

---

# **Healthier Kansas Menus - Breakfast**



## **INTRODUCTION**

---

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



## **Child Nutrition & Wellness Kansas State Department of Education**

900 SW Jackson St. Suite 251  
Topeka, Kansas 66612  
785-296-2276  
FAX: 785-296-0232  
[www.kn-eat.org](http://www.kn-eat.org)

---

For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: [csjohnson@ksde.org](mailto:csjohnson@ksde.org).

---

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

---

This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

---

## Healthier Kansas Menus - Breakfast - INTRODUCTION

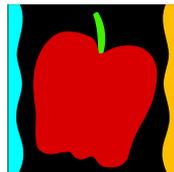
---

Healthier Kansas Menus Breakfast recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- National Pork Board, [www.pork.org](http://www.pork.org)
- Pinnacle Foodservice, [www.foodservice.pinnaclefoodscorp.com](http://www.foodservice.pinnaclefoodscorp.com)
- USD 201 Washington County
- USD 320 Wamego
- USD 345 Seaman

## Table of Contents

	Page
Introduction .....	1
Tips for Using Healthier Kansas Menus - Breakfast .....	2
Healthier Kansas Menus – Breakfast; 6-Week Cycle .....	4
Adapting Menus to Meet Your Needs.....	6
Menu Standards of Excellence .....	9



## **Introduction**

### ***Healthy Menus that Students will Love***

*Healthier Kansas Menus* provide a variety of familiar and nutritious foods that students will love along with just enough new and unusual menu items to keep it interesting. Students will be introduced to good-tasting, healthy foods. Menus were well accepted by students in all grades and were tested in both small and large schools.

*Healthier Kansas Menus* meet all Healthy Hunger Free Kids Act (HHFKA) menu planning requirements when the menus, recipes, food specifications, production records, and serving practices are followed. The nutrient analysis reflects all menu items that are available to students. Students should be encouraged to choose and try *all* of the planned menu items.

### ***Planning Tools that Food Service will Love***

Whether the food service director/manager is new to the job or a seasoned veteran in menu planning, *Healthier Kansas Menus - Breakfast* can be a time saving tool. The resources included are:

- 6-Week Breakfast Menu Calendar
- Recipes with HHFKA Menu Planning component information and HACCP instructions
- Daily Production Records with Purchasing, Preparation and Serving Instructions
- Fruit & Vegetable Ordering Guide
- Ideas for Adapting Menus
- Appendices

## **Tips for Using Healthier Kansas Menus - Breakfast**

### ***Follow the Menus, but Adapt as Needed***

Keep it simple by following menus as planned, but feel free to make changes based on the preferences of students in your school and/or availability of items in your region of the state. Note that changes in menu items, recipes or portion sizes require corresponding changes in the 8-Week Calendar Menu, Production Records and Fruit & Vegetable Order Guide.

When changes are made in the menus, recipes or serving sizes, the component information must be re-calculated. When pre-prepared products are included, they should meet the standards indicated on the Purchasing, Preparation & Serving Instructions. When menus are changed, the production record component information must be re-calculated to assure the daily and weekly components requirements are met.

If changes are needed, download copies of the menu tools from [http://www.kn-eat.org/SNP/SNP\\_Menus/SNP\\_Resources\\_Healthier\\_Kansas\\_Menus.htm](http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm), save the documents on your computer and make changes before printing them. To assure that any menus or recipes that you revise still meet requirements, carefully record all changes.

### ***Use the Resources***

#### **6-Week Breakfast Menu Calendar**

Download the calendar. Make changes if needed. Add the school's name, month, dates and any other district-specific information before printing.

#### **Recipe Book**

Production information is found in the *Healthier Kansas Menus Recipe Book* and daily *Purchasing, Preparation & Serving Instructions*. Recipes identify HACCP processes, component contributions, serving size(s) and instructions.

#### **Production Records**

Daily Production Records with Purchasing, Preparation & Serving Instructions are designed to be printed and placed in three-ring binders for use at each serving site.

Menu item substitutions or additions must be noted on the production record. The kitchen manager must complete the number of meals served, the amount of each food item prepared and the amount leftover. Printed copies of completed Production Records are required daily.

## Healthier Kansas Menus - Breakfast - INTRODUCTION

---

### **Specifications & Order Guides**

Nutrient and component specifications are indicated on the recipes or the daily *Purchasing, Preparation & Serving Instructions*. Review specifications before ordering to ensure that menus served meet component and nutrient requirements.

Use the *Fruit & Vegetable Ordering Guide*. This guide, organized by menu week, is based on 100 servings of the portion sizes indicated in *Healthier Kansas Menus*.

### **Appendices**

Additional data is provided in the appendices at the end of the *Healthier Kansas Menus* resources. These include:

- Converting Common Measures
- Healthier Kansas Menus - Breakfast Nutrient Analysis

## Healthier Kansas Menus - Breakfast – INTRODUCTION

**PLEASE NOTE:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY SUMMARY
<b>Week 1</b>					
Mini Waffles with Syrup Fresh Pineapple Fruit Juice Choice Milk Choice	Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Strawberries Fruit Juice Choice Milk Choice	Breakfast Pita with Tomato Salsa Sliced Pears Fruit Juice Choice Milk Choice	Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice Milk Choice	<b>Calories – 488</b> <b>Sodium – 538</b> <b>Sat Fat – 4.7%</b>
<b>Week 2</b>					
Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk Choice	Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk Choice	Scrumptious Coffeecake Fresh Citrus Fruit Cup Fruit Juice Choice Milk Choice	Western Omelet Quesadilla with Tomato Salsa Fresh Grapes Fruit Juice Choice Milk Choice	French Toast Sticks with Syrup Fruit Cocktail Fruit Juice Choice Milk Choice	<b>Calories – 495</b> <b>Sodium – 540</b> <b>Sat Fat – 4.1%</b>
<b>Week 3</b>					
Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Choice Milk Choice	Mini Waffles with Syrup Apricot Halves Fruit Juice Choice Milk Choice	Breakfast Pizza Peach Slices Fruit Juice Choice Milk Choice	Excellent Egg Taco with Tomato Salsa Graham Snacks Fresh Kiwi Fruit Juice Choice Milk Choice	Whole Grain Muffin Rosy Applesauce Fruit Juice Choice Milk Choice	<b>Calories – 485</b> <b>Sodium – 423</b> <b>Sat Fat – 4.2%</b>

\*USDA is an equal opportunity provider and employer.

**Healthier Kansas Menus - Breakfast – INTRODUCTION**

---

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>WEEKLY SUMMARY</b>
<p><b>Week 4</b></p> <p>Whole Grain Cereal</p> <p>Sausage Patty</p> <p>Diced Pears</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Biscuit &amp; Gravy</p> <p>Fresh Oranges</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Kansas Granola Bar</p> <p>Apricot Halves</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Chicken Biscuit Breakfast Sandwich</p> <p>Fresh Mixed Fruit Cup</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Pancake on a Stick</p> <p>Fresh Strawberries</p> <p>Fruit Juice Choice Milk Choice</p>	<p><b>Calories – 467</b> <b>Sodium – 538</b> <b>Sat Fat – 4.3%</b></p>
<p><b>Week 5</b></p> <p>French Toast Sticks with Syrup</p> <p>Fresh Grapes</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Oatmeal Breakfast Round</p> <p>Yogurt Cup</p> <p>Strawberries &amp; Bananas</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Whole Wheat Bagel with Toppings</p> <p>Fresh Apple</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Quick Blueberry Bubble Bread</p> <p>Mandarin Oranges</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Breakfast Pizza</p> <p>Sliced Peaches</p> <p>Fruit Juice Choice Milk Choice</p>	<p><b>Calories – 500</b> <b>Sodium – 458</b> <b>Sat Fat – 5.2%</b></p>
<p><b>Week 6</b></p> <p>Whole Grain Cereal</p> <p>String Cheese</p> <p>Fresh Orange</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Pancake on a Stick</p> <p>Fruit Cocktail</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Biscuit &amp; Gravy</p> <p>Fresh Banana</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Sausage Breakfast Sandwich</p> <p>Pineapple Chunks</p> <p>Fruit Juice Choice Milk Choice</p>	<p>Whole Grain Muffin</p> <p>Tropical Fruit</p> <p>Fruit Juice Choice Milk Choice</p>	<p><b>Calories – 461</b> <b>Sodium – 538</b> <b>Sat Fat – 6.1%</b></p>

\*USDA is an equal opportunity provider and employer.

## **Adapting Menus to Meet Your Needs**

The *Healthier Kansas Menus* can be adapted to include local students' favorite menu items and recipes. Serving practices can also be modified to best suit each school's individual situation.

### **Adapting Menu Planning and Serving Practices**

To simplify the *Healthier Kansas Menus* and its' accompanying nutrient analysis, the following criteria were used:

- ◆ Menus follow the Nutrition Standards for School Meals.
- ◆ All students receive all menu items in the specified amounts.
- ◆ All condiments are served in specified amounts.
- ◆ Salt shakers or packets are not available to students.

Options/changes that may be considered include:

- ◆ Consider serving meals using the "Offer" system. The "Offer" system decreases food waste and allows for student choices.
- ◆ Allow students to serve themselves. Allowing students to serve themselves fruits and vegetables can work well. Students are more likely to select foods they will eat. Whether staff serve students or students serve themselves, portion sizes are key to healthy meals. Self-service of entrees, grains, and desserts should be limited to pre-portioned servings to ensure healthy meals are served and to control food costs. Self-service allows for easier implementation of offering choices within menus.
- ◆ Make condiments optional to help decrease the amount used. Condiments are a major source of sodium and fat. Limit the portion size and the number of servings taken to control fat and sodium. Limit condiments to not exceed the serving sizes listed on the *Healthier Kansas Menus* production records. When it comes to serving condiments, less is better.

### **Adapting Recipes & Purchased Product Specifications**

At times it may not be possible to follow the *Healthier Kansas Menus* exactly as written.

With careful planning alternate recipes or purchased products may be included.

## Healthier Kansas Menus - Breakfast - INTRODUCTION

---

Check out these ideas:

- ◆ Try the *Healthier Kansas Menus* Recipes first. Students might discover a new favorite!
- ◆ Limit the number of recipes or product specifications that are changed. The more items that are changed, the less likely menus will still meet students' nutrient needs.
- ◆ Rearrange the menus.
  - Switch the entire menu for any one day of a school week with the entire menu for any other day of the same week. Menus are planned to meet both daily and weekly component requirements and weekly nutrient goals. The order in which daily menus are served within a given week will not affect the nutrient content.
  - Switch similar food items within the same school week. For example, if bananas are not available as planned on Tuesday, switch the bananas with the Oranges planned on Friday.
- ◆ Make substitutions with items of similar nutrient content.
  - Substitute foods from the same food group, i.e. substitute a fruit for a different fruit.
  - Substitute equal portion sizes. For example, replace two 1-oz rolls for one 2-oz roll.
  - If a higher fat menu item is added, include it in place of another higher-fat item already on the menus.
  - If a higher-sodium item is added, include it in place of another higher-sodium item already on the menus.

**REMEMBER** to record all substitutions on recipes and production records. Keep information on file regarding products purchased.

### **Changing Menu Items & Portion Sizes**

If menu items or portion sizes are changed from those planned in the *Healthier Kansas Menus*, component contributions must be re-calculated. Daily and weekly component totals must also be re-added to assure requirements are met. The extent and type of changes made will affect the nutrient analysis.

The Kansas State Department of Education (KSDE), Child Nutrition & Wellness team offers classes that focus on meeting meal component and nutrient requirements. Go to [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training or contact a Child Nutrition Consultant for class details.

### **Adding Healthy Choices**

Offering choices may take a little more time in planning, preparation, and service, but consider the benefits:

- ◆ Student satisfaction is increased.
- Waste is decreased. Students are more likely to choose items they will eat or decline items they will not eat.
- ◆ Consumption is improved.
  - Students are more likely to eat foods that they select.
  - With more choices students are more likely to find a food item that they will eat.
- ◆ Students can be introduced to new foods.
  - Schools can take advantage of food items in season or on sale.
  - Schools can serve food items that will be chosen by some, but not all students.
  - New food items can be introduced without excessive food waste.
  - By being exposed to new food items, students have the opportunity to become familiar with them, making it more likely that they will try them in the future.

Choices don't need to be elaborate. Simple choices tend to be the healthiest. Lower-fat entrees, fruits, vegetables and lower-fat grain items are great choices.

Be cautious if adding choices of high-fat or high-sodium menu items. Many entrees, cheese, cookies, desserts, salad dressings or items containing salad dressing are high in fat. Salad bar toppings such as cheese, cottage cheese and sunflower seeds can dramatically increase the amount of fat and sodium in meals. Choices can be offered with "Serve" menus and "Offer" menus. Options can be as limited as a choice of fruits or as extensive as a food bar with multiple offerings.

## **Menu Standards of Excellence**

### ***2010 Dietary Guidelines for Americans and MyPlate***

Regulations require that the United States Department of Agriculture (USDA) Child Nutrition Programs menu requirements are consistent with the most recent Dietary Guidelines for Americans (DGA). The guidelines are updated to be consistent with the most current scientific recommendations of how Americans should eat. The DGA can be found at [www.health.gov/DietaryGuidelines](http://www.health.gov/DietaryGuidelines). When the *Healthier Kansas Menus* were developed, the 2010 Dietary Guidelines for Americans were used as a basis for serving healthy meals. The following guidelines were incorporated into the menus:

- ◆ Consume a variety of foods from the basic food groups while staying within energy needs.
- ◆ Encourage intake of fruits and vegetables:
  - Choose a variety of fruits and vegetables each day including legumes, dark green & orange vegetables, and starchy vegetables.
- ◆ Limit intake of sodium and saturated fat.
- ◆ Limit the intake of added sugars.
- ◆ Serve non-fat or low-fat milk (1%) only.
- ◆ Keep foods safe to eat

## Healthier Kansas Menus - Breakfast - INTRODUCTION

---

