

NE Iowa Cycle Menu							
Sack Lunch for Field Trips							
		Calories	Sodium (mg)				S. Fat (g)
	K-5 Standards	550-650	<640				<10
	6-8 Standards	600-700	<710				<10
	9-12 Standards	750-850	<740				<10
	x = Quantity changes						
		Calories	Sodium (mg)	Carb (g)	T. Fat (g)		S. Fat (g)
K-5	Friday	685	1721	95.14	20.89		8.65
6-8	Friday	685	1721	95	21		9
9-12	Friday	828	1801	112.57	28.58		10.36
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
Sack Lunch							
K-5	Ham and Cheese Sandwich	1	272	1019	21.28	13.27	6.92
	Sun chips- 28 oz	1 bag	140	200	19	6	1
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Whole apple	1 piece	72	1	19.06	0.23	0.04
	Ketchup (3 packets)	1 TBSP	20	160	5	0	0
	Mayo	1 TBSP	11	120	2	0.4	0.1
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		685	1721	95.14	20.89	8.65
6-8	Ham and Cheese Sandwich	1	272	1019	21.28	13.27	6.92
	Sun chips- 28 oz	1 bag	140	200	19	6	1
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Whole apple	1 piece	72	1	19.06	0.23	0.04
	Ketchup (3 packets)	1 TBSP	20	160	5	0	0
	Mayo	1 TBSP	11	120	2	0.4	0.1
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		685	1721	95.14	20.89	8.65
9-12	Ham and Cheese Sandwich	1	272	1019	21.28	13.27	6.92
	Sun chips- 28 oz	1 bag	140	200	19	6	1
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Whole apple	1 piece	72	1	19.06	0.23	0.04
	Ketchup (3 packets)	1 TBSP	20	160	5	0	0
	Mayo	1 TBSP	11	120	2	0.4	0.1
x	Oatmeal Cookie	1	143	80	17.43	7.69	1.71
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		828	1801	112.57	28.58	10.36