



Recipe for Success: Healthier Kansas Menus

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Learning Objectives

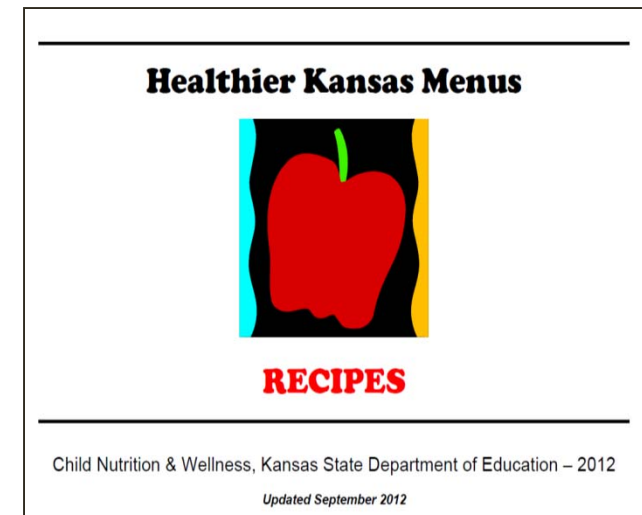
- Participants will learn how to navigate the www.kn-eat.org website to locate the Healthier Kansas Menus and accompanying resources.
- Participants will develop an understanding of how to use and implement the Healthier Kansas Lunch Menus .
- Participants will develop an understanding of how to use and implement the Healthier Kansas Breakfast Menus.

Healthier Kansas Menu: A Bit of History

- Originally developed to help those new or struggling managers plan menus and document that menus met requirements.
- Present Day: To help schools serve meals that meet the Nutrition Standards for School Meals as a result of the Healthy, Hunger-Free Kids Act.
- Team Nutrition Training Grants

Healthier Kansas Lunch Menus

- Includes:
 - 8 Week Menu Cycle
 - 2- four week cycles: Fall and Spring
 - Production Records
 - Purchasing Guide
 - Recipes



Healthier Kansas Lunch Menus

- Meets:
 - Nutrition Standards for School Meals
 - Meal Pattern Requirements
 - Dietary Specifications
 - Gold Level of the HealthierUS School Challenge

Menu Testing

- Recipes were tested in small and large schools with diverse student populations.
- KSDE staff on-site during recipe testing.
- Adjustments made to recipes based on feedback from students and school staff.

Healthier Kansas Lunch Menus

Find them at:

www.kn-eat.org, School Nutrition Programs, Resources, Healthier Kansas Menus

Team Nutrition Collaborations

- Printed and bound copies of Healthier Kansas Lunch Menus provided to each sponsor in Kansas.
- Sponsor training



Healthier Kansas Breakfast Menus

- Includes:
 - Menus
 - Productions Records
 - Purchasing Guide
 - Recipes
- Meet:
 - Nutrition Standards for School Meals
 - Meal Pattern Requirements
 - Dietary Specifications
 - Gold Level of the HealthierUS School Challenge

Healthier Kansas Breakfast Menu Features

- 6 Week Menu Cycle
- Menu Items for a Variety of Meal Service Venues
 - Grab N Go
 - Breakfast In The Classroom
 - A Variety of Hot and Cold Entrée Items
- Find Them At: www.kn-eat.org, School Nutrition Programs, Resources, Healthier Kansas Menus



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