NE IOWA CYCLE MENU - WEEK 2												
	Monday		Tuesday		Wednesday		Thursday		Friday			
	Sloppy Joe		Chicken Tetrazzini		1 Soft Shell Taco		Shepherd's Pie		Mac and Cheese			
	WG bun		Spinach Salad		Lettuce & Cheese		w Mashed Potatoes					
	Savory Carrots		WG Roll		Salsa		WG Roll		Peas		Weekly Total	
	Baked Beans		Cherry Tomatoes		Refried Beans		Mixed Green Salad		Cucumber-Apple salad		MET	
									WW Roll (6-12)		Yes/No	
	Applesauce		Canned peaches		Melon		Kiwi		Grapes			
	Milk		Milk		Milk		Milk		Milk			
GRADES K-5												
Mt/MA (1 oz eq per day)	Ground Beef		Chicken		1.5 Meat; 1 cheese		Ground Beef		Cheese			
(8-10 oz eq per week)	2	Oz Eq	2	Oz Eq	2.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	10	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Spinach (1 c)		Romaine (1/2 c)		Romaine/Spinach (1 c)					
(1/2 Cup per week)		Cup	0.5	Cup	0.25	Cup	0.5	Cup		Cup	1.25	Yes
Red/Orange	Carrots		Cherry Tom		Salsa							
(3/4 Cup per week)	0.5	Cup	0.25	Cup	0.25	Cup		Cup		Cup	1	Yes
Beans/Peas (Legumes)	Baked Beans				Refried Beans							
(1/2 Cup per week)	0.25	Cup		Cup	0.25	Cup		Cup		Cup	0.5	Yes
Starchy							Potato/other		Peas			
(1/2 Cup per week)		Cup		Cup		Cup	0.25	Cup	0.25	Cup	0.5	Yes
Other									Cucumber-Apple salad			
(1/2 per week)		Cup		Cup		Cup		Cup	0.5	Cup	0.5	Yes
Daily total	0.75	Yes	0.75	Yes	0.75	Yes	0.75	Yes	0.75	Yes	3.75	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains (1 oz eq day)	WW Bun		1 pasta; 2 roll		WW Soft Shell Taco		Roll		1.5 pasta			
(8-9 oz eq per week)	2	Oz Eq	3	Oz Eq	1	Oz Eq	1	Oz Eq	1.5	Oz Eq	8.5	Yes
Fruits (1/2 Cup per day) (2	Applesauce		Peaches		Melon		Kiwi		Grapes			
1/2 cups per week)	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	2.5	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 2												
	Monday		Tuesday		Wednesday		Thursday		Friday			
	Sloppy Joe		Chicken Tetrazzini		1 Soft Shell Taco		Shepherd's Pie		Mac and Cheese			
	WG bun		Spinach Salad		Lettuce & Cheese		w Mashed Potatoes					
	Savory Carrots		WG Roll		Salsa		WG Roll		Peas		Weekly Total	
	Baked Beans		Cherry Tomatoes		Refried Beans		Mixed Green Salad		Cucumber-Apple salad		MET	
									WW Roll (6-12)		Yes/No	
	Applesauce		Canned peaches		Melon		Kiwi		Grapes			
	Milk		Milk		Milk		Milk		Milk			
GRADES 6-8												
Mt/MA (1 oz eq per day)	Beef		Chicken		1.5 meat; 1 cheese		Ground beef		Cheese			
(9-10 oz eq per week)	2	Oz Eq	2	Oz Eq	2.5	Oz Eq	2	Oz Eq	1.5	Oz Eq	10	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Spinach (1c)		Romaine (1/2 c)		Romaine/ Spin (1 c)					
(1/2 Cup per week)		Cup	0.5	Cup	0.25	Cup	0.5	Cup		Cup	1.25	Yes
Red/Orange	Carrots		Cherry Tomato		Salsa							
(3/4 Cup per week)	0.5	Cup	0.25	Cup	0.25	Cup		Cup		Cup	1	Yes
Beans/Peas (Legumes)	Baked Beans				Refried Beans							
(1/2 Cup per week)	0.25	Cup		Cup	0.25	Cup		Cup		Cup	0.5	Yes
Starchy							Potato		Peas			
(1/2 Cup per week)		Cup		Cup		Cup	0.25	Cup	0.25	Cup	0.5	Yes
Other									Cucumber-Apple			
(1/2 cup per week)		Cup		Cup		Cup	0.5	Cup	0.5	Cup	1	Yes
Daily total	0.75	Yes	0.75	Yes	0.75	Yes	1.25	Yes	0.75	Yes	4.25	
												Yes
Grains(1 oz eq day)	WG Bun		1 noodle; 1 roll		tortilla		Roll		1.5 pasta; 1 roll			
(8-10 oz eq per week)	2	Oz Eq	2	Oz Eq	1	Oz Eq	1	Oz Eq	2.5	Oz Eq	8.5	Yes
Fruits (1/2 Cup per day)	Applesauce		Peaches		Melon		Kiwi					
(2 1/2 cups per week)	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	0.5	Cup	2.5	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 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	
	Sloppy Joe	Chicken Tetrazzini	1 Soft Shell Taco	Shepherd's Pie	Mac and Cheese	
	WG bun	Spinach Salad	Lettuce & Cheese	w Mashed Potatoes		
	Savory Carrots	WG Roll	Salsa	WG Roll	Peas	Weekly Total
	Baked Beans	Cherry Tomatoes	Refried Beans	Mixed Green Salad	Cucumber-Apple salad	MET
					WW Roll (6-12)	Yes/No
	Applesauce	Canned peaches	Melon	Kiwi	Grapes	
	Milk	Milk	Milk	Milk	Milk	

GRADES 9-12

Mt/MA (2 oz eq per day)	Ground Beef		Chicken		3 meat; 1 cheese		Ground Beef		cheese			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	4	**Oz Eq**	2	**Oz Eq**	1.5	**Oz Eq**	11.5	Yes
Vegetables (1 Cup per day) (5 Cups per week)												
Dark Green			Spinach (1c)		Romaine		Romaine/Spin (1.25 c)					
(1/2 Cup per week)		**Cup**	0.5	**Cup**	0.25	**Cup**	0.75	**Cup**		**Cup**	1.5	Yes
Red/Orange	Carrots		Cherry Tomato		.25 Salsa; .16 sauce							
(1 1/4 Cup per wk)	0.5	**Cup**	0.5	**Cup**	0.41	**Cup**		**Cup**		**Cup**	1.41	Yes
Beans/Peas (Legumes)	Baked Beans				Refried Beans							
(1/2 Cup per week)	0.5	**Cup**		**Cup**	0.5	**Cup**		**Cup**		**Cup**	1	Yes
Starchy							Potato/other		Peas			
(1/2 Cup per week)		**Cup**		**Cup**		**Cup**	0.25	**Cup**	0.25	**Cup**	0.5	Yes
Other									Cucumber-Apple salad			
(3/4 per week)		**Cup**		**Cup**		**Cup**		**Cup**	1	**Cup**	1	Yes
Daily total	1	**Yes**	1	**Yes**	1.16	**Yes**	1	**Yes**	1.25	**Yes**	5.41	
Additional Vegetable to reach Goal (1 1/2 Cup per week)												Yes
Grains(2 oz eq day)	WW bun		1 pasta; 1 rolls		2 taco shells		2 rolls		1.5 pasta; 1 roll			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2.5	**Oz Eq**	10.5	Yes
Fruits (1 Cup per day) (5cups	Applesauce + CH		Peaches + CH		Melon + CH		Kiwi + CH		Grapes + CH			
per week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	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