

NE IOWA CYCLE MENU - WEEK 5

| Requirements | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Total MET Yes/No |
|--------------|-------------------|-----------------------|---------------|-----------------------|------------------|-------------------------------|
| | BBQ Pork Sandwich | Chicken-Veg Rice Bowl | Lasagna | Beef Burrito | Ham-Cheese Sand. | |
| | WW Bun | | Mixed Greens | Mixed Greens | Fiesta Beans | |
| | Potato Wedges | | WW Breadstick | Refried Beans | Carrots & Dip | |
| | Coleslaw | Peas | | Salsa & Sour Cream | | |
| | | Local Yogurt | Green beans | Tortilla Chips (9-12) | | |
| | Cantaloupe | Apple | Watermelon | Grapes | Strawberries | |
| Milk | Milk | Milk | Milk | Skim or 1% | | |

| GRADES K-5 | | | | | | | | | | | | |
|-------------------------|------------|-------|------------------|-------|-------------|-------|---------------------|-------|------------------|-------|----|-----|
| Mt/MA (1 oz eq per day) | 2 BBQ Pork | | 1 Chix; 1 yogurt | | Ground Beef | | Ground Beef, cheese | | Ham-Cheese Sand. | | | |
| (8-10 oz eq per week) | 2 | Oz Eq | 2 | Oz Eq | 2 | Oz Eq | 2 | Oz Eq | 2 | Oz Eq | 10 | Yes |

Vegetables (3/4 Cup per day) (3 3/4 Cup per week)

| | | | | | | | | | | | | |
|---|------|-----|------|-----|-----------------------|-----|------------------------|-----|-----------------|-----|------|-----|
| Dark Green (1/2 Cup per week) | | Cup | | Cup | Mixed Greens 0.5 Cup | | Mixed Greens 0.5 Cup | | | Cup | 1 | Yes |
| Red/Orange (3/4 Cup per week) | | Cup | | Cup | Tomato sauce 0.25 Cup | | Salsa 0.25 Cup | | Carrots 0.5 Cup | | 1 | Yes |
| Beans/Peas (Legumes) (1/2 Cup per week) | | Cup | | Cup | | Cup | Refried Beans 0.25 Cup | | Beans 0.25 Cup | | 0.5 | Yes |
| Starchy (1/2 Cup per week) | 0.5 | Cup | 0.25 | Cup | | Cup | | Cup | | Cup | 0.75 | Yes |
| Other (1/2 per week) | 0.25 | Cup | 0.5 | Cup | 0.5 | Cup | | Cup | | Cup | 1.25 | Yes |
| Daily total | 0.75 | Yes | 0.75 | Yes | 1.25 | Yes | 1 | Yes | 0.75 | Yes | 4.5 | |

Additional Vegetable to reach Goal (1 Cup per week)

| | | | | | | | | | | | | |
|--|--------------------|--|------------------|--|------------------------------------|--|------------------|--|-----------------------|--|-----|-----|
| Grains (1 oz eq day) (8-9 oz eq per week) | WW Bun 2 Oz Eq | | Rice 2.25 Oz Eq | | Noodles, 1/2 breadstick 1.75 Oz Eq | | Tortilla 1 Oz eq | | Bun-2, Rice 2.5 Oz Eq | | 9.5 | No |
| Fruits (1/2 Cup per day) (2 1/2 cups per week) | Cantaloupe 0.5 Cup | | Apple 0.5 Cup | | Watermelon 0.5 Cup | | Grapes 0.5 Cup | | Strawberries 0.5 Cup | | 2.5 | Yes |
| Fluid Milk (1 Cup per day) (5 a week) | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | 5 | Yes |

| GRADES 6-8 | | | | | | | | | | | | |
|---|--------------|--|-------------------------|--|--------------|--|-----------------------------|--|--------------------|--|----|-----|
| Mt/MA (1 oz eq per day) (9-10 oz eq per week) | Pork 2 Oz Eq | | Chicken, yogurt 2 Oz Eq | | Beef 2 Oz Eq | | Ground beef, cheese 2 Oz Eq | | Ham/Cheese 2 Oz Eq | | 10 | Yes |

Vegetables (3/4 Cup per day) (3 3/4 Cup per week)

| | | | | | | | | | | | | |
|---|------|-----|------|-----|-----------------------|-----|----------------------------|-----|-----------------|-----|------|-----|
| Dark Green (1/2 Cup per week) | | Cup | | Cup | Mix greens 0.5 Cup | | Mix greens (1 cup) 0.5 Cup | | | Cup | 1 | Yes |
| Red/Orange (3/4 Cup per week) | | Cup | | Cup | Tomato Sauce 0.25 Cup | | Salsa 0.25 Cup | | Carrots 0.5 Cup | | 1 | Yes |
| Beans/Peas (Legumes) (1/2 Cup per week) | | Cup | | Cup | | Cup | Refried Beans 0.25 Cup | | Beans 0.25 Cup | | 0.5 | Yes |
| Starchy (1/2 Cup per week) | 0.5 | Cup | 0.25 | Cup | | Cup | | Cup | | Cup | 0.75 | Yes |
| Other (1/2 cup per week) | 0.25 | Cup | 0.5 | Cup | 0.5 | Cup | | Cup | | Cup | 1.25 | Yes |
| Daily total | 0.75 | Yes | 0.75 | Yes | 1.25 | Yes | 1 | Yes | 0.75 | Yes | 4.5 | |

| | | | | | | | | | | | | |
|--|--------------------|--|------------------|--|------------------------------------|--|------------------|--|-----------------------|--|-----|-----|
| Grains (1 oz eq day) (8-10 oz eq per week) | WW Bun 2 Oz Eq | | rice 2.25 Oz Eq | | Noodles; 1/2 breadstick 1.75 Oz Eq | | Tortilla 1 Oz Eq | | Bun-2, Rice 2.5 Oz Eq | | 9.5 | Yes |
| Fruits (1/2 Cup per day) (2 1/2 cups per week) | Cantaloupe 0.5 Cup | | apple 0.5 Cup | | Watermelon 0.5 Cup | | Grapes 0.5 Cup | | Strawberries 0.5 Cup | | 2.5 | Yes |
| Fluid Milk (1 Cup per day) (5 a week) | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | 5 | Yes |

| GRADES 9-12 | | | | | | | | | | | | |
|--|--------------|--|---------------------------|--|--------------|--|-----------------------------|--|--------------------|--|------|-----|
| Mt/MA (2 oz eq per day) (10-12 oz eq per week) | Pork 2 Oz Eq | | Chicken, yogurt 2.5 Oz Eq | | Beef 2 Oz Eq | | Ground beef, cheese 2 Oz Eq | | Ham/Cheese 2 Oz Eq | | 10.5 | Yes |

Vegetables (1 Cup per day) (5 Cups per week)

| | | | | | | | | | | | | |
|---|-----|-----|-----|-----|-----------------------|-----|--------------------------|-----|------------------|-----|------|-----|
| Dark Green (1/2 Cup per week) | | Cup | | Cup | Mix greens 0.5 Cup | | Mix greens 1 cup 0.5 Cup | | | Cup | 1 | Yes |
| Red/Orange (1 1/4 Cup per wk) | | Cup | | Cup | Tomato Sauce 0.25 Cup | | Salsa 0.25 Cup | | Carrots 0.75 Cup | | 1.25 | Yes |
| Beans/Peas (Legumes) (1/2 Cup per week) | | Cup | | Cup | | Cup | Refried Beans 0.25 Cup | | Beans 0.25 Cup | | 0.5 | Yes |
| Starchy (1/2 Cup per week) | 0.5 | Cup | 0.5 | Cup | | Cup | | Cup | | Cup | 1 | Yes |
| Other (3/4 per week) | 0.5 | Cup | 0.5 | Cup | 0.5 | Cup | | Cup | | Cup | 1.5 | Yes |
| Daily total | 1 | Yes | 1 | Yes | 1.25 | Yes | 1 | Yes | 1 | Yes | 5.25 | |

Additional Vegetable to reach Goal (1 1/2 Cup per week)

| | | | | | | | | | | | | |
|---|---------------------------|--|--------------------|--|--------------------------------|--|--------------------------|--|----------------------------|--|------|-----|
| Grains (2 oz eq day) (10-12 oz eq per week) | WW Bun 2 Oz Eq | | rice 2.25 Oz Eq | | Breadstick, Noodles 2.75 Oz Eq | | Tortilla & Chips 2 Oz Eq | | Bun-2, Rice 2.5 Oz Eq | | 11.5 | Yes |
| Fruits (1 Cup per day) (5 cups per week) | Cantaloupe + Choice 1 Cup | | apple+choice 1 Cup | | Watermelon + Choice 1 Cup | | Grapes+choice 1 Cup | | Strawberries +choice 1 Cup | | 5 | Yes |
| Fluid Milk (1 Cup per day) (5 a week) | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | Skim or 1% 1 Cup | | 5 | Yes |

**NE Iowa Cycle Menu
WEEK 5**

| | 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 | Monday | 700 | 1396 | 99 | 13 | 3 |
| | Tuesday | 638 | 561 | 99 | 12 | 3 |
| | Wednesday | 600 | 1022 | 83 | 18 | 6 |
| | Thursday | 648 | 1083 | 79 | 14 | 9 |
| | Friday | 629 | 1607 | 89 | 17 | 7 |
| | Average | 643 | 1133.87 | 89.84 | 14.70 | 5.71 |
| | | | | | | 8.0% |
| 6-8 | Monday | 700 | 1396 | 99 | 13 | 3 |
| | Tuesday | 638 | 561 | 99 | 12 | 3 |
| | Wednesday | 685 | 1122 | 98 | 20 | 6 |
| | Thursday | 648 | 1083 | 79 | 14 | 9 |
| | Friday | 629 | 1607 | 89 | 17 | 7 |
| | Average | 660 | 1154 | 92.74 | 15.10 | 5.72 |
| | | | | | | 7.8% |
| 9-12 | Monday | 805 | 1479 | 123 | 14 | 4 |
| | Tuesday | 796 | 637 | 133 | 13 | 3 |
| | Wednesday | 757 | 1128 | 117 | 20 | 6 |
| | Thursday | 830 | 1199 | 117 | 16 | 9 |
| | Friday | 745 | 1768 | 113 | 20 | 8 |
| | Average | 786.60 | 1242.27 | 120.41 | 16.65 | 6.01 |
| | | | | | | 6.9% |

| | Menu Item | Portion | Calories | Sodium (mg) | Carb (g) | T. Fat (g) | S. Fat (g) |
|-----------------------|-----------------------|-------------------|------------|-------------|---------------|--------------|-------------|
| K-5 | Monday | | | | | | |
| | BBQ Pork Sandwich | 1 | 365 | 870 | 30 | 11 | 3 |
| | Roasted Potato Wedges | 1/2 cup | 125 | 96 | 28.48 | 0.2 | 0.04 |
| | Creamy Coleslaw | 1/4 cup | 33 | 77 | 4.5 | 1.6 | 0.3 |
| | Cantaloupe | 1/2 cup | 27 | 13 | 7.00 | 0.00 | 0.00 |
| | Ketchup packet | 1 TBSP | 20 | 160 | 5 | 0 | 0 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 700 | 1396 | 98.98 | 12.8 | 3.34 |
| 6-8 | BBQ Pork Sandwich | 1 | 365 | 870 | 30 | 11 | 3 |
| | Roasted Potato Wedges | 1/2 cup | 125 | 96 | 28.48 | 0.2 | 0.04 |
| | Creamy Coleslaw | 1/4 cup | 33 | 77 | 4.5 | 1.6 | 0.3 |
| | Cantaloupe | 1/2 cup | 27 | 13 | 7.00 | 0.00 | 0.00 |
| | Ketchup packet | 1 TBSP | 20 | 160 | 5 | 0 | 0 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 700 | 1396 | 98.98 | 12.8 | 3.34 |
| | 9-12 | BBQ Pork Sandwich | 1 | 365 | 870 | 30 | 11 |
| Roasted Potato Wedges | | 1/2 cup | 125 | 96 | 28.48 | 0.2 | 0.04 |
| x Creamy Coleslaw | | 1/2 cup | 66 | 154 | 9 | 3.2 | 0.6 |
| Cantaloupe | | 1/2 cup | 27 | 13 | 7.00 | 0.00 | 0.00 |
| x Fruit Choice | | 1/2 cup | 72 | 6 | 19.04 | 0.04 | 0 |
| Ketchup packet | | 1 TBSP | 20 | 160 | 5 | 0 | 0 |
| Skim Chocolate Milk | | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| Total | | | 805 | 1479 | 122.52 | 14.44 | 3.64 |

| NE Iowa Cycle Menu | | | | | | | |
|----------------------|-------------------------------|-----------|------------|---------------|---------------|--------------|---------------|
| WEEK 5 | | | 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 | | | | | | | |
| Tuesday | | | | | | | |
| K-5 | Chicken Rice Bowl w Veggies | 1 | 318 | 274 | 37 | 11 | 2 |
| | Peas, frozen | 1/4 cup | 36 | 33 | 6.5 | 0.12 | 0.03 |
| | Apple slices, cut 8 | 6 each | 54 | 1 | 14.29 | 0.18 | 0.03 |
| | Yogurt - 4 oz | 4 oz | 100 | 73.33 | 17.33 | 1.00 | 0.67 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 638 | 561.33 | 99.12 | 12.30 | 2.73 |
| 6-8 | Chicken Rice Bowl w Veggies | 1 | 318 | 274 | 37 | 11 | 2 |
| | Peas, frozen | 1/4 cup | 36 | 33 | 6.5 | 0.12 | 0.03 |
| | Apple slices, cut 8 | 6 each | 54 | 1 | 14.29 | 0.18 | 0.03 |
| | Yogurt - 4 oz | 4 oz | 100 | 73.33 | 17.33 | 1.00 | 0.67 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 638 | 561.33 | 99.12 | 12.30 | 2.73 |
| 9-12 | Chicken Rice Bowl w Veggies | 1 | 318 | 274 | 37 | 11 | 2 |
| x | Peas, frozen | 1/2 cup | 72 | 66 | 13 | 0.24 | 0.06 |
| | 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 |
| x | Yogurt | 6 oz cup | 150 | 110 | 26 | 1.5 | 1 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 796 | 637 | 133.33 | 12.96 | 3.09 |
| Wednesday | | | | | | | |
| K-5 | Lasagna | 1 | 269 | 400 | 28 | 9 | 5 |
| | Mixed Greens Salad (1/2 c eq) | 1 cup | 75 | 30 | 7 | 6.7 | 0.9 |
| | 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 |
| | Watermelon | 1/2 cup | 23 | 1 | 5.50 | 0.00 | 0.00 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 600 | 1022 | 83.2 | 17.7 | 5.9325 |
| 6-8 | Lasagna | 1 | 269 | 400 | 28 | 9 | 5 |
| | Mixed Greens Salad (1/2 c eq) | 1 cup | 75 | 30 | 7 | 6.7 | 0.9 |
| | WG Breadstick | 1 stick | 170 | 200 | 29 | 4 | 0.065 |
| | Watermelon | 1/2 cup | 23 | 1 | 5.50 | 0.00 | 0.00 |
| | Green beans | 1/2 cup | 18 | 311 | 4.2 | 0 | 0 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 685 | 1122 | 97.7 | 19.7 | 5.965 |
| 9-12 | Lasagna | 1 | 269 | 400 | 28 | 9 | 5 |
| | Mixed Greens Salad (1/2 c eq) | 1 cup | 75 | 30 | 7 | 6.7 | 0.9 |
| x | Whole Wheat Breadstick | 1 stick | 170 | 200 | 29 | 4 | 0.065 |
| | Green beans | 1/2 cup | 18 | 311 | 4.2 | 0 | 0 |
| | Watermelon | 1/2 cup | 23 | 1 | 5.50 | 0.00 | 0.00 |
| 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 | | 757 | 1128 | 116.74 | 19.74 | 5.965 |

| NE Iowa Cycle Menu | | | | | | | |
|----------------------|-------------------------------|----------|------------|-------------------|-----------------|-----------------|-----------------|
| WEEK 5 | | | 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 | | | | | | | |
| Thursday | | | | | | | |
| K-5 | Beef Burritos | 1 | 273 | 351 | 21.34 | 1.46 | 5.76 |
| | Mixed Greens Salad (1/2 c eq) | 1 cup | 75 | 30 | 7 | 6.7 | 0.9 |
| | Refried beans | 1/4 cup | 76 | 199 | 11.16 | 1.96 | 0.49 |
| | Grapes, Fresh | 1/2 cup | 31 | 1 | 7.89 | 0.16 | 0.05 |
| | Salsa | 2 OZ CUP | 25 | 310 | 6 | 0 | 0 |
| | Sour Cream, Reduced fat | 2 TBSP | 38 | 12 | 1.2 | 3.4 | 2.1 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 648 | 1083 | 78.59 | 13.68 | 9.3 |
| 6-8 | Beef Burritos | 1 | 273 | 351 | 21.34 | 1.46 | 5.76 |
| | Mixed Greens Salad (1/2 c eq) | 1 cup | 75 | 30 | 7 | 6.7 | 0.9 |
| | Refried beans | 1/4 cup | 76 | 199 | 11.16 | 1.96 | 0.49 |
| | Grapes, Fresh | 1/2 cup | 31 | 1 | 7.89 | 0.16 | 0.05 |
| | Salsa | 2 OZ CUP | 25 | 310 | 6 | 0 | 0 |
| | Sour Cream, Reduced fat | 2 TBSP | 38 | 12 | 1.2 | 3.4 | 2.1 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 648 | 1083 | 78.59 | 13.68 | 9.3 |
| 9-12 | Beef Burritos | 1 | 273 | 351 | 21.34 | 1.46 | 5.76 |
| | Mixed Greens Salad (1/2 c eq) | 1 cup | 75 | 30 | 7 | 6.7 | 0.9 |
| | Refried beans | 1/4 cup | 76 | 199 | 11.16 | 1.96 | 0.49 |
| | Grapes, Fresh | 1/2 cup | 31 | 1 | 7.89 | 0.16 | 0.05 |
| | Salsa | 2 OZ CUP | 25 | 310 | 6 | 0 | 0 |
| | Sour Cream, Reduced fat | 2 TBSP | 38 | 12 | 1.2 | 3.4 | 2.1 |
| x | Fruit Choice | 1/2 cup | 72 | 6 | 19.04 | 0.04 | 0 |
| x | Tortilla Chips | 1 bag | 110 | 110 | 19 | 2.5 | 0 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 830 | 1199 | 116.63 | 16.22 | 9.3 |
| Friday | | | | | | | |
| K-5 | Ham and Cheese Sandwich | 1 | 272 | 1019 | 21.28 | 13.27 | 6.92 |
| | Fiesta Beans and Rice | 1/2 cup | 151 | 226 | 32 | 0.9 | 0.2 |
| | Fresh carrots | 1/2 cup | 18 | 51 | 4.02 | 0.14 | 0.03 |
| | Strawberries | 1/2 cup | 23 | 1 | 5.53 | 0.22 | 0.01 |
| | Ranch Dip | 1 TBSP | 35 | 130 | 3 | 3 | 0 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 629 | 1607 | 89.33 | 17.03 | 7.26 |
| 6-8 | Ham and Cheese Sandwich | 1 | 272 | 1019 | 21.28 | 13.27 | 6.92 |
| | Fiesta Beans and Rice | 1/2 cup | 151 | 226 | 32 | 0.9 | 0.2 |
| | Fresh carrots | 1/2 cup | 18 | 51 | 4.02 | 0.14 | 0.03 |
| | Strawberries | 1/2 cup | 23 | 1 | 5.53 | 0.22 | 0.01 |
| | Ranch Dip | 1 TBSP | 35 | 130 | 3 | 3 | 0 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 629 | 1607 | 89.33 | 17.03 | 7.26 |
| 9-12 | Ham and Cheese Sandwich | 1 | 272 | 1019 | 21.28 | 13.27 | 6.92 |
| | Fiesta Beans and Rice | 1/2 cup | 151 | 226 | 32 | 0.9 | 0.2 |
| x | Fresh carrots | 3/4 cup | 27 | 75 | 6 | 0.21 | 0.03 |
| | Strawberries | 1/2 cup | 23 | 1 | 5.53 | 0.22 | 0.01 |
| x | Fruit Choice | 1/2 cup | 72 | 6 | 19.04 | 0.04 | 0 |
| | Ranch Dip | 2 TBSP | 70 | 261 | 5 | 5 | 1 |
| | Skim Chocolate Milk | 1/2 pint | 130 | 180 | 24 | 0 | 0 |
| | Total | | 745 | 1768.33333 | 112.8433 | 19.86667 | 8.046667 |