NE IOWA CYCLE MENU - WEEK 4												
	Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**			
	(Week 4) Beef Hamburger		Chicken Alfredo		Taco Salad (Mexican straw hats)		Turkey Wrap		Roasted or Baked chicken			
	WW Bun		WW Noodles		WG Tortilla Chips		WW Tortilla		Buttered bread			
	Slice cheese				Mixed Greens Salad							
Requirements	Roasted Potato Wedges		Frozen Broccoli				Spanish Rice (9-12)		California blend			**Weekly Total MET Yes/No**
	Onion, pickle				Black Bean salsa		Carrots					
	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		Sliced 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		Fresh carrots		California blend			
(3/4 Cup per week)		**Cup**		**Cup**	0.375	**Cup**	0.5	**Cup**	0.33	**Cup**	1.205	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											
(1/2 Cup per week)	0.5	**Cup**		**Cup**		**Cup**		**Cup**		**Cup**	0.5	Yes
Other	Onion, pickle						Wrap Veggies		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	**Yes**	0.99	**Yes**	4.865	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains (1 oz eq day)	WW Bun		WW Noodles		Tortilla Chips		WW Tortilla		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		Peaches			
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
GRADES 6-8												
Mt/MA (1 oz eq per day)	Hamburger		Chicken Chunks		Ground beef		Sliced Turkey, Cheese		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		Fresh carrots		Carrotes			
(3/4 Cup per week)		**Cup**		**Cup**	0.375	**Cup**	0.5	**Cup**	0.33	**Cup**	1.205	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											
(1/2 Cup per week)	0.5	**Cup**		**Cup**		**Cup**		**Cup**		**Cup**	0.5	Yes
Other	Onion, pickle						Wrap Veggies		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	**Yes**	1	**Yes**	4.875	
												Yes
Grains(1 oz eq day)	WW Bun		WW Noodles		Tortilla Chips		WW Tortilla		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		Peaches			
(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

GRADES 9-12												
Mt/MA (2 oz eq per day)	Hamburger		Chicken Chunks		Ground Beef		Sliced Turkey		Chicken			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	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		Carrots		Carrots			
(1 1/4 Cup per wk)	0.1	**Cup**		**Cup**	0.375	**Cup**	0.5	**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											
(1/2 Cup per week)	1	**Cup**		**Cup**		**Cup**		**Cup**		**Cup**	1	Yes
Other	Onion, pickle						Wrap Veggies		Cauliflower			
(3/4 per week)	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.34	**Cup**	1.09	Yes
Daily total	1.35	**Yes**	1	**Yes**	1.375	**Yes**	1	**Yes**	1	**Yes**	5.725	
Additional Vegetable to reach Goal (1 1/2 Cup per week)												Yes
Grains(2 oz eq day)	WW Bun		WW Noodles+Bread		Tortilla Chips		Tortilla; Rice		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 + Choice		Peaches + Choice			
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