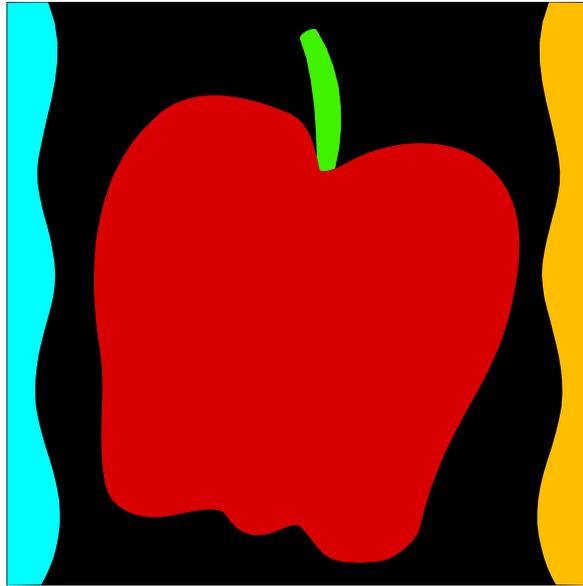

Healthier Kansas Menus - Breakfast



APPENDICES

Child Nutrition & Wellness, Kansas State
Department of Education
Updated September 2014



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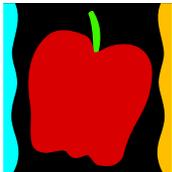
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Converting Common Measures

1. Convert Ounces to Pounds

Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds
1 oz	.062 lb	7 oz	.437 lb	13 oz	.812 lb
2 oz	.125 lb	8 oz	.5 lb	14 oz	.875 lb
3 oz	.187 lb	9 oz	.562 lb	15 oz	.937 lb
4 oz	.25 lb	10 oz	.625 lb	16 oz	1.0 lb
5 oz	.312 lb	11 oz	.687 lb		
6 oz	.375 lb	12 oz	.75 lb		

To convert ounces to pounds in decimal units, divide the number of ounces by 16.

2. Convert Decimal to Fraction

Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent
.125	1/8	.375	3/8	.66	2/3
.25	1/4	.50	1/2	.75	3/4
.33	1/3	.625	5/8	.875	7/8

3. Convert Volume Measures

1 gallon	= 4 quarts or 16 cups	1 gallon of water	= 8 lbs. or 128 ounces
1 quart	= 4 cups or 2 pints	1 quart of water	= 2 lbs. or 32 ounces
1 pint	= 2 cups	1 pint of water	= 16 ounces
1 cup	= 16 tablespoons	1 cup of water	= 8 ounces
1 Tablespoon	= 3 teaspoons	1 tablespoon of water	= 1/2 ounce

Healthier Kansas Menu – Breakfast

Nutrient Analysis

The following pages detail the nutrient content of menu items, daily meals and weekly menus of *Healthier Kansas Menus*. The analysis was completed using Nutri-Kids Menu Planning software, version 14.53. The analysis was completed based on the following assumptions and practices:

- ◆ Production records, food specifications and recipes are followed.
- ◆ All students take all items. (Serve)
- ◆ No seconds or alternate menu items are served.
- ◆ Ground beef is drained but not rinsed.
- ◆ Canned fruits are drained unless otherwise noted.
- ◆ Milk variety recipe is 70% non-fat chocolate and 30% is 1% white.
- ◆ Generic ingredients from the Standard Reference Database in CN 12 are used whenever possible.
- ◆ Specific manufactured items included in the analysis are noted below. **Note that inclusion of branded items in the nutrient analysis does not constitute a recommendation for use of these products by the Kansas State Department of Education.**

Maple Madness Mini Waffles (Pillsbury 132265000); Whole Grain Pancakes, 3.75" (Krusteaz 068615180370); Turkey Sausage Patty (JTM Food Group CP5685); Whole Wheat Bagel 2 oz (Lender's 007680000018); Mini Cinnis (Pillsbury 133686000); French Toast Sticks, Whole Grain Reduced Coating (Rich's Foodservice 37722); Breakfast Pizza, Whole Grain Suasage/Egg/Cheese (Schwans/Beacon Street 55226); Whole Grain Vanilla Dots Grain Snacks (J&J Snack Foods Corp 56073); Muffins, Variety Smart Choice 2 oz (Muffin Town 02666, 02675, 02661, 02670); Whole Grain Chicken Breakfast Patty (Tyson 5778-928); Pancake on a Stick (Foster Farms 95121); Ultimate Breakfast Round (Rich's Foodservice 08733); Frozen Biscuit Dough, Whole Grain (Pillsbury 132269000); Whole Wheat Goldfish Bread (Campbell's Foodservice 19934)

KSDE Healthier Kansas Menus – Breakfast

Nutrient Analysis - Week 1

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	504	364	2.7%
Tuesday	543	703	3.6%
Wednesday	408	538	4.4%
Thursday	464	608	8.7%
Friday	521	479	4.3%

Nutrient	Weekly Menu Avg	Target
Calories	488	450-500
Sodium (Mg)	538	≤540
% of Total Calories from Saturated Fat	4.7%	<10%

Nutrient Analysis - Week 2

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	440	409	3.0%
Tuesday	496	727	3.9%
Wednesday	585	479	2.8%
Thursday	433	684	7.9%
Friday	523	399	3.4%

Nutrient	Weekly Menu Avg	Target
Calories	495	450-500
Sodium (Mg)	540	≤540
% of Total Calories from Saturated Fat	4.1%	<10%

Nutrient Analysis - Week 3

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	531	471	4.4%
Tuesday	543	368	2.5%
Wednesday	404	456	4.4%
Thursday	533	515	6.7%
Friday	412	306	3.0%

Nutrient	Weekly Menu Avg	Target
Calories	485	450-500
Sodium (Mg)	423	≤540
% of Total Calories from Saturated Fat	4.2%	<10%

Nutrient Analysis - Week 4

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	419	494	3.7%
Tuesday	487	726	3.9%
Wednesday	501	395	2.0%
Thursday	520	594	5.5%
Friday	409	481	6.6%

Nutrient	Weekly Menu Avg	Target
Calories	467	450-500
Sodium (Mg)	538	≤540
% of Total Calories from Saturated Fat	4.3%	<10%

Nutrient Analysis - Week 5

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	521	395	3.6%
Tuesday	632	427	6.2%
Wednesday	423	537	4.3%
Thursday	523	476	6.8%
Friday	404	456	4.4%

Nutrient	Weekly Menu Avg	Target
Calories	500	450-500
Sodium (Mg)	458	≤540
% of Total Calories from Saturated Fat	5.2%	<10%

Nutrient Analysis - Week 6

	Calories	Sodium (mg)	%Calories from Saturated Fat
Monday	428	493	8.9%
Tuesday	447	486	6.0%
Wednesday	536	727	3.8%
Thursday	476	688	9.2%
Friday	421	297	2.9%

Nutrient	Weekly Menu Avg	Target
Calories	461	450-500
Sodium (Mg)	538	≤540
% of Total Calories from Saturated Fat	6.1%	<10%

Notes