

Kansas Healthier School Menus Meet All Criteria for the Kansas Wellness Policy Exemplary Nutrition Guidelines

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pig in a Blanket Potato Wedges (1) Broccoli (2) w/Cheese Fresh Apple (A) Pumpkin (3) Bar Fruit Choice PBJ Sandwich	Chicken Wrap Lettuce & Tomato (Fresh 4,5) Spanish Rice Steamed Carrots (6) Tropical Fruit (B) Fruit Choice Turkey & Cheese Sandwich	Spaghetti w/ Meat Sauce (5) Garden Spinach Salad (Fresh 7) French Garlic Bread Sliced Peaches (C) Fruit Choice Chef Salad w/ Spinach (7) & Bread Stick*	Taco Salad (Fresh 4,5) Whole Grain Corn Tortilla Chips Salsa (5) Refried Beans (8) Cinnamon Puff Pineapple Rings (D) Fruit Choice Ham & Cheese Sandwich	Chicken & Noodles Mashed Potatoes (1) Green Beans (9) Whole Wheat Roll & Jelly Orange Wedges (Fresh E) Fruit Choice Yogurt/Muffin
Hamburger on a Whole Wheat Bun Lettuce & Tomato (Fresh 4,5) Sweet Potato Fries (10) Fruit Cocktail (F) Rice Crispy Bars Fruit Choice PBJ Sandwich	Chicken Nuggets Mashed Potatoes (1) & Gravy Fresh Broccoli (2) Whole Wheat Roll & Jelly Strawberries & Bananas (G, H) Fruit Choice Turkey & Cheese Sandwich	Chili (8) Whole Grain Corn Chips Celery & Cucumbers (11,12) Cinnamon Rolls Orange Smiles (Fresh E) Fruit Choice Chef Salad w/ Spinach (7) & Bread Stick*	Pork Rib on a Whole Wheat Bun Tri-Tater (1) Corn (13) Fresh Kiwi (I) Cherry Crisp (J) Fruit Choice Ham & Cheese Sandwich	Macaroni & Cheese Smokies Seasoned Peas (14) Fresh Baby Carrots (6) Whole Wheat Bread & Jelly Apple Wedges (A) Fruit Choice Yogurt/Muffin

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

1. An entrée choice with total fat of 16 g. or less per serving is offered daily. All main and alternate entrées have 16 g. or less of fat except for the Chicken Wrap (Week 1, Tuesday), Macaroni & Cheese with Smokies (Week 2, Friday), and Country Style Beef Pattie (Week 4, Friday).
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 (1-10)** and **10 different vegetables (A-J)** are offered monthly. Each different vegetable has a **number** and each different fruit has a **letter**.
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 G. or less of fat per ounce.**
8. **Desserts with more than 5 g. of fat per serving are offered no more than twice a week. Highlighted items have more than 5 g. of fat per serving.**

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Hot Ham & Cheese on a Whole Wheat Bun Potato Wedges (1) Fresh Broccoli (2) Fresh Grapes (K) Chocolate Pudding Fruit Choice PBJ Sandwich	Sausage Pizza Tossed Salad w/ Romaine (15) Garlic Bread Stick w/ Marinara Sauce (5) Banana (Fresh H) Fruit Choice Turkey & Cheese Sandwich	Taco Burger on a Bun Lettuce & Tomato (Fresh 4, 5) Refried Beans (8) Black Bean & Corn Salsa (16, 13, 5) w/ Whole Grain Corn Tortilla Chips Sliced Pears (L) Chocolate Chip Cookie Fruit Choice Chef Salad w/ Spinach (7) & Bread Stick*	Italian Pasta Bake Green Pepper Strips (17) & Fresh Baby Carrots (6) Whole Wheat Bread & Jelly Applesauce (A) Royal Brownie Fruit Choice Ham & Cheese Sandwich	Chicken Pattie Mashed Potatoes (1) & Gravy Green Beans (9) Whole Wheat Roll & Jelly Orange Wedges (Fresh E) Fruit Choice Yogurt/Muffin
Beef & Bean (8) Burrito Lettuce & Tomato (Fresh 4, 5) Mexican Corn (13) Salsa (5) & Whole Grain Corn Tortilla Chips Honey Apple Crisp (A) Fruit Choice PBJ Sandwich	Stromboli Green Beans (9) Fresh Carrots (6) Strawberry Shortcake (G) Fruit Choice Turkey & Cheese Sandwich	BBQ Beef on a Bun Cheesy Potatoes (1) Baked Beans (8) Orange Smiles (Fresh E) Oatmeal Cookie Fruit Choice Chef Salad w/ Spinach (7) & Bread Stick*	Turkey & Cheese Sub Romaine Lettuce & Tomato (Fresh 15, 5) Oven Fries (1) Sliced Peaches (C) Graham Snacks Fruit Choice Ham & Cheese Sandwich	Country Style Beef Pattie Mashed Potatoes (1) & Gravy California Blend Vegetables (18) Whole Wheat Roll & Jelly Banana (Fresh H) Fruit Choice Yogurt/Muffin

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