

NE Iowa Farm to School Cycle Menu - Week 1

			Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
K-5	Monday		536	1341	90.93	5.26	1.15
	Tuesday		611	905	88.06	13.11	4.44
	Wednesday		599	650	75.79	20.85	3.97
	Thursday		593	1119	78.89	17.06	4.48
	Friday		623	844	83.82	19.61	6.06
	Average		592	972	83.50	15.18	4.02
							6.1%
6-8	Monday		536	1341	90.93	5.26	1.15
	Tuesday		696	1005	102.56	15.11	4.48
	Wednesday		599	650	75.79	20.85	3.97
	Thursday		593	1119	78.89	17.06	4.48
	Friday		695	850	102.86	19.65	6.06
	Average		624	993	90.21	15.59	4.03
							5.8%
9-12	Monday		641	1361	118.63	5.30	1.15
	Tuesday		777	1167	123.70	15.15	4.48
	Wednesday		906	843	120.83	31.39	10.17
	Thursday		742	1371	104.71	19.89	5.50
	Friday		695	850	102.86	19.65	6.06
	Average		752	1118	114.15	18.28	5.47
							6.5%
	Monday						
K-5	Grilled Chicken Breast	1 each	114	470.4	3.80%	3.7	1
	WG Hamburger Bun	1 each	110	210	21	1	0
	Sweet Potato Fries	3/4 cup	100	40	26	0	0
	Grapes	1/2 cup	31	1	7.89	0.16	0.05
	Ketchup	2 TBSP	40	320	10	0	0
	Mayo	1 TBSP	11	120	2	0.4	0.1
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		536	1341.4	90.928	5.26	1.15
6-8	Grilled Chicken Breast	1 each	114	470.4	3.80%	3.7	1
	WG Hamburger Bun	1 each	110	210	21	1	0
	Sweet Potato Fries	3/4 cup	100	40	26	0	0
	Grapes	1/2 cup	31	1	7.89	0.16	0.05
	Ketchup	2 TBSP	40	320	10	0	0
	Mayo	1 TBSP	11	120	2	0.4	0.1
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		536	1341.4	90.928	5.26	1.15
9-12	Grilled Chicken Breast	1 each	114	470.4	3.80%	3.7	1
	WG Hamburger Bun	1 each	110	210	21	1	0
	x Sweet Potato Fries	1 cup	133	53	35	0	0
	Grapes	1/2 cup	31	1	7.89	0.16	0.05
	x Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Ketchup	2 TBSP	40	320	10	0	0
	Mayo	1 TBSP	11	120	2	0.4	0.1
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
Total		641	1361	119	5	1	

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			Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
	Menu Item	Portion Size	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
K-5	Tuesday						
	Spaghetti with Meat Sauce	1 cup	332	312	34.22	10.71	4.39
	1/2 WG Breadstick	1/2 stick	85	100	14.5	2	0.0325
	Green beans	1/2 cup	18	311	4.2	0	0
	Pears	1/2 cup	46	2	11.14	0.40	0.02
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		611	905	88.06	13.11	4.4425
6-8	Spaghetti with Meat Sauce	1 cup	332	312	34.22	10.71	4.39
x	WG Breadstick	1 stick	170	200	29	4	0.065
	Green beans	1/2 cup	18	311	4.2	0	0
	Pears	1/2 cup	46	2	11.14	0.40	0.02
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		696	1005	102.56	15.11	4.475
9-12	Spaghetti with Meat Sauce	1 cup	332	312	34.22	10.71	4.39
	WG Breadstick	1 stick	170	200	29	4	0.065
x	Green beans	3/4 cup	27	466.5	6.3	0	0
	Pears	1/2 cup	46	2	11.14	0.40	0.02
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		777	1166.5	123.7	15.15	4.475
K-5	Wednesday						
	Chicken Fajita w/ Vegetables	1 each	340	440	34	14	3
	Mixed Greens Salad (1/2 c eq)	1 cup	75	29	3.5	6.67	0.94
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		599	650	75.79	20.85	3.97
6-8	Chicken Fajita w/ Vegetables	1 each	340	440	34	14	3
	Mixed Greens Salad	1 cup	75	29	3.5	6.67	0.94
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		599	650	75.79	20.85	3.97
6-8	Chicken Fajita w/ Vegetables	1 each	340	440	34	14	3
x	Shredded Cheddar Cheese	1 oz	115	185	1	9.5	6
	Mixed Greens Salad	1 cup	75	29	3.5	6.67	0.94
x	Brown Rice	1/2 cup	120	2	25	1	0.2
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		906	843	120.83	31.39	10.17

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			Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
Thursday							
K-5	Chili	3/4 cup	231	738	20.34	8.36	3.06
	Roasted Zucchini	1/2 cup	52	3	1.21	4.7	0.7
	Kiwi	1 each	46	2	11.14	0.4	0.02
	Cornbread	1	108	150	18	2.8	0.5
	Saltines, unsalted	2 crackers	26	46	4.2	0.8	0.2
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		593	1119	78.89	17.06	4.48
6-8	Chili	3/4 cup	231	738	20.34	8.36	3.06
	Roasted Zucchini	1/2 cup	52	3	1.21	4.7	0.7
	Kiwi	1 each	46	2	11.14	0.4	0.02
	Cornbread	1	108	150	18	2.8	0.5
	Saltines, unsalted	2 crackers	26	46	4.2	0.8	0.2
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		593	1119	78.89	17.06	4.48
9-12	Chili	1 cup	308	984	27.12	11.14667	4.08
	Roasted Zucchini	1/2 cup	52	3	1.21	4.7	0.7
	Kiwi	1 each	46	2	11.14	0.4	0.02
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Cornbread	1	108	150	18	2.8	0.5
	Saltines, unsalted	2 crackers	26	46	4.2	0.8	0.2
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		742	1371	104.71	19.88667	5.5
Friday							
K-5	Cheese Pizza	1 each	300	570	33	11	4.5
	Spinach Salad (1/2 c. eq)	1 cup	93	80	4.29	7.39	1.55
	Sweet Corn	1/2 cup	77	13	17	1	0
	Strawberries, frozen	1/2 cup	23	1	5.53	0.22	0.01
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		623	844	83.82	19.61	6.06
6-8	Cheese Pizza	1 each	300	570	33	11	4.5
	Spinach Salad (1/2 c. eq)	1 cup	93	80	4.29	7.39	1.55
	Sweet Corn	1/2 cup	77	13	17	1	0
	Strawberries, frozen	1/2 cup	23	1	5.53	0.22	0.01
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		623	844	83.82	19.61	6.06
6-8	Cheese Pizza	1 each	300	570	33	11	4.5
	Spinach Salad (1/2 c. eq)	1 cup	93	80	4.29	7.39	1.55
	Sweet Corn	1/2 cup	77	13	17	1	0
	Strawberries, frozen	1/2 cup	23	1	5.53	0.22	0.01
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		695	850	102.86	19.65	6.06