NE IOWA CYCLE MENU - WEEK 4												
Requirements	Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Total MET Yes/No	
	(Week 4) Beef Hamburger		Chicken Alfredo		Taco Salad (Mexican straw hats)		Roasted Turkey n Gravey		Roasted or Baked chicken			
	WW Bun		WW Noodles		WG Tortilla Chips		WG Roll		Buttered bread			
	Slice cheese				Mixed Greens Salad		Baked Sw. Potato & Apples					
	Roasted Potato Wedges		Frozen Broccoli				Green Beans		California blend			
	Onion, pickle				Black Bean salsa		Whipped Potatoes		Pumpkin Bar			
	Grapes		Mandarin oranges		Banana		Canned or Fresh Pears		Peaches			
	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
GRADES K-5												
Mt/MA (1 oz eq per day)	Ground Beef patty		Chicken Chunks		Ground Beef		Roast Turkey		Chicken Nuggets			
(8-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	1.5	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	9.5	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Frozen Broccoli		Mixed Greens (1 Cup)				California blend			
(1/2 Cup per week)		**Cup**	0.75	**Cup**	0.5	**Cup**		**Cup**	0.33	**Cup**	1.58	Yes
Red/Orange					Diced tomatoes		Sw Potato/Apples		California blend			
(3/4 Cup per week)		**Cup**		**Cup**	0.375	**Cup**	0.125	**Cup**	0.33	**Cup**	0.83	Yes
Beans/Peas (Legumes)					Black Bean salsa							
(1/2 Cup per week)		**Cup**		**Cup**	0.5	**Cup**		**Cup**		**Cup**	0.5	Yes
Starchy	Potato Wedges						Mashed Potato					
(1/2 Cup per week)	0.5	**Cup**		**Cup**		**Cup**	0.5	**Cup**		**Cup**	1	Yes
Other	Onion, pickle						Green Beans		California blend			
(1/2 per week)	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.33	**Cup**	1.08	Yes
Daily total	0.75	**Yes**	0.75	**Yes**	1.375	**Yes**	1.125	**Yes**	0.99	**Yes**	4.99	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains (1 oz eq day)	WW Bun		WW Noodles		Tortilla Chips		Dinner Roll		Bread; Bar			
(8-9 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	1	**Oz Eq**	2	**Oz Eq**	9	Yes
Fruits (1/2 Cup per day) (2	Fresh Grapes		Mandarin oranges		Whole banana		Pears; Apples		Peaches			
1/2 cups per week)	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.625	**Cup**	0.5	**Cup**	2.625	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes
GRADES 6-8												
Mt/MA (1 oz eq per day)	Hamburger		Chicken Chunks		Ground beef		Roast Turkey		Chicken			
(9-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	1.5	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	9.5	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Frozen Broccoli		Mixed Greens (1 cup)				Broccoli			
(1/2 Cup per week)		**Cup**	0.75	**Cup**	0.5	**Cup**		**Cup**	0.33	**Cup**	1.58	Yes
Red/Orange					Diced Tomatoes		Sw Potato/Apples		Carrotes			
(3/4 Cup per week)		**Cup**		**Cup**	0.375	**Cup**	0.125	**Cup**	0.33	**Cup**	0.83	Yes
Beans/Peas (Legumes)					Black Bean Salsa							
(1/2 Cup per week)		**Cup**		**Cup**	0.5	**Cup**		**Cup**		**Cup**	0.5	Yes
Starchy	Potatoe Wedges						Mashed Potatoes					
(1/2 Cup per week)	0.5	**Cup**		**Cup**		**Cup**	0.5	**Cup**		**Cup**	1	Yes
Other	Onion, pickle						Green Beans		Cauliflower			
(1/2 cup per week)	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.34	**Cup**	1.09	Yes
Daily total	0.75	**Yes**	0.75	**Yes**	1.375	**Yes**	1.125	**Yes**	1	**Yes**	5	
												Yes
Grains(1 oz eq day)	WW Bun		WW Noodles		Tortilla Chips		WG Roll		Bread; Bar			
(8-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	1	**Oz Eq**	2	**Oz Eq**	9	Yes
Fruits (1/2 Cup per day)	Fresh Grapes		Mandarin oranges		Whole Banana		Pears; B. Apple		Peaches			
(2 1/2 cups per week)	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.625	**Cup**	0.5	**Cup**	2.625	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes

GRADES 9-12												
Mt/MA (2 oz eq per day)	Hamburger		Chicken Chunks		Ground Beef		Roast Turkey		Chicken			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	3	**Oz Eq**	2	**Oz Eq**	11	Yes
Vegetables (1 Cup per day) (5 Cups per week)												
Dark Green			Frozen Broccoli		Mixed greens (1 cup)				Broccoli			
(1/2 Cup per week)		**Cup**	1	**Cup**	0.5	**Cup**		**Cup**	0.33	**Cup**	1.83	Yes
Red/Orange					Diced tomatoes		B. Sweet Potato/apple		Carrots			
(1 1/4 Cup per wk)		**Cup**		**Cup**	0.375	**Cup**	0.6	**Cup**	0.33	**Cup**	1.305	Yes
Beans/Peas (Legumes)					Black Bean salsa							
(1/2 Cup per week)		**Cup**		**Cup**	0.5	**Cup**		**Cup**		**Cup**	0.5	Yes
Starchy	Potatoe Wedge						Mashed Potato					
(1/2 Cup per week)	1	**Cup**		**Cup**		**Cup**	0.5	**Cup**		**Cup**	1.5	Yes
Other	Onion, pickle						Green Beans		Cauliflower			
(3/4 per week)	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.34	**Cup**	1.09	Yes
Daily total	1.25	**Yes**	1	**Yes**	1.375	**Yes**	1.6	**Yes**	1	**Yes**	6.225	
Additional Vegetable to reach Goal (1 1/2 Cup per week)												Yes
Grains(2 oz eq day)	WW Bun		WW Noodles+Bread		Tortilla Chips		WG Roll		Bread; Bar			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Fruits (1 Cup per day) (5cups	Grapes + Choice		Man Orange + Ch		Banana + Choice		Pears +/B. Apple		Peaches + Choice			
per week)	1	**Cup**	1	**Cup**	1	**Cup**	1.125	**Cup**	1	**Cup**	5.125	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes

NE Iowa Cycle Menu							
WEEK 4			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		591	1320.00	89.48	11.66	5.09
	Tuesday		578	534.00	77.38	13.17	5.03
	Wednesday		817	806.40	105.62	24.42	5.01
	Thursday		579	1404.33	85.49	15.10	3.74
	Friday		560	816.00	74.84	14.75	3.88
	Average		625	976.15	86.56	15.82	4.55
6-8	Monday		591	1320.00	89.48	11.66	5.09
	Tuesday		578	534.00	77.38	13.17	5.03
	Wednesday		817	806.40	105.62	24.42	5.01
	Thursday		615	1433.33	85.49	19.20	6.34
	Friday		670	1086.00	74.84	20.75	5.38
	Average		654	1035.95	86.56	17.84	5.37
9-12	Monday		788	1422.00	137.00	11.90	5.13
	Tuesday		803	652.30	128.08	15.48	5.37
	Wednesday		934	851.37	125.61	27.07	6.02
	Thursday		878	2148	110	33	8
	Friday		858	1092.00	93.88	20.79	5.38
	Average		852	1233.12	118.95	21.67	6.07
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
	Monday						
K-5	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 Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**591**	**1320**	**89.48**	**11.66**	**5.09**
6-8	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 Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**591**	**1320**	**89.48**	**11.66**	**5.09**
9-12	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 Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**788**	**1422**	**137**	**11.9**	**5.13**
Alt:	French fries or tater tots						

	Tuesday						
K-5	Chicken Alfredo	#6 sauce	328	323	28	13	5
	WW Noodles	1/2 c	0	0	0	0	0
	Steamed Broccoli	3/4 cup	40	15	7.38	0.165	0.03
	Mandarin oranges	1/2 cup	80	16	18	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**578**	**534**	**77.38**	**13.165**	**5.03**
6-8	Chicken Alfredo	#6 sauce	328	323	28	13	5
	WW Noodles	1/2 c	0	0	0	0	0
	Steamed Broccoli	3/4 cup	40	15	7.38	0.165	0.03
	Mandarin oranges	1/2 cup	80	16	18	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**578**	**534**	**77.38**	**13.165**	**5.03**
9-12	Chicken Alfredo	#6 sauce	328	323	28	13	5
	WW Noodles	1/2 c	0	0	0	0	0
x	WW Roll	1	85	101	14.5	2.22	0.33
	Jelly	1 TBSP	56	6.3	14.7	0	0
x	Steamed Broccoli	1 cup	52	20	9.84	0.22	0.04
	Mandarin oranges	1/2 cup	80	16	18	0	0
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		**803**	**652.3**	**128.08**	**15.48**	**5.37**
	Wednesday						
K-5	Taco Salad - Taco Meat	1/4 cup	135	116.9	2.84	7.83	3.04
	WG Tortilla Chips	2 oz	274	236	36.8	13	1.6
	Mixed Greens Salad	1 cup	19	7.5	1.75	1.67	0.02
	Diced tomato	3/8 cup	12				
	Black Bean salsa	1/2 cup	157	265	17.16	1.59	0.24
	Banana	1/2 cup	90	1	23.07	0.33	0.11
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**817**	**806.4**	**105.62**	**24.42**	**5.01**
6-8	Taco Salad - Taco Meat	1/4 cup	135	116.9	2.84	7.83	3.04
	WG Tortilla Chips	2 oz	274	236	36.8	13	1.6
	Mixed Greens Salad	1 cup	19	7.5	1.75	1.67	0.02
	Diced tomato	3/8 cup	12				
	Black Bean salsa	1/2 cup	157	265	17.16	1.59	0.24
	Banana	1/2 cup	90	1	23.07	0.33	0.11
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**817**	**806.4**	**105.62**	**24.42**	**5.01**
9-12	Taco Salad - Taco Meat	1/3 cup	180	155.87	3.79	10.44	4.05
	WG Tortilla Chips	2 oz	274	236	36.8	13	1.6
	Mixed Greens Salad	1 cup	19	7.5	1.75	1.67	0.02
	Diced tomato	3/8 cup	12				
	Black Bean salsa	1/2 cup	157	265	17.16	1.59	0.24
	Banana	1/2 cup	90	1	23.07	0.33	0.11
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		**934**	**851.37**	**125.61**	**27.07**	**6.02**

K-5	**Thursday**						
	Roasted Turkey Breast (USDA)	2 oz	80	300	0	3.28	1.62
	Gravy (1 oz ladle)	2 TBSP	23	35	1.99	1.5	0.31
	WW Roll	1	85	101	14.5	2.22	0.33
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59
	Green beans	1/2 cup	18	311	4.2	0	0
	Baked Sweet Potato/Apples	1/4 cup	70	261	5	5	1
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**579**	**1404.3**	**85.5**	**15.1**	**3.7**
6-8							
	Roasted Turkey Breast (USDA)	2 oz	80	300	0	3.28	1.62
	Gravy (1 oz ladle)	2 TBSP	23	35	1.99	1.5	0.31
	WW Roll	1	85	101	14.5	2.22	0.33
x	Pat of Butter	1	36	29	0	4.1	2.6
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59
	Green beans	1/2 cup	18	311	4.2	0	0
	Baked Sweet Potato/Apples	1/4 cup	70	261	5	5	1
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**615**	**1433.3**	**85.5**	**19.2**	**6.3**
9-12							
x	Roasted Turkey Breast (USDA)	3 oz	120	450	0	4.92	1.62
x	Gravy (1 oz ladle)	4 TBSP	46	70	3.98	3	0.62
	WW Roll	1	85	101	14.5	2.22	0.33
x	WW Roll	1	85	101	14.5	2.22	0.33
x	Pat of Butter	1	36	29	0	4.1	2.6
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59
	Green beans	1/2 cup	18	311	4.2	0	0
x	Baked Sweet Potato/Apples	2/3 cup	185	690	13	14	2
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**878**	**2147.9**	**110.2**	**33.1**	**8.4**
K-5	**Friday**						
	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 Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**560**	**816**	**74.84**	**14.75**	**3.88**
-6-8	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 Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**670**	**1086**	**74.84**	**20.75**	**5.38**
9-12	**Friday**						
	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
x	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
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		**858**	**1092**	**93.88**	**20.79**	**5.38**