



Healthier Kansas Menus – 6-WEEK CYCLE LUNCH MENU



PLEASE NOTE: Milk choice includes a choice of non-fat (flavored or unflavored) or 1% milk (unflavored).
Reduced fat dressing is served with salads and fresh vegetables.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
					K-5	6-8	9-12	
<p>WEEK 1</p> <p>Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Gelatin w/ Juice</p> <p>Fruit Choice Milk Choice</p>	<p>Chicken Wrap Romaine & Tomato Mix Spanish Rice (6-12) Steamed Carrots Tropical Fruit</p> <p>Fruit Choice Milk Choice</p>	<p>Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas (9-12) French Garlic Bread (9-12) Fresh Grapes Fruit Choice Milk Choice</p> <p>Fruit Choice Milk Choice</p>	<p>Taco Salad Whole Grain Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits</p> <p>Fruit Choice Milk Choice</p>	<p>Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll & Jelly (9-12) Orange Wedges</p> <p>Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>625</p> <p>1145</p> <p>8.07%</p>	<p>642</p> <p>1196</p> <p>7.94%</p>	<p>816</p> <p>1332</p> <p>6.96%</p>
<p>WEEK 2</p> <p>Hamburger on a Bun Romaine & Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar</p> <p>Fruit Choice Milk Choice</p>	<p>Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly (6-12) Strawberries & Bananas Fruit Choice Milk Choice</p> <p>Fruit Choice Milk Choice</p>	<p>Chili Whole Grain Corn Chips Celery & Cucumbers Cinnamon Roll Orange Smiles</p> <p>Fruit Choice Milk Choice</p>	<p>Baked Ham Two Potato Mash Green Beans Angel Biscuit & Jelly Fresh Kiwi</p> <p>Fruit Choice Milk Choice</p>	<p>Macaroni & Cheese Meat Balls Seasoned Peas Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Apple Wedges</p> <p>Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>626</p> <p>1142</p> <p>8.66%</p>	<p>653</p> <p>1163</p> <p>8.39%</p>	<p>816</p> <p>1305</p> <p>7.24%</p>
<p>WEEK 3</p> <p>Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12)</p> <p>Fruit Choice Milk Choice</p>	<p>Pepperoni Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana</p> <p>Fruit Choice Milk Choice</p>	<p>Taco Burger on a Bun Romaine & Tomato Refried Beans Black Bean & Corn Salsa w/ Whole Grain Corn Tortilla Chips (9-12) Sliced Pears Fruit Choice Milk Choice</p> <p>Fruit Choice Milk Choice</p>	<p>Italian Pasta Bake Green Pepper Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Royal Brownie</p> <p>Fruit Choice Milk Choice</p>	<p>Chicken Pattie Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly (6-12) Orange Wedges</p> <p>Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>591</p> <p>1172</p> <p>9.28%</p>	<p>607</p> <p>1192</p> <p>9.13%</p>	<p>796</p> <p>1311</p> <p>8.25%</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
						K-5	6-8	9-12
<p>WEEK 4</p> <p>Beef & Bean Burrito Romaine & Tomato Mexican Corn Salsa & Whole Grain Corn Tortilla Chips (9-12) Apple Wedges</p> <p>Fruit Choice Milk Choice</p>	<p>Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries</p> <p>Fruit Choice Milk Choice</p>	<p>BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Orange Smiles Oatmeal Cookie (9-12)</p> <p>Fruit Choice Milk Choice</p>	<p>Turkey & Cheese Sub Romaine Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)</p> <p>Fruit Choice Milk Choice</p>	<p>Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly (6-12) Banana Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>632</p> <p>1311</p> <p>8.29%</p>	<p>653</p> <p>1328</p> <p>8.10%</p>	<p>830</p> <p>1432</p> <p>7.52%</p>
<p>WEEK 5</p> <p>Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Sliced Pears Snickerdoodle</p> <p>Fruit Choice Milk Choice</p>	<p>Whole Grain Corn Dog Garden Spinach Salad Seasoned Peas Apple Wedges</p> <p>Fruit Choice Milk Choice</p>	<p>Beef & Noodles Mashed Potatoes Fresh Baby Carrots Blueberry Oat Muffin (6-12) Pineapple Tidbits</p> <p>Fruit Choice Milk Choice</p>	<p>Chicken Quesadilla Salsa & Whole Grain Corn Tortilla Chips Refried Beans Orange Wedges</p> <p>Fruit Choice Milk Choice</p>	<p>Cowboy Cavatini Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly (9-12) Fresh Banana Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>609</p> <p>1040</p> <p>8.07%</p>	<p>633</p> <p>1038</p> <p>8.60%</p>	<p>785</p> <p>1157</p> <p>7.41%</p>
<p>WEEK 6</p> <p>Chicken Tetrizzini Tossed Salad w/ Romaine Steamed Carrots Whole Grain Breadstick Fresh Strawberries Fruit Choice Milk Choice</p>	<p>Pork Rib on a Bun Romaine & Tomato Tri-Tater Green Beans Fresh Kiwi Cherry Crisp (6-12)</p> <p>Fruit Choice Milk Choice</p>	<p>Lasagna Garden Spinach Salad Whole Grain French Garlic Bread Apple Wedges</p> <p>Fruit Choice Milk Choice</p>	<p>Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll Sliced Peaches Fruit Choice Milk Choice</p>	<p>Sloppy Joe on a Bun Whole Grain Chips (9-12) Sweet Potato Puffs Baked Beans Fresh Grapes</p> <p>Fruit Choice Milk Choice</p>	<p>Calories</p> <p>Sodium (Mg)</p> <p>% of Total Calories from Sat. Fat</p>	<p>591</p> <p>1096</p> <p>6.92%</p>	<p>625</p> <p>1109</p> <p>6.88%</p>	<p>807</p> <p>1265</p> <p>6.28%</p>