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# **Healthier Kansas Menus**



## **INTRODUCTION**

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Kansas State Department of Education  
2009

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### ***Staff and Students Who Tested Menus***

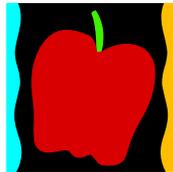
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## **Introduction**

### ***Healthy Menus that Students will Love***

*Healthier Kansas Menus* provide a variety of familiar and nutritious foods that students will love along with just enough new and unusual menu items to keep it interesting. Students will be introduced to good-tasting, healthy foods. Menus were well accepted by students in all grades when tested in both small and large schools.

*Healthier Kansas Menus* meet all School Meals Initiative (SMI) nutrient requirements when the menus, recipes, food specifications, production records and serving practices are followed. The nutrient analysis reflects all menu items that are available to students, excluding fruit choice and alternate entrée. Students should be encouraged to choose and try *all* of the planned menu items.

### ***Planning Tools that Food Service will Love***

Whether the food service director/manager is new to the job or a seasoned veteran in menu planning, *Healthier Kansas Menus* can be a time saving tool. The resources included are:

- 4-Week Lunch Menu Calendar
- Recipes with Food Based Menu Planning component information and HACCP instructions
- Daily Production Records with Purchasing, Preparation and Serving Instructions
- Fruit & Vegetable Ordering Guide
- Ideas for Adapting Menus
- Appendices

## **Tips for Using Healthier Kansas Menus**

### ***Follow the Menus***

Keep it simple by following menus as planned. Changes in menu items, recipes or portion sizes require corresponding changes in the 4-Week Lunch Calendar Menu, Production Records and Fruit & Vegetable Order Guide.

When changes are made in the menus, recipes or serving sizes, the component information must be re-calculated. When pre-prepared products are included, they should meet the standards indicated on the Purchasing, Preparation & Serving Instructions. When menus are changed, the production record component information must be re-calculated to assure the daily and weekly components requirements are met.

If changes are needed, download copies of the menu tools from [www.kn-eat.org](http://www.kn-eat.org), save the documents on your computer and make changes before printing them. To assure that any menus or recipes that you revise still meet requirements, carefully record all changes.

### ***Use the Resources***

#### **4-Week Lunch Menu Calendar**

Download the calendar. Make changes if needed. Add the school's name, month, dates and any other district-specific information before printing.

#### **Recipe Book**

Production information is found in the *Healthier Kansas Menus Recipe Book* and daily *Purchasing, Preparation & Serving Instructions*. Recipes identify HACCP processes, component contributions, serving size(s) and instructions.

#### **Production Records**

Daily Production Records with Purchasing, Preparation & Serving Instructions are designed to be printed and placed in three-ring binders for use at each serving site.

Menu item substitutions or additions must be noted on the production record. The kitchen manager must complete the number of meals served, the amount

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of each food item prepared and the amount left-over. Printed copies of completed Production Records are required daily.

### **Specifications & Order Guides**

Nutrient and component specifications are indicated on recipes or Purchasing, Preparation & Serving Instructions for the day. Review specifications before ordering to ensure that menus served meet component and nutrient requirements.

Use the Fruit & Vegetable Order Guide. This guide, organized by menu week, is based on 100 servings of the portion sizes indicated in *Healthier Kansas Menus*.

## **Appendices**

Additional data is provided in the appendices at the end of the *Healthier Kansas Menus* resources. These include:

### **Appendix A**

- Fruit Choice Guide

### **Appendix B**

- Chart 1, Yields for Selected Meat/Meat-Alternates
- Chart 2-A, Yields for Selected Fruits
- Chart 2-B, Yields for Selected Vegetables
- Chart 3, Yields for Selected Grains/Breads
- Chart 4, Creditable Foods for School Lunches and Breakfasts
- Chart 5-A, Yields for Selected Single-Ingredient Fruits
- Chart 5-B, Yields for Selected Single-Ingredient Vegetables

### **Appendix C**

- Converting Common Measures

### **Appendix D**

- Healthier Kansas Menus Nutrient Analysis

## Healthier Kansas Menus – INTRODUCTION

**PLEASE NOTE:** Milk choice includes a choice of non-fat or 1% milk. Reduced fat dressing served with salads and fresh vegetables. Fruit choices and alternate entrees are not included in the analysis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
<b>WEEK 1:</b>					<b>Elementary</b>	<b>Secondary</b>
Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Pumpkin Bar	Chicken Wrap Lettuce & Tomato Spanish Rice Steamed Carrots Tropical Fruit	Spaghetti w/ Meat Sauce Garden Spinach Salad French Garlic Bread Sliced Peaches	Taco Salad Whole Grain Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pineapple Rings	Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges	Calories 735 Cholesterol (Mg) 72 Sodium (Mg) 1308 Fiber (G) 7.50 Iron (Mg) 5.05 Calcium (Mg) 463.9 Vitamin A (IU) 3634 Vitamin C (Mg) 28.63 Protein (G) 32.27 Carbohydrate (G) 104.22 Total Fat (G) 21.69 Saturated Fat (G) 5.78	857 75 1500 10.14 6.57 494.8 4/22 44.65 35.88 125.73 24.83 6.49
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice		
<u>Alternate Entrée:</u> PBJ Sandwich	<u>Alternate Entrée:</u> Turkey & Cheese Sandwich	<u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	<u>Alternate Entrée:</u> Ham & Cheese Sandwich	<u>Alternate Entrée:</u> Yogurt & Muffin		
<b>WEEK 2:</b>						
Hamburger on a Bun Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar	Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas	Chili Whole Grain Corn Chips Celery & Cucumbers Cinnamon Roll Orange Smiles	Pork Rib on a Bun Tri-Tater Corn Fresh Kiwi Cherry Crisp	Macaroni & Cheese Smokies Seasoned Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	Calories 776 Cholesterol (Mg) 57 Sodium (Mg) 1433 Fiber (G) 8.67 Iron (Mg) 5.29 Calcium (Mg) 484.2 Vitamin A (IU) 3255 Vitamin C (Mg) 37.59 Protein (G) 30.33 Carbohydrate (G) 110.21 Total Fat (G) 25.81 Saturated Fat (G) 6.53	907 60 1691 11.52 6.26 524.2 4427 59.58 34.22 131.61 29.65 7.46
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice		
<u>Alternate Entrée:</u> PBJ Sandwich	<u>Alternate Entrée:</u> Turkey & Cheese Sandwich	<u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	<u>Alternate Entrée:</u> Ham & Cheese Sandwich	<u>Alternate Entrée:</u> Yogurt & Muffin		

## Healthier Kansas Menus – INTRODUCTION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
<b>WEEK 3:</b>						
Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Pudding	Sausage Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Banana	Taco Burger on a Bun Lettuce & Tomato Refried Beans Black Bean & Corn Salsa w/ Whole Grain Corn Tortilla Chips Sliced Pears Chocolate Chip Cookie	Italian Pasta Bake Green Pepper Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly Applesauce Royal Brownie	Chicken Pattie Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly Orange Wedges	<b>Elementary</b>	<b>Secondary</b>
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Calories 753 Cholesterol (Mg) 58 Sodium (Mg) 1438 Fiber (G) 8.21 Iron (Mg) 5.06 Calcium (Mg) 531.5 Vitamin A (IU) 2377 Vitamin C (Mg) 30.13 Protein (G) 32.64 Carbohydrate (G) 105.01 Total Fat (G) 22.93 Saturated Fat (G) 6.42	899 58 1609 10.34 6.19 555.0 3078 46.95 35.19 131.97 26.63 7.07
<u>Alternate Entrée:</u> PBJ Sandwich	<u>Alternate Entrée:</u> Turkey & Cheese Sandwich	<u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	<u>Alternate Entrée:</u> Ham & Cheese Sandwich	<u>Alternate Entrée:</u> Yogurt & Muffin		
<b>WEEK 4:</b>						
Beef & Bean Burrito Lettuce & Tomato Mexican Corn Salsa & Whole Grain Corn Tortilla Chips Honey Apple Crisp	Stromboli Green Beans Fresh Carrots Strawberry Shortcake	BBQ Beef on a Bun Cheesy Potatoes Baked Beans Orange Smiles Oatmeal Cookie	Turkey & Cheese Sub Romaine Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks	Country Style Beef Pattie Mashed Potatoes & Gravy California Blend Vegetables Wheat Roll & Jelly Banana	Calories 764 Cholesterol (Mg) 53 Sodium (Mg) 1482 Fiber (G) 8.23 Iron (Mg) 4.90 Calcium (Mg) 496.6 Vitamin A (IU) 2496 Vitamin C (Mg) 28.33 Protein (G) 30.84 Carbohydrate (G) 113.30 Total Fat (G) 22.22 Saturated Fat (G) 7.23	855 54 1637 10.47 5.65 514.0 3161 38.93 33.03 131.73 23.72 7.58
Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice	Fruit Choice Milk Choice		
<u>Alternate Entrée:</u> PBJ Sandwich	<u>Alternate Entrée:</u> Turkey & Cheese Sandwich	<u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick	<u>Alternate Entrée:</u> Ham & Cheese Sandwich	<u>Alternate Entrée:</u> Yogurt & Muffin		

## **Adapting Menus to Meet Your Needs**

The *Healthier Kansas Menus* can be adapted to include local students' favorite menu items and recipes. Serving practices can also be modified to best suit each school's individual situation.

### ***Adapting Menu Planning and Serving Practices***

To simplify the *Healthier Kansas Menus* and its' accompanying nutrient analysis, the following criteria were used:

- ◆ Menus follow the Food Based Menu Planning System.
- ◆ The "Serve" option is used; all students receive all menu items in the specified amounts.
- ◆ All condiments are served in specified amounts.
- ◆ Salt shakers or packets are not available to students.

Options/changes that may be considered include:

- ◆ *Healthier Kansas Menus* can be followed if Nutrient Standard Menu Planning is used. Add the menus, recipes, portion size(s), and nutrient information for locally purchased items to your school's nutrient analysis program. "Weight" the number of portions of each menu item and then check the overall nutrient content. Minor menu adjustments will likely be needed to meet your students' nutrient requirements.
- ◆ Consider serving meals using the "Offer" system. The "Offer" system decreases food waste and allows for student choices. With the "Offer" system, however, students often decline the lower-fat fruits and vegetables. This will decrease calories, fiber, vitamins and minerals and increase the overall percent fat in the meal. If the "Offer" system is used, consider adding fruit and vegetable choices to encourage students to eat healthier meals.
- ◆ Allow students to serve themselves. Allowing students to serve themselves breads, fruits, and vegetables can work well. Students are more likely to select foods they will eat. Whether staff serve students or students serve themselves, portion sizes are key to healthy meals. Self-service of entrees and desserts should be limited to pre-portioned servings to ensure healthy meals and to control food costs. Self-service allows for easier implementation of offering choices within menus.

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- ◆ Make condiments optional to help decrease the amount used. Condiments are a major source of sodium and fat. Limit the portion size and the number of servings taken to control fat and sodium. Limit condiments to not exceed the serving sizes listed on the *Healthier Kansas Menus* production records. When it comes to serving condiments, less is better.

### ***Adapting Recipes & Purchased Product Specifications***

At times it may not be possible to follow the *Healthier Kansas Menus* exactly as written.

With careful planning alternate recipes or purchased products may be included. Check out these ideas:

- ◆ Try the *Healthier Kansas Menus* Recipes first. Students might discover a new favorite!
- ◆ Limit the number of recipes or product specifications that are changed. The more items that are changed, the less likely menus will still meet students' nutrient needs.
- ◆ Rearrange the menus.
  - Switch the entire menu for any one day of a school week with the entire menu for any other day of the same week. Menus are planned to meet both daily and weekly component requirements and weekly nutrient goals. The order in which daily menus are served within a given week will not affect the nutrient content.

**However, caution must be used if the sponsor intends to apply for the HealthierUS School Challenge (HUSSC) Gold Award or Gold Award with Distinction.** In order to meet the HUSSC criteria for these awards a dark green or orange vegetable must be served at least three days during the week. If you switch an entire menu with a menu in another week, be careful to ensure that there are still three days that include a dark green or orange vegetable.

- Switch similar food items within the same school week. For example, if bananas are not available as planned on Tuesday, switch the bananas with the Oranges planned on Friday.

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- ◆ Make substitutions with items of similar nutrient content.
  - Substitute foods from the same food group, i.e. substitute a fruit for a different fruit.

**However, caution must be used if the sponsor intends to apply for the HUSSC Gold Award or Gold Award with Distinction.** In order to meet the HUSSC criteria for these awards a different fruit and a different vegetable must be served every day of the week in at least  $\frac{1}{4}$  cup servings. Various preparations of the same food are considered to be the same fruit or vegetable, i.e. mashed potatoes and tater tots are both potatoes, and fresh apples and applesauce are both apples. When substituting a fruit or vegetable for those planned in the *Healthier Kansas Menus*, ensure that you still include distinct fruits and vegetables in a minimum of  $\frac{1}{4}$  cup servings each day of the week.

In addition, the HUSSC Gold Award or Gold Award with Distinction require that a different whole grain menu item be offered each day of the week. Schools must use at least one unit of two different whole grains each week to meet the whole grain criteria.

- Substitute equal portion sizes. For example, replace two 1-oz rolls for one 2-oz roll.
- If a higher fat menu item is added, include it in place of another higher-fat item already on the menus. Macaroni & Cheese w/Smokies, Country Style Beef Pattie, Chicken Wrap, Cheesy Potatoes, cookies and crisps are higher-fat items on these menus.
- If a higher-sodium item is added, include it in place of another higher-sodium item already on the menus. Pig in a Blanket, Chicken Wrap, Stromboli, Turkey & Cheese Sub, Macaroni & Cheese w/Smokies, Sausage Pizza, Hot Ham & Cheese on a Bun, and Country Style Beef Pattie are higher-sodium items on these menus.

**REMEMBER** to record all substitutions on recipes and production records. Keep information on file regarding products purchased.

### ***Changing Menu Items & Portion Sizes***

If menu items or portion sizes are changed from those planned in the *Healthier Kansas Menus*, component contributions must be re-calculated. Daily and weekly component totals must also be re-added to assure requirements are met. The extent and type of changes made will affect nutrient analysis.

Kansas State Department of Education (KSDE), Child Nutrition & Wellness offers classes that focus on meeting meal component and nutrient requirements. Go to [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, 5-Star Training System or contact a Child Nutrition Consultant for class details.

### ***Adding Healthy Choices***

Offering choices may take a little more time in planning, preparation, and service, but consider the benefits:

- ◆ Student satisfaction is increased.
- ◆ Nutrition requirements for individual students can be more easily met. In particular, varying calorie needs can be met.
  - Giving students the option of extra or larger servings of breads, fruits and vegetables provides extra calories for those who need them.
  - A choice of a hearty entrée or a lighter-calorie sandwich gives both the high school athlete and younger, less active students options that fit their calorie needs.
- Waste is decreased. Students are more likely to choose items they will eat or decline items they will not eat.
- ◆ Consumption is improved.
  - Students are more likely to eat foods that they select.
  - With more choices students are more likely to find a food item that they will eat.

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- ◆ Students can be introduced to new foods.
  - Schools can take advantage of food items in season or on sale.
  - Schools can serve food items that will be chosen by some, but not all students.
  - New food items can be introduced without excessive food waste.
  - By being exposed to new food items, students have the opportunity to become familiar with them, making it more likely that they will try them in the future.

Choices don't need to be elaborate. Simple choices tend to be the healthiest. Lower-fat entrees, fruits, vegetables and lower-fat breads are great choices.

Be cautious if adding choices of high-fat or high-sodium menu items. Many entrees, cheese, cookies, desserts, salad dressings or items containing salad dressing are high in fat. Salad bar toppings such as cheese, cottage cheese and sunflower seeds can dramatically increase the amount of fat and sodium in meals.

Both Food Based Menu Planning and Nutrient Standard Menu Planning can take advantage of adding menu choices. Choices can be offered with "Serve" menus and "Offer" menus. Options can be as limited as a choice of fruits or as extensive as a food bar with multiple offerings.

The *Healthier Kansas Menus* include menu choices. These choices allow schools to meet Kansas School Wellness Policy Exemplary Guidelines for lunches, HealthierUS School Challenge (HUSSC) criteria for the Gold Award and Gold Award with Distinction, Dietary Guidelines for American and MyPyramid recommendations.

## Menu Standards of Excellence

### *2005 Dietary Guidelines for Americans and MyPyramid*

Regulations require that the United States Department of Agriculture (USDA) Child Nutrition Programs menu requirements are consistent with the most recent Dietary Guidelines for Americans (DGA). The guidelines are updated to be consistent with the most current scientific recommendations of how Americans should eat. The DGA can be found at [www.health.gov/DietaryGuidelines](http://www.health.gov/DietaryGuidelines). When the *Healthier Kansas Menus* were developed, the 2005 Dietary Guidelines for Americans were used as a basis for serving healthy meals. The following guidelines were incorporated into the menus:

- ◆ Consume a variety of foods from the basic food groups while staying within energy needs.
- ◆ Make half the grains, whole grains.
- ◆ Encourage intake of fruits and vegetables:
  - Choose a variety of fruits and vegetables each day including legumes, dark green & orange vegetables, and starchy vegetables.
- ◆ Keep trans fatty acids as low as possible.
- ◆ Limit intake of sodium.
- ◆ Limit the intake of added sugars.
- ◆ Serve non-fat or low-fat milk (1%) only.
- ◆ Keep foods safe to eat

### *Kansas Wellness Policy Guidelines*

A list of specific guidelines schools can use to promote student health can be found at [www.kn-eat.org](http://www.kn-eat.org), **School Nutrition Programs, Wellness Policies**. Guidelines are available for three areas: Nutrition, Nutrition Education and Physical Activity; and for three levels within each content area: Basic, Advanced and Exemplary. *Healthier Kansas Menus* meet all Exemplary guidelines for lunches. These include the following:

1. An entrée choice with total fat of 16 grams or less per serving is offered daily.
2. At least 4 choices of fruits and/or vegetables are offered daily.
3. Fresh fruit or vegetables are offered daily.
4. At least 10 different fruits and 10 different vegetables are offered monthly.
5. At least one food item containing whole grain is offered daily.
6. Only low-fat (1% or ½%) and/or skim (nonfat) milk are offered.
7. Salad dressings contain 6 grams or less of fat per ounce.
8. Desserts with more than 5 grams of fat per serving are offered no more than twice a week.

### ***HealthierUS School Challenge (HUSSC)***

The United States Department of Agriculture (USDA) provides national recognition for schools that meet the HUSSC goals found at [www.fns.usda.gov/tn/healthierus/index/html](http://www.fns.usda.gov/tn/healthierus/index/html). Like Kansas Wellness Policy Guidelines, HUSSC goals also apply to the entire school setting. The HUSSC categories include School Meals, Nutrition Education, Physical Activity, and School Wellness Policies. Schools can apply for the Bronze Award, Silver Award, Gold Award or Gold Award with Distinction depending on the criteria met.

All Gold Award and Gold Award with Distinction criteria for lunch menus are met with the *Healthier Kansas Menus*. These include the following:

1. Offer a different vegetable every day of the week. All servings must be at least  $\frac{1}{4}$  cup.
2. Dark green or orange vegetables must be offered 3 or more days per week (of the 3, at least 2 must be different).
3. Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas).
4. Offer a different fruit every day of the week (fresh, frozen, canned, dried or 100% juice. All servings must be at least  $\frac{1}{4}$  cup. Dried fruit must have no added sweetener (nutritive or non-nutritive). Canned fruit must be packed in juice or light syrup. 100% juice can only be counted as a fruit once per week.
5. Offer whole-grain foods (a serving is equal to a serving of Grains/Breads as defined in the USDA Food Buying Guide, pages 3.15-3.16). The majority of whole grain food products served must have the whole grain(s) listed first in the ingredient statement. Other whole grain servings must have whole grain as the primary grain ingredient.
6. Offer each day only low-fat (1% or less) and fat-free (skim) fluid milk, flavored or unflavored.

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### **Entrée Choices**

*Healthier Kansas Menus* includes five alternate entrees: purchased Whole Wheat Peanut Butter and Jelly (PBJ) Sandwich, Turkey & Cheese Sandwich, Chef Salad with Spinach & Bread Stick, Ham & Cheese Sandwich, and Yogurt & Muffin. Use the alternate entrée recipes and purchased product specifications to provide students with a choice of two entrees each day.

The purchased PBJ Sandwich choice must provide a minimum of one (1) ounce meat/meat alternate and one (1) unit of whole grain bread, and no more than 16 grams of fat per serving. If the PBJ sandwich is school-made it must contain 2 tablespoons of peanut butter and whole grain bread.

### **Fruit Choices**

Offer a fruit choice each day. Select an additional fruit or choice of fruits to offer each day. Note *Healthier Kansas Menus* include a “Fruit Choice” each day. Sponsors that intend to meet the Kansas Wellness Policy Exemplary guidelines must include this option since the Exemplary guidelines require at least four choices of fruits and vegetables each day.

If a fresh fruit is included on the planned menu, the fruit choice could be canned or frozen. If there is not a sufficient amount of fresh fruits or vegetables on the menu for the day, make sure the optional fruit is a fresh fruit.

Note that there are several options for mixed fruit in the recipes for *Healthier Kansas Menus*. Although they were not included in the planned menus, all were tested and evaluated during recipe development. The recipes were well accepted by students and provide healthy new combinations. These recipes are: Fresh Citrus Fruit Cup, Fresh Mixed Fruit Cup, and Pineapple & Bananas.

## **Expected Regulation Changes**

When the Dietary Guidelines for Americans (DGA) were updated in 2005, guidance was provided on whole grains, fruits, vegetables, total fats, trans fat, sugar and sodium. USDA is currently developing new regulations for school meal requirements that reflect the DGA recommendations. The Healthier Kansas Menus will help you meet the changes that are expected to come. The suggestions that follow will assist menu planners in implementing the nutrition guidance in the DGA.

### ***Whole Grains***

Gradually increase the number of items containing whole grains with the goal of eventually making at least half the grains whole grains.

### ***Fruits and Vegetables***

Increase the total amount of fruits and vegetables offered by increasing serving sizes or offering additional fruit and vegetable choices.

### ***Fiber***

Gradually increase fiber with the goal of eventually providing 14 grams per 1000 calories.

### ***Trans Fats***

Make sure trans fat is as low as possible by using oil or trans-fat free margarine whenever possible. Omit or reduce the use of solid fats such as shortening and solid margarine. Trans fat is now listed on Nutrition Facts labels to identify its presence in foods.

### ***Sodium***

Reduce the amount of sodium available to students by following these recommendations:

- ◆ Help students gradually acquire a taste for products with less sodium. Change to lower-sodium recipes and products gradually.
- ◆ Make sure food items are seasoned well before serving.
- ◆ Remove salt shakers and salt packets from the cafeteria.
- ◆ Review the sodium content of purchased foods. Read Nutrition Facts labels or manufacturer information to determine the sodium content of food items being purchased. If everything is equal, purchase the product with less sodium.
- ◆ Ask your supplier to let you know when lower-sodium products come on the market.
- ◆ Experiment with low-sodium or no-sodium seasoning on fries, hot vegetables and in school-made recipes.

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- ◆ Taste-test lower-sodium purchased items and recipes with students before making permanent changes.
- ◆ Spread the news when a good-tasting, well-accepted, lower-sodium product or recipe is found.

### ***Sugar***

Limit sugar by controlling the portion sizes and frequency with which desserts, fruits processed in sugar and sweetened milk are served. Serve unsweetened fruits or fruits packed in juice or light syrup. Flavored milks are a major source of sugar. Work with milk producers to limit the amount of sugar from this source.

### ***Low-Fat Milk***

Provide a variety of milk containing no more than 1% fat.

