
Healthier Kansas Menus with Alternate Entrées



APPENDICES

Child Nutrition & Wellness, Kansas State
Department of Education

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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	.062 lb	7 oz	.437 lb	13 oz	.812 lb
2 oz	.125 lb	8 oz	.5 lb	14 oz	.875 lb
3 oz	.187 lb	9 oz	.562 lb	15 oz	.937 lb
4 oz	.25 lb	10 oz	.625 lb	16 oz	1.0 lb
5 oz	.312 lb	11 oz	.687 lb		
6 oz	.375 lb	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 with Alternate Entrées

Nutrient Analysis

The following pages detail the nutrient content of menu items, daily meals and weekly menus of *Healthier Kansas Menus with Alternate Entrées*. The analysis was completed using Nutri-Kids Menu Planning software, version 18.01 based on the following assumptions and practices:

- ◆ Production records, food specifications and recipes are followed.
- ◆ All students take all items. (Serve)
- ◆ Alternate menu items are included in analysis as being served the same number of portions each day.
- ◆ 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% white.
- ◆ Generic ingredients from the Standard Reference Database in CN 12 are used whenever possible.
- ◆ Specific manufactured items included in the analysis are noted below. **Note that 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.**

Entrees: Pepperoni Pizza (ConAgra 77387-12719); Breaded Chicken Patty (Tyson 16477-928); Chicken Nuggets (Tyson 70364-928); Saucy Blues BBQ Pork (Hormel Foods 55241); Beef Patty (Advance Pierre 155-525-0); Chicken Drumstick (Tyson 8832-928); Beef & Bean Burrito (Foster Farms 09036); Beef Sirloin Steak, Sliced & Shaped (Advance Pierre 7325-001); Beef Patty, Breaded (Tyson 24725-928); Meatballs (Advance Pierre 3-17-405-20); Cheese Pizza (ConAgra 77387-12718); Turkey Sausage Crumbles (Jimmy Dean); Sausage Patty (JTM Food Group CP5685); Pork Rib (Advance Pierre 44-531-0); Corn Dog, Whole Grain (Foster Farms 92124); Uncrustable 2.6 oz (Smuckers 51500-06961); Uncrustable 5.3 oz (51500-21028); Chicken Chili Crispito (Tyson 23987-928), Popcorn Chicken (Tyson 2940-928); Grilled Chicken Filet (Tyson 70322-928)

Fruits & Vegetables: Potato Wedges (Simplot 23801); Roasted Red Potatoes (McCain Farmer's Kitchen MCF04851); Sweet Potato Fries, Crinkle Cut (Simplot 10071179027812); Sweet Potato Puffs (Lamb Weston); Tater Tots (Ore-Ida OIF00215A); Hash Brown Patty (Simplot 10071179430018)

Grains: Lasagna Noodles, WG (Hodgson Mills 71518-00017-001); Tortilla Chips, Triangle Unsalted (Mission 08616); Tortilla, WG 8" (Mission 10411); Long Grain & Wild Rice Blend (Uncle Ben's); Egg Noodles, Whole Grain (Hodgson Mills)

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 1

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	632	906	8.3%
Tuesday	608	928	7.2%
Wednesday	715	931	9.6%
Thursday	689	585	10.6%
Friday	570	535	4.9%

Nutrient	Weekly Menu Avg	Target
Calories	643	550-650
Sodium (Mg)	777	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.3%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	653	901	7.6%
Tuesday	608	928	7.2%
Wednesday	715	931	9.6%
Thursday	718	597	10.2%
Friday	650	629	4.7%

Nutrient	Weekly Menu Avg	Target
Calories	669	550-650
Sodium (Mg)	797	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.9%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	721	911	6.9%
Tuesday	879	1156	7.5%
Wednesday	783	941	8.8%
Thursday	795	609	9.3%
Friday	718	639	4.2%

Nutrient	Weekly Menu Avg	Target
Calories	779	750-850
Sodium (Mg)	851	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.4%	<10%

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 2

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	677	910	7.3%
Tuesday	698	728	3.8%
Wednesday	593	669	7.7%
Thursday	585	994	7.1%
Friday	537	883	8.8%

Nutrient	Weekly Menu Avg	Target
Calories	618	550-650
Sodium (Mg)	837	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	6.8%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	677	910	7.3%
Tuesday	834	864	4.1%
Wednesday	593	669	7.7%
Thursday	585	994	7.1%
Friday	594	1000	9.2%

Nutrient	Weekly Menu Avg	Target
Calories	657	550-650
Sodium (Mg)	887	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	6.9%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	793	1000	7.5%
Tuesday	1012	1046	3.7%
Wednesday	767	752	6.6%
Thursday	651	995	6.5%
Friday	792	1240	9.2%

Nutrient	Weekly Menu Avg	Target
Calories	803	750-850
Sodium (Mg)	1007	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	6.5%	<10%

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 3

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	683	1054	6.0%
Tuesday	721	654	9.1%
Wednesday	647	1059	6.2%
Thursday	540	756	8.5%
Friday	682	758	8.6%

Nutrient	Weekly Menu Avg	Target
Calories	655	550-650
Sodium (Mg)	856	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	7.7%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	704	1049	5.4%
Tuesday	721	654	9.1%
Wednesday	647	1059	6.2%
Thursday	552	768	8.3%
Friday	682	758	8.6%

Nutrient	Weekly Menu Avg	Target
Calories	661	550-650
Sodium (Mg)	858	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.5%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	777	1061	4.9%
Tuesday	1005	764	8.4%
Wednesday	715	1069	5.6%
Thursday	867	950	7.0%
Friday	750	768	7.8%

Nutrient	Weekly Menu Avg	Target
Calories	823	750-850
Sodium (Mg)	922	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	6.9%	<10%

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Fall Week 4

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	655	761	9.3%
Tuesday	622	721	8.1%
Wednesday	651	873	7.2%
Thursday	480	1115	5.7%
Friday	778	929	12.6%

Nutrient	Weekly Menu Avg	Target
Calories	637	550-650
Sodium (Mg)	880	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.9%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	655	761	9.3%
Tuesday	622	721	8.1%
Wednesday	651	873	7.2%
Thursday	480	1115	5.7%
Friday	864	1024	11.7%

Nutrient	Weekly Menu Avg	Target
Calories	655	550-650
Sodium (Mg)	899	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	8.7%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	730	783	8.4%
Tuesday	885	795	8.1%
Wednesday	719	884	6.5%
Thursday	798	1287	5.4%
Friday	932	1034	10.8%

Nutrient	Weekly Menu Avg	Target
Calories	813	750-850
Sodium (Mg)	957	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.9%	<10%

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 1

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	678	1012	10.4%
Tuesday	549	919	7.5%
Wednesday	646	639	9.4%
Thursday	780	1251	8.7%
Friday	591	628	5.9%

Nutrient	Weekly Menu Avg	Target
Calories	649	550-650
Sodium (Mg)	890	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.5%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	678	1012	10.4%
Tuesday	549	919	7.5%
Wednesday	786	654	9.5%
Thursday	776	1080	8.8%
Friday	624	623	5.1%

Nutrient	Weekly Menu Avg	Target
Calories	683	550-650
Sodium (Mg)	858	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	8.4%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	746	1022	9.5%
Tuesday	637	949	6.6%
Wednesday	862	671	8.6%
Thursday	856	1276	8.0%
Friday	692	634	4.6%

Nutrient	Weekly Menu Avg	Target
Calories	759	750-850
Sodium (Mg)	910	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.6%	<10%

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 2

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	726	873	6.4%
Tuesday	546	459	12.1%
Wednesday	615	815	11.4%
Thursday	709	882	6.2%
Friday	591	628	5.9%

Nutrient	Weekly Menu Avg	Target
Calories	627	550-650
Sodium (Mg)	706	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	8.8%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	738	885	6.3%
Tuesday	546	459	12.1%
Wednesday	615	815	11.4%
Thursday	709	882	6.2%
Friday	711	566	8.5%

Nutrient	Weekly Menu Avg	Target
Calories	664	550-650
Sodium (Mg)	722	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	8.6%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	806	895	5.8%
Tuesday	873	658	14.1%
Wednesday	683	826	10.2%
Thursday	804	899	5.8%
Friday	784	582	7.7%

Nutrient	Weekly Menu Avg	Target
Calories	790	750-850
Sodium (Mg)	772	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	8.8%	<10%

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 3

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	581	962	7.7%
Tuesday	666	783	10.1%
Wednesday	594	895	6.2%
Thursday	574	720	7.0%
Friday	764	709	7.4%

Nutrient	Weekly Menu Avg	Target
Calories	636	550-650
Sodium (Mg)	814	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	7.7%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	581	962	7.7%
Tuesday	666	783	10.1%
Wednesday	651	1012	6.8%
Thursday	647	773	7.3%
Friday	785	704	6.8%

Nutrient	Weekly Menu Avg	Target
Calories	666	550-650
Sodium (Mg)	847	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.7%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	688	1056	6.5%
Tuesday	754	809	9.1%
Wednesday	849	1252	7.4%
Thursday	715	783	6.6%
Friday	853	714	6.3%

Nutrient	Weekly Menu Avg	Target
Calories	772	750-850
Sodium (Mg)	923	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	7.2%	<10%

KSDE Healthier Kansas Menus with Alternate Entrées Nutrient Analysis – Spring Week 4

Grades K – 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	613	589	4.8%
Tuesday	575	975	10.2%
Wednesday	749	990	7.9%
Thursday	623	938	8.6%
Friday	507	419	6.7%

Nutrient	Weekly Menu Avg	Target
Calories	613	550-650
Sodium (Mg)	782	≤1230 (Target 1) ≤935 (Target 2)
% of Total Calories from Saturated Fat	7.6%	<10%

Grades 6 – 8

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	625	601	4.7%
Tuesday	575	975	10.2%
Wednesday	879	1078	7.5%
Thursday	623	938	8.6%
Friday	575	513	6.4%

Nutrient	Weekly Menu Avg	Target
Calories	655	550-650
Sodium (Mg)	821	≤1360 (Target 1) ≤1035 (Target 2)
% of Total Calories from Saturated Fat	7.5%	<10%

Grades 9 – 12

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	833	626	5.1%
Tuesday	781	1174	8.9%
Wednesday	947	1088	7.0%
Thursday	693	940	7.8%
Friday	643	523	5.7%

Nutrient	Weekly Menu Avg	Target
Calories	780	750-850
Sodium (Mg)	870	≤1420 (Target 1) ≤1080 (Target 2)
% of Total Calories from Saturated Fat	5.7%	<10%

Notes