Crisp
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 4 – Tuesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Stromboli Squares	181	1 each	1 each	38	38	100% Ham & Cheese on GF Bread	Milk, Soy*, Wheat	Stromboli Squares, cut into pieces
Green Beans		2 oz spoodle	3 oz spoodle	2	3	Green Beans	N/A	Soft Green Beans
Carrots, fresh		1.3 oz	2 oz	3	5	Carrots, fresh	N/A	Well-Steamed Carrots
White Cake		1.75 oz	1.75 oz	27	27	GF Cake	Milk*, Soy*, Wheat	White Cake
Sliced Strawberries, frozen, sweetened		2 oz spoodle	2 oz spoodle	17	17	Sliced Strawberries, frozen, sweetened	N/A	Mashed Sliced Strawberries
Whipped Topping		1 Tbsp	1 Tbsp	2	2	Whipped Topping	Milk, Soy*	Whipped Topping
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Ranch Dressing, reduced fat		1 fl oz	1 fl oz	6	6	No	Milk, Eggs, Soy*, Wheat	No

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 4 – Wednesday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
BBQ Beef on a Bun	135 877	#8 scoop + 1 bun	#8 scoop + 1 bun	41	41	Hamburger Pattie on GF Bun	Milk, Soy*, Wheat	BBQ Beef (chopped fine) on a Bun
Cheesy Potatoes	176	#8 scoop	#8 scoop	14	14	Mashed Potatoes Topped with Shredded Cheese	Milk, Soy, Wheat	Cheesy Potatoes
Baked Beans	188	#16 scoop	#8 scoop	17	32	Hot Cooked Vegetable	Wheat*	Soft Baked Beans
Orange Smiles		1/2 orange	1 orange	8	16	Orange Smiles	N/A	Mandarin Oranges
Oatmeal Cookie	37	1 each	1 each	18	18	GF Cookie	Eggs, Soy*, Wheat	Soft Oatmeal Cookie
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 4 – Thursday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Turkey & Cheese Sub	144	1 each	1 each	22	22	100% Turkey & Cheese on GF Bread	Milk, Soy*, Wheat	Turkey Salad on a Bun
Romaine Lettuce & Tomato		0.5 oz romaine + 1 slice tomato	0.5 oz romaine + 1 slice tomato	2	2	Romaine Lettuce & Tomato	N/A	Soft Cooked Vegetable
Oven Fries, straight cut		2.2 oz	3.3 oz	17	26	Baked Potato with Margarine & Sour Cream	Milk, Soy*, Wheat*	Mashed Potatoes
Peaches, canned, light syrup		2 oz spoodle	3 oz spoodle	10	14	Peaches, canned, light syrup	N/A	Peaches, canned, light syrup
Graham Snacks		0.9 oz	0.9 oz	20	20	GF Cookie	Wheat, Soy	Soft Cookie
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Salad Dressing, mayo type, reduced fat		1 fl oz	1 fl oz	3	3	Vinegar & Oil Dressing	Milk, Eggs, Soy*, Wheat	No
Catsup		1 oz	1.5 oz	7	11	Catsup	N/A	No

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon

**Healthier Kansas Menus – Special Diet Modifications**

**Week 4 – Friday**

Menu Item	HKM Recipe #	Portion Size		Carbohydrate Grams		Gluten Free	Food Allergens	Dental Soft
		K-6	7-12	K-6	7-12			
Country Style Beef Patty		1 each	1 each	19	19	100% Ground Beef Patty with Catsup	Milk, Soy*, Wheat	Country Style Beef Pattie, chopped
Mashed Potatoes		#12 scoop	#8 scoop	11	17	Mashed Potatoes	Milk	Mashed Potatoes
California Blend Vegetables		3 oz spoodle	3 oz spoodle	6	6	California Blend Vegetables	N/A	California Blend Vegetables, cooked soft
Wheat Roll	877	1 each	1-2 each	28	28-56	GF Roll	Milk, Soy*, Wheat	Wheat Roll
Banana		1/2 banana	1 banana	14	27	Banana	N/A	Banana
Milk, 1% or fat free, white <b>OR</b>		8 oz	8 oz	12	12	Milk, 1% or fat free, white <b>OR</b>	Milk	Milk, 1% or fat free, white <b>OR</b>
Milk, fat free, flavored		8 oz	8 oz	26	26	Milk, fat free, flavored	Milk	Milk, fat free, flavored
Gravy		1 fl oz	1 fl oz	2	2	No	Milk, Soy, Wheat	Gravy
Jelly		1 each (1/2 oz)	1 each (1/2 oz)	10	10	Jelly	N/A	Jelly

**KEY:**

\* = Allergen may or may not appear in this menu item. Check food labels.

**N/A** = Does not contain milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat.

**GF** = Gluten Free

**EP** = Edible portion

**oz** = Ounce

**fl oz** = Fluid ounce

**tsp** = Teaspoon

**Tbsp** = Tablespoon