



Healthier Kansas Menus – LUNCH CYCLE MENU



Updated September 2014

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.

Spring Cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>
<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>

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Spring Cycle, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>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>

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