



Menu Ideas

Menu planners must ensure menus planned meet all SFSP meal pattern requirements. Below items are intended to provide ideas for use when menu planning.

Better in a Bowl Meals	
<ul style="list-style-type: none"> • Asian inspired bowls with noodles or rice, protein, vegetables • Chicken (nuggets*, poppers*, patty*), mashed potatoes, corn • Chicken alfredo pasta bowl • Ham, dinner roll, cheesy potatoes, green beans • Hamburger (patty*, crumbles*), garlic toast, mashed potatoes, cooked carrots • Spaghetti bowls with protein (beef/sausage crumbles*, chicken), vegetables 	
Cooked Entrée Items	
<ul style="list-style-type: none"> • Burrito* • Chicken* fajita • Chicken* sandwich, nuggets*, strips* • Chili* • Corn dog* • Crispito* • Hamburger/Cheeseburger* on bun • Hot dog on bun • Pancakes on a stick* • Pizza* • Sloppy joe* on bun • Stromboli • Teriyaki chicken patty* on garlic bread • Walking tacos* • White chicken* chili 	
Cold Entrée Items	
<p><u>Meat/Meat Alternates:</u></p> <p><u>Sandwiches:</u></p> <ul style="list-style-type: none"> • Ham • Turkey Ham • Turkey* • Cheese Slice of choice: American, Provolone, Swiss, etc. <p><u>Salad Entrees:</u></p> <ul style="list-style-type: none"> • Asian salad <ul style="list-style-type: none"> ◦ Diced Chicken ◦ Edamame, Chickpeas ◦ Nuts and/or Sunflower Seeds • Chef salad <ul style="list-style-type: none"> ◦ Diced Chicken, Ham, Turkey* ◦ Hard-boiled egg ◦ Cottage cheese ◦ Shredded cheese 	<p><u>Grains:</u></p> <ul style="list-style-type: none"> • Bagel • Pretzel roll/bun • Pumpernickel swirl bread • Round bun • Split top bun • Tortilla • White or wheat bread • Breadsticks, rolls, garlic toast • Chow mein noodles • Crackers



Shelf Stable &/OR Meal Pack Ideas	
<u>Meat/Meat Alternates:</u> <u>Shelf stable options:</u> <ul style="list-style-type: none"> • Bean dip* • Cheddar cheese cup* • Chicken salad or BBQ chicken salad kit • Dried meat sticks* • Dry roasted chickpeas • Nuts/seeds • Peanut butter & jelly • Soy nuts • Sunflower kernels • Sunflower seed butter & jelly • Trail mix • Tuna salad kit <u>Perishable options:</u> <ul style="list-style-type: none"> • Cheese stick or cubes • Hummus* or red-pepper hummus* • Yogurt 	<u>Grains:</u> <ul style="list-style-type: none"> • Bagels • Dry Cereal • Granola Bars • Packaged Crackers (Graham, animal, goldfish, etc.) • Pretzels • Pita Bread • Tortilla • Tortilla chips/strips <u>Fruit/Vegetable:</u> <ul style="list-style-type: none"> • Applesauce or other fruit cups • Marinara cup* • Raisins or other dried fruit** • Salsa cup • Shelf stable 100% juice • Whole fresh fruit <u>Perishable options:</u> <ul style="list-style-type: none"> • Cleaned fresh vegetables

* Indicates the item may need a CN label and/or Product Formulation Statement in order to determine component crediting, if a prepared product &/or ingredients not found in the Food Buying Guide are used.

** Dried fruit credits cup for cup in SFSP. Example: ¼ cup portion of dried fruit credits as ¼ cup fruit.

Resources:

- <https://cnw.ksde.gov>, SFSP, SFSP Administrative Handbook, Chapter 4 Nutrition Guidance, Guidance and Resources



For more information, contact:

Child Nutrition & Wellness
(785) 296-2276
<https://cnw.ksde.gov>

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