

<b>NE Iowa Cycle Menu</b>							
<b>WEEK 4</b>							
			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)
<b>K-5</b>	Monday		613	1310	90.26	12.51	5.65
	Tuesday		600	524	78.16	14.015	5.59
	Wednesday		839	796.4	106.4	25.27	5.57
	Thursday		615	938	70.84	23.03	4.59
	Friday		582	806	75.62	15.6	4.44
	<b>Average</b>		<b>649.8</b>	<b>874.88</b>	<b>84.256</b>	<b>18.085</b>	<b>5.168</b>
<b>6-8</b>	Monday		613	1310	90.26	12.51	5.65
	Tuesday		600	524	78.16	14.015	5.59
	Wednesday		839	796.4	106.4	25.27	5.57
	Thursday		615	938	70.84	23.03	4.59
	Friday		692	1076	75.62	21.6	5.94
	<b>Average</b>		<b>671.8</b>	<b>928.88</b>	<b>84.256</b>	<b>19.285</b>	<b>5.468</b>
<b>9-12</b>	Monday		810	1412	137.78	12.75	5.69
	Tuesday		769	636	114.16	16.33	5.93
	Wednesday		956	841.366667	126.3867	27.92	6.583333
	Thursday		825	1212	117.26	24.75	4.89
	Friday		880	1082	94.66	21.64	5.94
	<b>Average</b>		<b>848</b>	<b>1036.673333</b>	<b>118.0493</b>	<b>20.678</b>	<b>5.806667</b>
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
	<b>Monday</b>						
<b>K-5</b>	Beef Hamburger	1 each	120	370	2	6	2.5
	WW Hamburger Bun	1 each	110	210	21	1	0
	Cheese slice	1 slice	53	147	0.65	4.3	2.5
	Roasted Potato Wedges*	1/2 cup	125	96	28.48	0.2	0.04
	Pickles 1 oz; Onion 1 oz	1 oz	2	156	0.46	0	0
	Ketchup	1 TBSP	20	160	5	0	0
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56
	<b>Total</b>		<b>613</b>	<b>1310</b>	<b>90.26</b>	<b>12.51</b>	<b>5.65</b>
<b>6-8</b>	Beef Hamburger	1 each	120	370	2	6	2.5
	WW Hamburger Bun	1 each	110	210	21	1	0
	Cheese slice	1 slice	53	147	0.65	4.3	2.5
	Roasted Potato Wedges*	1/2 cup	125	96	28.48	0.2	0.04
	Pickles	1 oz	2	156	0.46	0	0
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05
	Ketchup	1 TBSP	20	160	5	0	0
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56
	<b>Total</b>		<b>613</b>	<b>1310</b>	<b>90.26</b>	<b>12.51</b>	<b>5.65</b>
<b>9-12</b>	Beef Hamburger	1 each	120	370	2	6	2.5
	WW Hamburger Bun	1 each	110	210	21	1	0
	Cheese slice	1 slice	53	147	0.65	4.3	2.5
x	Roasted Potato Wedges*	1 cup	250	192	56.96	0.4	0.08
	Pickles	1 oz	2	156	0.46	0	0
	Ketchup	1 TBSP	20	160	5	0	0
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56
	<b>Total</b>		<b>810</b>	<b>1412</b>	<b>137.78</b>	<b>12.75</b>	<b>5.69</b>
<b>Alt:</b>	French fries or tater tots						



<b>K-5</b>	<b>Thursday</b>							
	Chicken (Turkey) Cesar Wrap	1 wrap	373	711	23	22	4	
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03	
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	<b>Total</b>		<b>615</b>	<b>938</b>	<b>70.84</b>	<b>23.03</b>	<b>4.59</b>	
<b>6-8</b>	Chicken (Turkey) Cesar Wrap	1 wrap	373	711	23	22	4	
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03	
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	<b>Total</b>		<b>615</b>	<b>938</b>	<b>70.84</b>	<b>23.03</b>	<b>4.59</b>	
<b>9-12</b>	Chicken (Turkey) Cesar Wrap	1 wrap	373	711	23	22	4	
<b>x</b>	Spanish Rice	2/3 cup	138	268	27.38	1.68	0.3	
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03	
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0	
<b>x</b>	Fruit Choice	1/2 cup	72	6	19.04	0.04	0	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	<b>Total</b>		<b>825</b>	<b>1212</b>	<b>117.26</b>	<b>24.75</b>	<b>4.89</b>	
<b>K-5</b>	<b>Friday</b>							
	Roasted or Baked Chicken	4-6 oz	180	460	0	10	3	
	Elementary serving = 1/2 breast or 1 thigh or 1 leg and 1 wing or 2 wings							
	Pumpkin Bar	1	158	144	27.74	4.43	0.84	
	California blend	1 cup	24	26	4.84	0.28	0.04	
	Peaches	1/2 cup	68	6	18.26	0.04	0	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	<b>Total</b>		<b>582</b>	<b>806</b>	<b>75.62</b>	<b>15.6</b>	<b>4.44</b>	
<b>-6-8</b>	Roasted or Baked Chicken	7-8 oz	290	730	0	16	4.5	
	Secondary serving = 1 breast or 1 leg + 1 thigh or 1 leg + 2 wings							
	Pumpkin Bar	1	158	144	27.74	4.43	0.84	
	California blend	1 cup	24	26	4.84	0.28	0.04	
	Peaches	1/2 cup	68	6	18.26	0.04	0	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	<b>Total</b>		<b>692</b>	<b>1076</b>	<b>75.62</b>	<b>21.6</b>	<b>5.94</b>	
<b>9-12</b>	<b>Friday</b>							
	Roasted or Baked Chicken	7-8 oz	290	730	0	16	4.5	
	Secondary serving = 1 breast or 1 leg + 1 thigh or 1 leg + 2 wings							
	Pumpkin Bar	1	158	144	27.74	4.43	0.84	
<b>x</b>	Buttered bread (5 g butter)	1 slice	116					
	California blend	1 cup	24	26	4.84	0.28	0.04	
	Peaches	1/2 cup	68	6	18.26	0.04	0	
<b>x</b>	Fruit Choice	1/2 cup	72	6	19.04	0.04	0	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	<b>Total</b>		<b>880</b>	<b>1082</b>	<b>94.66</b>	<b>21.64</b>	<b>5.94</b>	