



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

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

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