

NE Iowa Cycle Menu							
WEEK 3							
			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 =	Changes from K-5 menu						
			Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
K-5	Monday		583	1450.5	83.49	14.92	6.82
	Tuesday		578	479	78.98	14.28	5.33
	Wednesday		722	1665	91.4	19.83	6.28
	Thursday		594	428	67.02	3.8	1.175
	Friday		578	1103	89.07	12.32	5.2
	Average		611	1025.1	81.992	13.03	4.961
6-8	Monday		683	1450.5	83.49	14.92	6.82
	Tuesday		578	479	78.98	14.28	5.33
	Wednesday		722	1665	91.4	19.83	6.28
	Thursday		644	428	67.02	3.8	1.175
	Friday		703	1664	109.57	16.04	5.53
	Average		666	1137.3	86.092	13.774	5.027
9-12	Monday		801	1450.5	88.26	14.97	6.83
	Tuesday		806	491.5	99.23	14.39	5.34
	Wednesday		794	1671	110.44	19.87	6.28
	Thursday		830	461	73.49	3.92	1.2
	Friday		775	1670	128.61	16.08	5.53
	Average		801.2	1148.8	100.006	13.846	5.036
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
	Monday						
K-5	Deli Combo Sub	1 sandwich	292	984	25	13	6
	Corn	1/2 cup	67	244.5	15.4	0.75	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56
	Total		583	1450.5	83.49	14.92	6.82
6-8	Deli Combo Sub	1 sandwich	292	984	25	13	6
	Corn	1/2 cup	67	244.5	15.4	0.75	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	NEED EXTRA CALORIES		100				
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56
	Total		683	1450.5	83.49	14.92	6.82
9-12	Deli Combo Sub	1 sandwich	292	984	25	13	6
	Corn	1/2 cup	67	244.5	15.4	0.75	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
x	Whole apple	1 piece	72	1	19.06	0.23	0.04
	NEED EXTRA CALORIES		200				
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56
	Total		801	1450.5	88.26	14.97	6.83

	Tuesday							
K-5	Goulash	3/4 cup	283	193	26.14	10.67	4.4	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Fresh broccoli/cauliflower	1/2 cup	12	13	2.42	0.14	0.02	
	Mixed Fruit	1/2 cup	46	2	11.14	0.4	0.02	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	Total		578	479	78.98	14.28	5.33	
6-8	Goulash	3/4 cup	283	193	26.14	10.67	4.4	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Fresh broccoli/cauliflower	1/2 cup	12	13	2.42	0.14	0.02	
	Mixed Fruit	1/2 cup	46	2	11.14	0.4	0.02	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	Total		578	479	78.98	14.28	5.33	
9-12	Goulash	3/4 cup	283	193	26.14	10.67	4.4	
	WW Roll	1	85	101	14.5	2.22	0.33	
x	Fresh broccoli/cauliflower	3/4 cup	18	19.5	3.63	0.21	0.03	
	Mixed Fruit	1/2 cup	46	2	11.14	0.4	0.02	
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0	
	NEED EXTRA CALORIES		150					
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	Total		806	491.5	99.23	14.39	5.34	
K-5	Wednesday							
	Cheese N Veggie Quesadilla	1 each	305	594	28.03	9.23	3.66	
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55	
	Salsa	1/4 cup	50	620	12	0	0	
	Refried Beans	1/4 cup	76	199	11.16	1.96	0.49	
	Pears and kiwi	1/2 cup	46	2	11.14	0.4	0.02	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	Total		722	1665	91.4	19.83	6.28	
6-8	Cheese N Veggie Quesadilla	1 each	305	594	28.03	9.23	3.66	
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55	
	Salsa	1/4 cup	50	620	12	0	0	
	Refried Beans	1/4 cup	76	199	11.16	1.96	0.49	
	Pears and kiwi	1/2 cup	46	2	11.14	0.4	0.02	
	Skim or 1 %	1/2 pint	152	170	24.78	0.85	0.56	
	Total		722	1665	91.4	19.83	6.28	
9-12	Cheese N Veggie Quesadilla	1 each	305	594	28.03	9.23	3.66	
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55	
	Salsa	1/4 cup	50	620	12	0	0	
	Refried Beans	1/4 cup	76	199	11.16	1.96	0.49	
	Pears and kiwi	1/2 cup	46	2	11.14	0.4	0.02	
x	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	
	Total		794	1671	110.44	19.87	6.28	

