



Healthier Kansas Menus – 4-WEEK CYCLE LUNCH MENU



PLEASE NOTE:

Milk choice includes a choice of non-fat or 1% milk.
 Reduced fat dressing is served with salads and fresh vegetables.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 1</p> <p>Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Pumpkin Bar</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Chicken Wrap Lettuce & Tomato Spanish Rice Steamed Carrots Tropical Fruit</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey & Cheese Sub</p>	<p>Spaghetti w/ Meat Sauce Garden Spinach Salad French Garlic Bread Sliced Peaches</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick</p>	<p>Taco Salad Whole Grain Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pineapple Rings</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun</p>	<p>Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt & Muffin Plate</p>
<p>WEEK 2</p> <p>Hamburger on a Bun Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey & Cheese Sub</p>	<p>Chili Whole Grain Corn Chips Celery & Cucumbers Cinnamon Roll Orange Smiles</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick</p>	<p>Pork Rib on a Bun Tri-Tater Corn Fresh Kiwi Cherry Crisp</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun</p>	<p>Macaroni & Cheese Smokies Seasoned Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt & Muffin Plate</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 3</p> <p>Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Pudding</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Sausage Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Banana</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey & Cheese Sub</p>	<p>Taco Burger on a Bun Lettuce & Tomato Refried Beans Black Bean & Corn Salsa w/ Whole Grain Corn Tortilla Chips Sliced Pears Chocolate Chip Cookie</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick</p>	<p>Italian Pasta Bake Green Pepper Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly Applesauce Royal Brownie</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun</p>	<p>Chicken Pattie Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly Orange Wedges</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt & Muffin Plate</p>
<p>WEEK 4</p> <p>Beef & Bean Burrito Lettuce & Tomato Mexican Corn Salsa & Whole Grain Corn Tortilla Chips Honey Apple Crisp</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Whole Wheat PBJ Sandwich</p>	<p>Stromboli Green Beans Fresh Carrots Strawberry Shortcake</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Turkey & Cheese Sub</p>	<p>BBQ Beef on a Bun Cheesy Potatoes Baked Beans Orange Smiles Oatmeal Cookie</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Chef Salad with Spinach & Bread Stick</p>	<p>Turkey & Cheese Sub Romaine Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Ham & Cheese on a Bun</p>	<p>Country Style Beef Pattie Mashed Potatoes & Gravy California Blend Vegetables Wheat Roll & Jelly Banana</p> <p>Fruit Choice Milk Choice</p> <p><u>Alternate Entrée:</u> Yogurt & Muffin Plate</p>