
Healthier Kansas Menus - Lunch



INTRODUCTION

Child Nutrition & Wellness, Kansas State
Department of Education

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Staff and Students Who Tested Menus

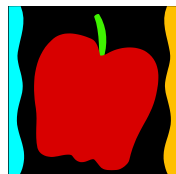
- X0618 St. Joseph Catholic School, Ost
- USD 234 Fort Scott, Winfield Scott Elementary School
- USD 345 Seaman, Logan Elementary School

Staff and/or Students Who Tested Recipes

- USD 253 Emporia, Emporia High School
- USD 267 Renwick, St. Marks Elementary School
- USD 320 Wamego, Central West Elementary School, Wamego Middle School, Wamego High School
- USD 345 Seaman, Northern Hills Jr. High School, Seaman High School, Seaman Middle School
- USD 394 Rose Hill Public Schools, Rose Hill Intermediate School
- USD 494 Syracuse, Syracuse Elementary School, Syracuse High School
- USD 507 Satanta, Satanta Elementary School, Satanta Jr.-Sr. High School
- USD 307 Ell-Saline, Ell-Saline Elementary School, Ell-Saline Middle & High School

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Introduction

Healthy Menus that Students will Love

Healthier Kansas Menus provide a variety of familiar and nutritious foods that students will love along with just enough new and unusual menu items to keep it interesting. Students will be introduced to good-tasting, healthy foods. Menus were well accepted by students in all grades and were tested in both small and large schools.

Healthier Kansas Menus meet all Healthy Hunger Free Kids Act (HHFKA) menu planning requirements when the menus, recipes, food specifications, production records, and serving practices are followed. The nutrient analysis reflects all menu items that are available to students. Students should be encouraged to choose and 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* 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 school year as an 8 week cycle. There are many possibilities for customization!
 - 4-Week Spring Calendar
 - 4-Week Fall Calendar
- Recipes with HHFKA Menu Planning component information and HACCP instructions
- Daily Production Records with Purchasing, Preparation and Serving Instructions
- Fruit & Vegetable Ordering Guide
- Ideas for Adapting Menus
- Appendices

Tips for Using Healthier Kansas Menus

Follow the Menus, but Adapt as Needed

Keep it simple by following menus as planned, but feel free to make changes based on the preferences of students in your school and/or availability of items in your region of the state. Note that changes in menu items, recipes or portion sizes require corresponding changes in the 8-Week Calendar Menu, Production Records and Fruit & Vegetable Order Guide.

When changes are made in the menus, recipes or serving sizes, the component information must be re-calculated. When pre-prepared products are included, they should meet the standards indicated on the Purchasing, Preparation & Serving Instructions. When menus are changed, the production record component information must be re-calculated to assure the daily and weekly components requirements are met.

If changes are needed, download copies of the menu tools from http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm, 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.

Use the Resources

8-Week Menu Calendar

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

Recipe Book

Production information is found in the *Healthier Kansas Menus Recipe Book* and daily *Purchasing, Preparation & Serving Instructions*. Recipes identify HACCP processes, component contributions, 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. The kitchen manager must 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.

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Specifications & Order Guides

Nutrient and component specifications are indicated on the recipes or the daily *Purchasing, Preparation & Serving Instructions*. Review specifications before ordering to ensure that menus served meet component and nutrient requirements.

Use the *Fruit & Vegetable Ordering Guide*. This guide, organized by menu week, is based on 100 servings of the portion sizes indicated in *Healthier Kansas Menus*.

Appendices

Additional data is provided in the appendices at the end of the *Healthier Kansas Menus* resources. These include:

- Converting Common Measures
- Healthier Kansas Menus - Nutrient Analysis

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Please Note: Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.
Reduced fat dressing is served with salads and fresh vegetables.
All Grain items are Whole Grain Rich.

Fall Cycle

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

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Fall Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
						K-5	6-8	9-12
<p>Week 3</p> <p>Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fresh Apple</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets Fresh Strawberries</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Fresh Cantaloupe</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Cowboy Cavatini Whole Wheat Roll & Jelly Seasoned Corn Garden Salad Fresh Orange</p> <p>Fruit Choice - Fresh Milk Choice</p>	Calories	636	636	771
					Sodium (mg)	1099	1099	1129
					% of Total Calories from Sat. Fat	8.2%	8.2%	8.2%
<p>Week 4</p> <p>Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>Chili Tortilla Chips (9-12) Red Bell Pepper Strips Fresh Peach Cinnamon Roll</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Pear</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Baked Ham Angel Biscuit & Jelly Apple Glazed Sweet Potatoes Green Beans Fresh Grapes Honey Apple Crisp (9-12)</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Macaroni & Cheese Meatballs Whole Wheat Bread & Jelly (6-12) Seasoned Peas Fresh Baby Carrots Apple Salad</p> <p>Fruit Choice - Canned Milk Choice</p>	Calories	648	671	834
					Sodium (mg)	1124	1148	1222
					% of Total Calories from Sat. Fat	8.5%	8.3%	7.9%

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Spring Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
						K-5	6-8	9-12
<p>Week 1</p> <p>Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Cocktail</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Taco Burger on a Bun Tortilla Chips (6-12) Tomato Salsa Dark Green Leaf Lettuce Tomato Slice Refried Beans Fresh Banana</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Lasagna Garlic Bread Stick w/ Marinara Sauce Garden Salad Fresh Apple Chocolate Chip Cookie</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Chicken Patty Whole Wheat Roll & Honey Mashed Potatoes & Gravy Steamed Asparagus Sliced Pears</p> <p>Fruit Choice - Fresh Milk Choice</p>	Calories	648	678	768
					Sodium (mg)	1164	1179	1206
					% of Total Calories from Sat. Fat	7.9%	8.3%	7.7%
<p>Week 2</p> <p>Sweet and Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes Celery Sticks Tropical Fruit</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>Super Nachos Refried Beans Southwestern Lentils Fresh Mixed Fruit Cup</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Cheese Breadsticks w/ Marinara Sauce Seasoned Corn Tossed Salad Fresh Kiwi</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Strawberries</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Rock and Roll Beef Wrap Steamed Carrots Fresh Pineapple Cherry Crisp (6-12)</p> <p>Fruit Choice - Canned Milk Choice</p>	Calories	650	685	801
					Sodium (mg)	1070	1083	1145
					% of Total Calories from Sat. Fat	9.4%	9.2%	9.2%

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Spring Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p>Week 3</p> <p>Chicken Tetrazzini Garlic Bread Tossed Salad Seasoned Peas Apricot Halves</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fresh Clementine</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Beef & Noodles Mashed Potatoes Green Beans Fresh Grapes Blueberry Oat Muffin (6-12)</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Fresh Mango</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Yummy Sloppy Joe on a Bun Roasted Red Potatoes Edamame Fresh Apple</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>637</p> <p>857</p> <p>7.0%</p>	<p>663</p> <p>893</p> <p>6.9%</p>	<p>784</p> <p>966</p> <p>6.5%</p>
<p>Week 4</p> <p>Beef & Bean Burrito Tortilla Chips (9-12) Tomato Salsa Romaine & Tomato Mexican Corn Fresh Banana</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Stromboli Squares Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Diced Peaches</p> <p>Fruit Choice - Fresh Milk Choice</p>	<p>BBQ Beef on a Bun Fresh Snow Peas Baked Beans Summer Fruit Salad Royal Brownie (6- 12)</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Country Style Beef Pattie Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Fresh Pineapple</p> <p>Fruit Choice - Canned Milk Choice</p>	<p>Calories</p> <p>Sodium (mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>633</p> <p>1154</p> <p>7.2%</p>	<p>681</p> <p>1195</p> <p>6.9%</p>	<p>798</p> <p>1232</p> <p>6.8%</p>

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Adapting Menus to Meet Your Needs

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

Adapting Menu Planning and Serving Practices

To simplify the *Healthier Kansas Menus* and its' accompanying nutrient analysis, the following criteria were used:

- ◆ Menus follow the Nutrition Standards for School Meals.
- ◆ All students receive all menu items in the specified amounts.
- ◆ All condiments are served in specified amounts.
- ◆ Salt shakers or packets are not available to students.

Options/changes that may be considered include:

- ◆ Consider serving meals using the "Offer" system. The "Offer" system decreases food waste and allows for student choices.
- ◆ Allow students to serve themselves. Allowing students to serve themselves fruits and vegetables can work well. Students are more likely to select foods they will eat. Whether staff serve students or students 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 fat and sodium. Limit condiments to not exceed the serving sizes listed on the *Healthier Kansas Menus* production records. When it comes to serving condiments, less is better.
- ◆ Offer a fruit choice each day – when using *Healthier Kansas Menus*, this is required for grades 9-12 to meet the minimum daily requirement and is encouraged for grades K-5 and 6-8. Select an additional fruit or choice of fruits to offer each day.
 - Note: *Healthier Kansas Menus* include a "Fruit Choice" each day. If a fresh fruit is included on the planned menu, the fruit choice could be canned or frozen. If there is not a sufficient amount of fresh fruits or vegetables on the menu for the day, make sure the optional fruit is a fresh fruit.

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. Students 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 students' nutrient needs.
- ◆ Rearrange the menus.
 - Switch the entire menu for any one day of a school week with the entire menu for any other day of the same week. Menus are planned to meet both daily and weekly component requirements and weekly nutrient goals. 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 school 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.
 - Substitute equal portion sizes. For example, replace two 1-oz rolls for one 2-oz roll.
 - 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*, component contributions must be re-calculated. Daily and weekly component totals must also be re-added to assure requirements are met. The extent and type of changes made will affect the nutrient analysis.

The Kansas State Department of Education (KSDE), Child Nutrition & Wellness team offers classes that focus on meeting meal component and nutrient requirements. Go to www.kn-eat.org, School Nutrition Programs, Training or contact a Child Nutrition Consultant for class details.

Adding Healthy Choices

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

- ◆ Student satisfaction is increased.
- Waste is decreased. Students are more likely to choose items they will eat or decline items they will not eat.
- ◆ Consumption is improved.
 - Students are more likely to eat foods that they select.
 - With more choices students are more likely to find a food item that they will eat.
- ◆ Students can be introduced to new foods.
 - Schools can take advantage of food items in season or on sale.
 - Schools can serve food items that will be chosen by some, but not all students.
 - New food items can be introduced without excessive food waste.
 - By being exposed to new food items, students 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.

Be cautious if adding choices of high-fat or high-sodium menu items. Many entrees, cheese, cookies, desserts, salad dressings or items containing salad dressing are high in fat. Salad bar toppings such as cheese, cottage cheese and sunflower seeds can dramatically increase the amount of fat and sodium in meals. Choices can be offered with "Serve" menus and "Offer" menus. Options can be as limited as a choice of fruits or as extensive as a food bar with multiple offerings.

Menu Standards of Excellence

2010 Dietary Guidelines for Americans and MyPlate

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 DGA can be found at www.health.gov/DietaryGuidelines. When the *Healthier Kansas Menus* were developed, the 2010 Dietary Guidelines for Americans were used as a basis for serving healthy meals. The following guidelines 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

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