

Northeast Iowa Farm to School Cycle Menu – Fall Cycle (August – November)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages			
						K-5	6-8	9-12
Week 1 Grilled Chicken Breast WG Bun Sweet Potato Fries Grapes Fruit Choice (9-12)	Spaghetti & Meat Sauce Breadstick Green Beans Pears Fruit Choice (9-12)	Chicken Fajita Mixed Greens Salad Apple Brown Rice (9-12) Fruit Choice (9-12)	Chili and Crackers Cornbread Roasted Zucchini Kiwi Fruit Choice (9-12)	Cheese Pizza Spinach Salad Sweet Corn Strawberries Fruit Choice (9-12)	Calories	592	624	752
					Sodium (mg)	972	993	1118
					% of Sat. Fat	6.1	5.8	6.5
Week 2 Sloppy Joe on WG Bun Carrot sticks Baked Beans Applesauce Fruit Choice (9-12)	Mac & Cheese Peas Cucumber Apple Salad Grapes WG Roll & Jelly (6-12) Fruit Choice (9-12)	Soft Shell Taco Salsa Refried Beans Cantaloupe WG Roll (9-12) Fruit Choice (9-12)	Hamburger Gravy Mashed Potatoes Green beans Dinner Roll Pears Fruit Choice (9-12)	Roasted Chicken Dinner Roll Spinach Tomato Salad Apple Fruit Choice (9-12)	Calories	629	636	814
					Sodium (mg)	938	938	1149
					% of Sat. Fat	8.0	8.6	7.0
Week 3 Deli Combo Sub Sweet Corn Carrots & Dip Apple Pasta Salad (9-12) Fruit Choice (9-12)	Goulash Breadstick Broccoli & Cauliflower Mixed Fruit Fruit Choice (9-12)	Quesadilla w Salsa Spinach Tomato Salad Refried Beans Pears Fruit Choice (9-12)	Baked Fish Dinner Roll & Jelly Baked Sweet Potato Peas Watermelon Fruit Choice (9-12)	Turkey Burger Garlic Mashed Potatoes Green Beans Banana Fruit Choice (9-12)	Calories	623	657	771
					Sodium (mg)	1071	1147	1264
					% Sat. Fat	5.7	6.1	6.4
Week 4 Cheeseburger Roasted Potato Wedges Grapes Fruit Choice (9-12)	Chicken Alfredo Steamed Broccoli Mandarin Oranges Dinner Roll (9-12) Fruit Choice (9-12)	Taco Salad w/ Mixed Greens Tortilla Chips Black Bean Salsa Watermelon Fruit Choice (9-12)	Roasted Turkey Mash. Potato & Gravy Green Beans Dinner Roll Cranberry Sauce Applesauce	Turkey Wrap Carrots & Dip Pears Spanish Rice (9-12) Fruit Choice (9-12)	Calories	604	604	807
					Sodium (mg)	987	987	1156
					% Sat. Fat	7.1	7.1	5.9
Week 5 BBQ Pork Sandwich Roasted Potato Wedges Coleslaw Cantaloupe Fruit Choice (9-12)	Lasagna Breadstick Mixed Greens Salad Green Beans Watermelon Fruit Choice (9-12)	Beef Burritos and Refried Beans Mixed Greens Salad Salsa & Sour cream Grapes Tortilla Chips (9-12) Fruit Choice (9-12)	Chicken-Veg Rice Bowl Peas Apple Yogurt Fruit Choice (9-12)	Ham + Cheese Sand Fiesta Beans & Rice Carrots & Dip Strawberries Fruit Choice (9-12)	Calories	643	660	787
					Sodium (mg)	1134	1154	1242
					% Sat. Fat	8.0	7.8	6.9

Grows in northeast Iowa and served in schools as part of this project. Other foods like green beans and mixed greens are also grown in Iowa, but are usually cost prohibitive for schools and were not tested.

Please Note: All meals include milk: choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

Week 4 contains a meal suitable for Thanksgiving and Christmas Holidays

Local pork was used in the following recipes: goulash, pork roast, BBQ pork sandwich, lasagna, spaghetti sauce, taco salad, chili.

Table 6. Healthy, Hunger Free Kids Act Meal Pattern Targets

Nutrient	Grades K-5	Grades 6-8	Grades 9-12
Calories	550-650 kcal/day	600-700 kcal/day	750-850 kcal/day
Saturated Fat	<10% of total kcal	<10% of total kcal	<10% of total kcal
Sodium	<= 1230 mg/d	<= 1360 mg/d	<= 1420 mg/d