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# **Healthier Kansas Menus – CACFP**



## **Introduction**

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Child Nutrition & Wellness,  
Kansas State Department of Education

**Publication Date: Revised March 2018**



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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## **Acknowledgements**

We gratefully recognize the contributions of the following Child Nutrition Professionals and children whose assistance was essential in developing the *Healthier Kansas Menus*.

### ***Staff and Children Who Tested Menus***

- X0618 St. Joseph Catholic School, Ost
- USD 234 Fort Scott, Winfield Scott Elementary School
- USD 345 Seaman, Logan Elementary School

### ***Staff and/or Children Who Tested Recipes***

- Jars of Clay Children’s Center, Tecumseh, KS
- Laughing Hearts Daycare Home, Topeka, KS

## Table of Contents

	Page
Introduction .....	1
Tips for Using Healthier Kansas Menus .....	2
Healthier Kansas Menus – CACFP – 8-Week Cycle.....	4
Adapting Menus to Meet Your Needs .....	12
Menu Standards of Excellence .....	15

## **Introduction**

### ***Healthy Menus that Children will Love***

*Healthier Kansas Menus – CACFP* provides a variety of familiar and nutritious foods that children love along with just enough new and unusual menu items to keep it interesting. Children will be introduced to good-tasting, healthy foods. Menus were well accepted by children of all ages and were tested in a childcare center and a daycare home.

*Healthier Kansas Menus – CACFP* exceed all meal guidelines for the Child and Adult Care Food Program (CACFP) when the menus, recipes, food specifications, production records, and serving practices are followed. Children should be encouraged to try *all* of the planned menu items.

### ***Planning Tools that Food Service will Love***

Whether the food service director/manager is new to the job or a seasoned veteran in menu planning, *Healthier Kansas Menus – CACFP* can be a time saving tool. The resources included are:

- 8-Week Menu Calendar – The 8 weeks of menus were designed to be “seasonal menus” and may be split up or used through the year as an 8-week cycle. There are many possibilities for customization!
  - 4-Week Spring/Summer Calendar
  - 4-Week Fall/Winter Calendar
- Recipes with crediting information and food safety instructions
- Daily Production Records with Purchasing, Preparation and Serving Instructions
- Ideas for Adapting Menus

## **Tips for Using Healthier Kansas Menus**

### ***Follow the Menus, but Adapt as Needed***

The *Healthier Kansas Menus - CACFP* have been developed to meet the needs of CACFP sponsors. Providers may decide to keep it simple by following menus as planned. However, you may feel free to make changes based on the preferences of children at your site and/or availability of items in your region of the state. Recipes, serving sizes, and production information were developed for children 3-5 years old.

When serving younger or older children, or adults, adjust menus and/or serving sizes as needed to meet the requirements for that age group. In some instances, the planned serving size listed is for a larger amount than what is required as the minimum. The serving size may be decreased if it exceeds the required component amount. For example, if the serving size listed is for one 1-oz roll, it may be possible to reduce the serving size to ½ of a roll to meet the ½ oz equivalent of Grains required. Remember that it is the provider's responsibility to be familiar with the meal pattern requirements, including minimum crediting requirements for all components.

When making changes to the menu, please remember to record what was actually served for that meal on the production record. The crediting information must be re-calculated when a change to either a recipe or serving size is made. When pre-prepared products are included, they should meet the standards indicated on the *Purchasing, Preparation & Serving Instructions* found in this resource.

If changes are needed, download copies of the menu tools from <http://www.kn-eat.org>, Child & Adult Care Food Program, Resources, save the documents on your computer and make changes before printing them. To assure that any menus or recipes that you revise still meet requirements, carefully record all changes.

### ***Using the Resources***

#### **8-Week Menu Calendar**

Download the calendar. Make changes if needed. Add the site name, month, dates and any other site-specific information before printing.

#### **Recipe Book**

Production information is found in the *Healthier Kansas Menus - CACFP Recipe Book* and daily *Purchasing, Preparation & Serving Instructions*. Recipes identify food safety information, crediting information, serving size(s) and instructions.

#### **Production Records**

Daily Production Records with *Purchasing, Preparation & Serving Instructions* are designed to be printed and placed in three-ring binders for use at each serving site.

Menu item substitutions or additions must be noted on the production record. Be sure to complete the number of meals served, the amount of each food item prepared and the amount leftover. Printed copies of completed Production Records are required daily.

**Healthier Kansas Menus – CACFP - Introduction**

## Fall Cycle – Week 1

**PLEASE NOTE:** Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

All Grain items are Whole Grain-Rich. Note: The CACFP Meal Pattern only requires that a whole grain-rich food be included in at least one meal or snack per day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Grapes Milk	Oatmeal Diced Apples Milk	Bagel with Toppings Strawberries and Bananas Milk	Muffin Pineapple Chunks Milk	Breakfast Pizza Sliced Peaches Milk
<b>LUNCH:</b> Pig in a Blanket Roasted Red Potatoes <b>OR</b> Broccoli with Cheese Fresh Apple Slices Milk	Chicken Wrap Spanish Brown Rice Sautéed Zucchini Tropical Fruit Milk	Spaghetti with Meat Sauce and Cheese Green Beans Mandarin Oranges Milk	Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon Milk	Chicken & Noodles Yogurt Mashed Potatoes <b>OR</b> Fresh Baby Carrots Fresh Grapes Milk
<b>SNACK:</b> Mixed Berry Smoothie Graham Crackers Water	Tortilla Chips Salsa Milk	Pretzels Fresh Grapes Milk	Sliced Cucumbers Hummus Milk	Cheese Stick Apple Slices Water

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**Healthier Kansas Menus – CACFP - Introduction**

**Fall Cycle – Week 2**

**PLEASE NOTE:** Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

All Grain items are Whole Grain-Rich. Note: The CACFP Meal Pattern only requires that a whole grain-rich food be included in at least one meal or snack per day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Orange Milk	Pancake on a Stick Fruit Cocktail Milk	Biscuit Mandarin Oranges Milk	Sausage Breakfast Sandwich Pineapple Chunks Milk	Muffin Tropical Fruit Milk
<b>LUNCH:</b> Mini Meatball Sub Ranch Potato Wedges <b>OR</b> Tossed Salad Fresh Peach Milk	BBQ Chicken Drumstick Dinner Roll Baked Beans <b>OR</b> Creamy Cole Slaw Apricot Halves Milk	White Chicken Chili Cornbread Mini Muffin Cucumber Slices Banana Milk	Cheese Pizza Fresh Baby Carrots Fresh Citrus Fruit Cup Milk	Biscuit & Sausage Gravy Sausage Patty Fresh Sugar Snap Peas <b>OR</b> Hash Brown Patty Fresh Plum Milk
<b>SNACK:</b> Tortilla with Banana and Honey** Milk	Broccoli Florets with Ranch Dressing Cheese Stick Water	Peach Smoothie Graham Crackers Water	Cheese Quesadilla Tomato Salsa Water	Apple Slices Peanut Butter/Yogurt Dip Water

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\*\*Honey is not recommended for children under 1 year of age.

**Healthier Kansas Menus – CACFP - Introduction**

## Fall Cycle – Week 3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Pineapple Milk	Pancake with Syrup Tropical Fruit Milk	Bagel with Toppings Sliced Peaches Milk	Breakfast Pita Mandarin Oranges Milk	English Muffin with Peanut Butter Sliced Pears Milk
<b>LUNCH:</b> Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice <b>OR</b> Sweet Potato Puffs Fresh Apple Milk	Taco Soup Tortilla Chips Broccoli Florets Fresh Strawberries Milk	Corn Dog Green Beans <b>OR</b> Tater Tots Fruit Cocktail Milk	Chicken Quesadilla Black Bean & Corn Salsa Refried Beans Fresh Cantaloupe Milk	Cowboy Cavatini Seasoned Corn <b>OR</b> Garden Salad Fresh Orange Milk
<b>SNACK:</b> Rice Cakes Applesauce Milk	Cherry Tomatoes Snack Crackers Milk	Cottage Cheese Pineapple Water	Celery with Peanut Butter Milk	Cheese Snack Crackers Dried Cranberries Milk

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**Healthier Kansas Menus – CACFP - Introduction**

**Fall Cycle – Week 4**

**PLEASE NOTE:** Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Apple Milk	Biscuit & Gravy Pineapple Chunks Milk	Blueberry Mini Muffins Fresh Citrus Fruit Cup Milk	Excellent Egg Tacos Banana Milk	French Toast Sticks with Syrup Fruit Cocktail Milk
<b>LUNCH:</b> Hamburger on a Bun Dark Green Leaf Lettuce & Tomato Slice Strawberries & Bananas Milk	Chili Crackers Red Bell Pepper Strips Fresh Peach Milk	Chicken Nuggets Mashed Potatoes with Gravy Fresh Pear Milk	Baked Ham Angel Biscuit Apple Glazed Sweet Potatoes <b>OR</b> Green Beans Fresh Grapes Milk	Macaroni & Cheese Mini Meatballs Seasoned Peas Apple Salad Milk
<b>SNACK:</b> Mandarin Oranges Snack Crackers Milk	Baby Carrots with Ranch Dressing Milk	Blackberries String Cheese Water	Bell Pepper Strips Hummus Milk	Fresh Strawberries Yogurt Water

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**Healthier Kansas Menus – CACFP - Introduction**

## Spring Cycle – Week 1

**PLEASE NOTE:** Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Pineapple Milk	Pancake with Syrup Tropical Fruit Milk	Bagel with Toppings Fresh Strawberries Milk	Breakfast Pita Cantaloupe Cubes Milk	Mini Waffles with Syrup Mandarin Oranges Milk
<b>LUNCH:</b> Hot Ham & Cheese on a Bun Potato Wedges <b>OR</b> Broccoli Florets Fruit Cocktail Milk	Pepperoni Pizza Cherry Tomatoes <b>OR</b> Tossed Salad Fresh Orange Milk	Taco Burger on a Bun Refried Beans Dark Green Leaf Lettuce & Tomato Slice Fresh Banana Milk	Lasagna Garden Salad Fresh Apple Slices Milk	Chicken Patty Dinner Roll Mashed Potatoes with Gravy <b>OR</b> Steamed Asparagus Sliced Pears Milk
<b>SNACK:</b> Mixed Berry Smoothie Graham Crackers Water	Tortilla Chips Salsa Milk	Pretzels Fresh Grapes Milk	Sliced Cucumbers Hummus Milk	Cheese Stick Apple Slices Water

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**Healthier Kansas Menus – CACFP - Introduction**

**Spring Cycle – Week 2**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Apple Slices Milk	Biscuit & Gravy Pineapple Chunks Milk	Toast with Peanut Butter Fresh Citrus Fruit Cup Milk	Blueberry Mini Muffins Fresh Grapes Milk	French Toast Sticks with Syrup Fruit Cocktail Milk
<b>LUNCH:</b> Sweet & Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Tropical Fruit Milk	Super Nachos Southwestern Lentils Fresh Mixed Fruit Cup Milk	Cheese Breadstick with Marinara Sauce Yogurt Seasoned Corn <b>OR</b> Tossed Salad Fresh Kiwi Milk	Pulled Pork on a Bun Creamy Cole Slaw <b>OR</b> Baked Beans Fresh Strawberries Milk	Rock & Roll Beef Wrap with Cheese Steamed Carrots Fresh Pineapple Milk
<b>SNACK:</b> Tortilla with Banana and Honey** Milk	Broccoli Florets with Ranch Dressing Cheese Stick Water	Peach Smoothie Graham Crackers Water	Cheese Quesadilla Tomato Salsa Water	Apple Slices Peanut Butter/Yogurt Dip Water

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## Spring Cycle – Week 3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Banana Milk	Mini Waffles with Syrup Fresh Watermelon Chunks Milk	Breakfast Pizza Peach Slices Milk	Excellent Egg Tacos Fresh Kiwi Milk	Muffin Pineapple Chunks Milk
<b>LUNCH:</b> Chicken Tetrazzini Seasoned Peas <b>OR</b> Tossed Salad Apricot Halves Milk	Hamburger on a Bun Oven Fries <b>OR</b> Red Bell Pepper Strips Fresh Clementine Milk	Beef & Noodles Yogurt Mashed Potatoes <b>OR</b> Green Beans Fresh Grapes Milk	Baked Chicken Drumstick Savory Rice Fresh Broccoli <b>OR</b> Cherry Tomatoes Fresh Mango Milk	Yummy Sloppy Joe on a Bun with Cheese Roasted Red Potatoes <b>OR</b> Edamame Fresh Apple Slices Milk
<b>SNACK:</b> Rice Cakes Applesauce Milk	Cherry Tomatoes Snack Crackers Milk	Cottage Cheese Pineapple Water	Celery with Peanut Butter Milk	Cheese Snack Crackers Dried Cranberries Milk

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**Healthier Kansas Menus – CACFP - Introduction**

**Spring Cycle – Week 4**

**PLEASE NOTE:** Milk served is unflavored whole milk for one year olds and unflavored non-fat or 1% milk for children 2 years and older.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b> Cereal Fresh Grapes Milk	Oatmeal Diced Apples Milk	Bagel with Toppings Cantaloupe Cubes Milk	Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Milk	Pancake on a Stick Watermelon Cubes Milk
<b>LUNCH:</b> Beef & Bean Burrito Romaine Lettuce & Tomato <b>OR</b> Mexican Corn Fresh Banana Milk	Stromboli Squares Garden Salad Diced Peaches Milk	BBQ Beef on a Bun Fresh Snow Peas <b>OR</b> Baked Beans Summer Fruit Salad Milk	Turkey & Cheese on a Sub Bun Dark Green Leaf Lettuce & Tomato Slice <b>OR</b> Sweet Potato Fries Fresh Kiwi Milk	Country Style Beef Patty Mashed Potatoes with Gravy <b>OR</b> Steamed Broccoli Fresh Pineapple Milk
<b>SNACK:</b> Mandarin Oranges Snack Crackers Milk	Baby Carrots with Ranch Dressing Milk	Blackberries String Cheese Water	Bell Pepper Strips Hummus Milk	Fresh Strawberries Yogurt Water

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## **Adapting Menus to Meet Your Needs**

The *Healthier Kansas Menus* can be adapted to include local children's favorite menu items and recipes. Serving practices can also be modified to best suit each site's individual situation.

### **Adapting Menu Planning and Serving Practices**

To simplify the *Healthier Kansas Menus*, the following criteria were used:

- Menus follow the Meal Patterns in the Child and Adult Care Food Program (CACFP).
- All children receive all menu items in the specified amounts.
- All condiments are served in specified amounts.
- Salt shakers or packets are not available to children.

Options/changes that may be considered include:

- Allow children to serve themselves. Allowing children to serve themselves fruits and vegetables can work well. Children are more likely to select foods they will eat. Whether staff serve children or children serve themselves, portion sizes are key to healthy meals. Self-service of entrees, grains, and desserts should be limited to pre-portioned servings to ensure healthy meals are served and to control food costs. Self-service allows for easier implementation of offering choices within menus.
- Make condiments optional to help decrease the amount used. Condiments are a major source of sodium and fat. Limit the portion size and the number of servings taken to control sodium and fat. Limit condiments to not exceed the serving sizes listed on the *Healthier Kansas Menus-CACFP* Production Records. When it comes to serving condiments, less is better.
- Consider offering a fruit choice each day so children may select their favorite.



### ***Adapting Recipes & Purchased Product Specifications***

At times it may not be possible to follow the *Healthier Kansas Menus* exactly as written.

With careful planning alternate recipes or purchased products may be included.

Check out these ideas:

- Try the *Healthier Kansas Menus Recipes* first. Children and staff might discover a new favorite!
- Limit the number of recipes or product specifications that are changed. The more items that are changed, the less likely menus will still meet meal pattern requirements.
- Rearrange the menus.
  - Switch the entire menu for any one day of the week with the entire menu for any other day of the same week. The order in which daily menus are served within a given week will not affect the nutrient content.
  - Switch similar food items within the same week. For example, if bananas are not available as planned on Tuesday, switch the bananas with the oranges planned on Friday.
- Make substitutions with items of similar nutrient content.
  - Substitute foods from the same food group, i.e. substitute a fruit for a different fruit.
  - If a higher fat menu item is added, include it in place of another higher-fat item already on the menus.
  - If a higher-sodium item is added, include it in place of another higher-sodium item already on the menus.

**REMEMBER** to record all substitutions on recipes and production records. Keep information on file regarding products purchased.

### **Changing Menu Items & Portion Sizes**

If menu items or portion sizes are changed from those planned in the *Healthier Kansas Menus - CACFP*, crediting information must be re-calculated to ensure that daily requirements are met.

### **Adding Healthy Choices**

Offering choices may take a little more time in planning, preparation, and, service, but consider the benefits:

- Child satisfaction is increased.
- Waste is decreased. Children are more likely to choose items they will eat or decline items they will not eat.
- Consumption is improved.
  - Children are more likely to eat foods that they select.
  - With more choices children are more likely to find a food item that they will eat.
- Children can be introduced to new foods.
  - Sponsors can take advantage of food items in season or on sale.
  - Sponsors can serve food items that will be chosen by some, but not all children.
  - New food items can be introduced without excessive food waste.
  - By being exposed to new food items, children have the opportunity to become familiar with them, making it more likely that they will try them in the future.

Choices don't need to be elaborate. Simple choices tend to be the healthiest. Lower-fat entrees, fruits, vegetables and lower-fat grain items are great choices.

## **Menu Standards of Excellence**

Regulations require that the United States Department of Agriculture (USDA) Child Nutrition Programs menu requirements are consistent with the most recent Dietary Guidelines for Americans (DGA). The guidelines are updated to be consistent with the most current scientific recommendations of how Americans should eat. The 2015 DGAs can be found at <https://health.gov/dietaryguidelines/2015/>.

The *Healthier Kansas Menus – CACFP* were revised to meet the current Nutrition Standards for CACFP Meals and Snacks and the CACFP Optional Best Practices.

The following guidelines, consistent with the 2015 DGAs were incorporated into the menus:

- Consume a variety of foods from the basic food groups while staying within energy needs.
- Encourage intake of fruits and vegetables:
- Choose a variety of fruits and vegetables each day including legumes, dark green & orange vegetables, and starchy vegetables.
- Limit intake of sodium and saturated fat.
- Limit the intake of added sugars.
- Serve non-fat or low-fat milk (1%) only.
- Keep foods safe to eat