



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>January 9 Hot dog/bun Potato Wedges Broccoli w/Cheese Fresh Apple Pumpkin Bar</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Cheeseburger Taco Salad Yogurt Biteable PB&J</p>	<p>January 10 Chicken Wrap Lettuce & Tomato Spanish Rice Baby Carrots Fruit</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Taco salad PB&J Yogurt Biteable Hot Pocket</p>	<p>January 11 Spaghetti w/ Meat Sauce Garden Spinach Salad French Garlic Bread Diced Peaches</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Taco Salad Yogurt Biteable PB&J</p>	<p>January 12 Taco Salad Tortilla Chips Refried Beans Salsa Cinnamon Puff Pineapple Tidbits</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Taco Salad PB&J Yogurt Biteable Chic. Fried Steak Sand.</p>	<p>NO SCHOOL</p>
<p>WEEK 2</p> <p>NO SCHOOL</p>	<p>January 17 Hamburger/bun Rice Krispy treat Lettuce/tomato Sweet Potato Fries Fruit Cocktail</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Mini Pizza Chic. Fajita Salad PB&J Yogurt Biteable</p>	<p>January 18 Chili Whole Grain Corn Chips Celery Cinnamon Roll Orange Smiles</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> BBQ Beef Sand. Chic. Fajita Salad PB&J Yogurt Biteable</p>	<p>January 19 Pork Rib on a Bun Tri-Tater Corn Fresh Kiwi Cherries/bananas</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Quesadilla Chic. Fajita Salad PB&J Yogurt Biteable</p>	<p>January 20 CiCi's Pizza Cookie Caesar salad Corn Applesauce</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Corn Dog Chic. Fajita Salad PB&J Yogurt Biteable</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>January 23 Hot Ham & Cheese on a Bun Potato Wedges Broccoli Fresh Grapes Chocolate Pudding</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Spicy Chicken Sand. Chic. Fajita Salad PB&J Yogurt Biteable</p>	<p>January 24 Sausage Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Banana</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Hot Pocket Chic. Fajita Salad PB&J Yogurt Biteable</p>	<p>January 25 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>Milk Choice</p> <p><u>Alternate Entrée:</u> Corn Dog Chic. Fajita Salad PB&J Yogurt Biteable</p>	<p>January 26 Italian Dunkers Salad Baby Carrots Applesauce Royal Brownie</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Chic. Fajita Salad PB&J Yogurt Biteable</p>	<p>January 27 Chicken Pattie Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly Orange</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Hamburger/bun Chic. Fajita Salad PB&J Yogurt Biteable</p>
<p>January 30 Beef & Bean Burrito Lettuce & Tomato Corn Salsa & Corn Chips Apple</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Quesadilla Chic. Caesar Salad PB&J Yogurt Biteable</p>	<p>January 31 Ham/Cheese Hot Pocket Green Beans Fresh Carrots Vanilla Ice Cream Strawberries</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Cheeseburger Chic. Caesar Salad PB&J Yogurt Biteable</p>	<p>February 1 BBQ Beef on a Bun Cheesy Potatoes Baked Beans Orange Smiles Cookie</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Chicken Nuggets Chic. Caesar Salad PB&J Yogurt Biteable</p>	<p>February 2 Turkey & Cheese Sand. Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Chick. Patty Sandwich Chic. Caesar Salad PB&J Yogurt Biteable</p>	<p>February 3 CiCi's Pizza Cinnamon Bun Salad Green Beans Fruit Tri-tator</p> <p>Milk Choice</p> <p><u>Alternate Entrée:</u> Hummus Biteable Chic. Caesar Salad PB&J Yogurt Biteable</p>