

## Kansas Healthier School Menus Meet All Criteria for the Healthier US School Challenge, Gold and Gold Award of Distinction

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pig in a <b>Blanket</b> Potato Wedges <b>Broccoli</b> w/Cheese Fresh <b>Apple</b> Pumpkin Bar <b>Fruit Choice</b>  PBJ Sandwich	Chicken <b>Wrap</b> <b>Lettuce &amp; Tomato</b> Spanish Rice Steamed <b>Carrots</b> <b>Tropical Fruit</b> <b>Fruit Choice</b>  Turkey & Cheese Sandwich	Spaghetti w/ Meat Sauce Garden <b>Spinach</b> Salad French Garlic <b>Bread</b> Sliced <b>Peaches</b> <b>Fruit Choice</b>  Chef Salad w/ <b>Spinach</b> & Bread Stick*	Taco Salad <b>Whole Grain Corn</b> Tortilla Chips Salsa <b>Refried Beans</b> Cinnamon Puff <b>Pineapple Rings</b> <b>Fruit Choice</b>  Ham & Cheese Sandwich	Chicken & Noodles <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Whole Wheat</b> Roll & Jelly <b>Orange Wedges</b> <b>Fruit Choice</b>  Yogurt/Muffin
Hamburger on a <b>Whole Wheat</b> Bun <b>Lettuce &amp; Tomato</b> <b>Sweet Potato</b> Fries <b>Fruit Cocktail</b> Rice Crispy Bars <b>Fruit Choice</b>  PBJ Sandwich	Chicken Nuggets <b>Mashed Potatoes &amp;</b> Gravy Fresh <b>Broccoli</b> <b>Whole Wheat</b> Roll & Jelly <b>Strawberries &amp; Bananas</b> <b>Fruit Choice</b>  Turkey & Cheese Sandwich	<b>Chili</b> <b>Whole Grain Corn</b> Chips <b>Celery &amp; Cucumbers</b> Cinnamon Rolls <b>Orange Smiles</b> <b>Fruit Choice</b>  Chef Salad w/ <b>Spinach</b> & Bread Stick*	Pork Rib on a <b>Whole Wheat</b> Bun <b>Tri-Tater</b> <b>Corn</b> <b>Fresh Kiwi</b> <b>Cherry Crisp</b> <b>Fruit Choice</b>  Ham & Cheese Sandwich	Macaroni & Cheese Smokies <b>Seasoned Peas</b> Fresh Baby <b>Carrots</b> <b>Whole Wheat</b> Bread & Jelly <b>Apple Wedges</b> <b>Fruit Choice</b>  Yogurt/Muffin

**Choice of non-fat or 1% milk served with each meal.** Reduced fat dressing served with salads and fresh vegetables.

1. Offer a different **vegetable** every day of the week. All servings must be at least ¼ 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 ¼ 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.**

## Kansas Healthier School Menus Meet All Criteria for the Healthier US School Challenge, Gold and Gold Award of Distinction

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Ham & Cheese on a <b>Whole Wheat</b> Bun <b>Potato Wedges</b> Fresh <b>Broccoli</b> Fresh <b>Grapes</b> Chocolate Pudding <b>Fruit Choice</b>  PBJ Sandwich	Sausage Pizza Tossed Salad w/ <b>Romaine</b> Garlic <b>Bread Stick</b> w/ <b>Marinara Sauce</b> <b>Banana</b> <b>Fruit Choice</b>  Turkey & Cheese Sandwich	Taco Burger on a Bun <b>Lettuce &amp; Tomato</b> Refried <b>Beans</b> <b>Black Bean &amp; Corn Salsa</b> w/ <b>Whole Grain Corn</b> Tortilla Chips Sliced <b>Pears</b> Chocolate Chip Cookie <b>Fruit Choice</b>  Chef Salad w/ <b>Spinach</b> & Bread Stick*	Italian Pasta Bake <b>Green Pepper</b> Strips & Fresh Baby <b>Carrots</b> <b>Whole Wheat</b> Bread & Jelly <b>Applesauce</b> Royal Brownie <b>Fruit Choice</b>  Ham & Cheese Sandwich	Chicken Pattie Mashed <b>Potatoes</b> & Gravy <b>Green Beans</b> <b>Whole Wheat</b> Roll & Jelly <b>Orange</b> Wedges <b>Fruit Choice</b>  Yogurt/Muffin
Beef & <b>Bean</b> Burrito <b>Lettuce &amp; Tomato</b> Mexican <b>Corn</b> <b>Salsa &amp; Whole Grain Corn</b> Tortilla Chips Honey <b>Apple</b> Crisp <b>Fruit Choice</b>  PBJ Sandwich	<b>Stromboli</b> <b>Green Beans</b> Fresh <b>Carrots</b> <b>Strawberry</b> Shortcake <b>Fruit Choice</b>  Turkey & Cheese Sandwich	BBQ Beef on a <b>Bun</b> Cheesy <b>Potatoes</b> Baked <b>Beans</b> <b>Orange</b> Smiles Oatmeal Cookie <b>Fruit Choice</b>  Chef Salad w/ <b>Spinach</b> & Bread Stick*	Turkey & Cheese <b>Sub</b> <b>Romaine Lettuce</b> & <b>Tomato</b> <b>Oven Fries</b> Sliced <b>Peaches</b> Graham Snacks <b>Fruit Choice</b>  Ham & Cheese Sandwich	Country Style Beef Pattie Mashed <b>Potatoes</b> & Gravy <b>California Blend</b> <b>Vegetables</b> <b>Whole Wheat</b> Roll & Jelly <b>Banana</b> <b>Fruit Choice</b>  Yogurt/Muffin

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