



Healthier Kansas Menus – 4-WEEK CYCLE BREAKFAST MENU



PLEASE NOTE: Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages		
WEEK 1 Aloha Muffin Square Whole Grain Cereal Grapes Milk Choice	Star Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Orange Milk Choice	Breakfast Pita with Tomato Salsa Hash Brown Potatoes Kiwi Milk Choice	Breakfast Lasagna Fruit Cocktail Milk Choice	K-12		Target
					Calories	557	554
					Cholesterol (Mg)	35	75
					Sodium (Mg)	904	1000
					Fiber (G)	5.48	2.50
					Iron (Mg)	3.95	2.99
					Calcium (Mg)	546.3	253.85
					Vitamin A (IU)	1092	971
					Vitamin C (Mg)	50.22	12.50
					Protein (G)	21.45	9.59
Carbohydrate (G)	87.02	0.00					
Total Fat (G)	13.02	18.47					
Saturated Fat (G)	3.18	6.16					
WEEK 2 Cereal Bar String Cheese Fresh Citrus Fruit Cup Milk Choice	Baked French Toast Strips with Syrup Strawberries & Bananas Milk Choice	Western Omelet Quesadilla with Tomato Salsa Potato Rounds Fresh Pear Milk Choice	Scrumptious Coffeecake Sunrise Smoothie Graham Crackers Milk Choice	Biscuit and Gravy Apricots Fruit Juice Choice Milk Choice	Calories	554	554
					Cholesterol (Mg)	59	75
					Sodium (Mg)	676	1000
					Fiber (G)	5.45	2.50
					Iron (Mg)	3.00	2.99
					Calcium (Mg)	533.1	253.85
					Vitamin A (IU)	1282	971
					Vitamin C (Mg)	31.51	12.50
					Protein (G)	18.38	9.59
					Carbohydrate (G)	97.44	0.00
Total Fat (G)	10.47	18.47					
Saturated Fat (G)	3.38	6.16					



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages		
WEEK 3 Oatmeal Breakfast Round Banana Milk Choice	Whole Grain Waffles with Syrup Sausage Links Mandarin Oranges Milk Choice	Breakfast Sundae Raisins Fruit Juice Choice Milk Choice	Whole Grain Cheese Pizza Fresh Mixed Fruit Cup Milk Choice	Breakfast Bake with Tomato Salsa Whole Wheat Toast Grapes Milk Choice	K-12		Target
					Calories	591	554
					Cholesterol (Mg)	42	75
					Sodium (Mg)	643	1000
					Fiber (G)	6.26	2.50
					Iron (Mg)	3.28	2.99
					Calcium (Mg)	498.7	253.85
					Vitamin A (IU)	1123	971
					Vitamin C (Mg)	22.51	12.50
					Protein (G)	21.32	9.59
					Carbohydrate (G)	102.63	0.00
					Total Fat (G)	11.87	18.47
					Saturated Fat (G)	3.47	6.16
WEEK 4 Pumpkin Chocolate Chip Muffin Whole Grain Cereal Fresh Orange Milk Choice	Pancake on a Stick with Syrup Tri-Tater Fruit Juice Choice Milk Choice	Quick Blueberry Bubble Bread Sliced Peaches Milk Choice	Biscuit Breakfast Sandwich Rosy Applesauce Milk Choice	Excellent Egg Taco with Tomato Salsa Yogurt Cup Pineapple Chunks Milk Choice	K-12		Target
					Calories	559	554
					Cholesterol (Mg)	64	75
					Sodium (Mg)	738	1000
					Fiber (G)	3.96	2.50
					Iron (Mg)	4.21	2.99
					Calcium (Mg)	481.4	253.85
					Vitamin A (IU)	1598	971
					Vitamin C (Mg)	28.21	12.50
					Protein (G)	18.04	9.59
					Carbohydrate (G)	88.50	0.00
					Total Fat (G)	12.29	18.47
					Saturated Fat (G)	3.30	6.16