

NE Iowa Cycle Menu							
WEEK 5							
		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	755	1533	105.28	13.73	3.91	
	Tuesday	627	702	85.42	18.95	6.51	
	Wednesday	707	1078	89.74	14.41	9.81	
	Thursday	537	450	78.53	12.09	2.60	
	Friday	656	1787	97.61	15.38	7.72	
	Average	656	1110.00	91.32	14.91	6.11	
6-8	Monday	755	1533	105.28	13.73	3.91	
	Tuesday	712	802	99.92	20.95	6.55	
	Wednesday	707	1078	89.74	14.41	9.81	
	Thursday	637	523	95.86	13.09	3.27	
	Friday	656	1787	97.61	15.38	7.72	
	Average	693	1145	97.68	15.51	6.25	
9-12	Monday	860	1616	128.82	15.37	4.21	
	Tuesday	820	841	125.46	21.11	6.58	
	Wednesday	811	987	117.65	14.93	9.66	
	Thursday	772	571	126.03	13.68	3.61	
	Friday	871	1873	134.08	23.11	9.43	
	Average	826.80	1177.60	126.41	17.64	6.70	
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
K-5	Monday						
	BBQ Pork Sandwich	1	375	870	30	11	3
	Roasted Potato Wedges	1/2 cup	125	96	28.48	0.2	0.04
	Creamy Coleslaw	1/4 cup	33	77	4.5	1.6	0.3
	Orange wedges, 4	1/2 cup	30	0	7.52	0.08	0.01
	Ketchup	2 TBSP	40	320	10	0	0
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		755	1533	105.28	13.73	3.91
6-8	BBQ Pork Sandwich	1	375	870	30	11	3
	Roasted Potato Wedges	1/2 cup	125	96	28.48	0.2	0.04
	Creamy Coleslaw	1/4 cup	33	77	4.5	1.6	0.3
	Orange wedges, 4	1/2 cup	30	0	7.52	0.08	0.01
	Ketchup	2 TBSP	40	320	10	0	0
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		755	1533	105.28	13.73	3.91
9-12	BBQ Pork Sandwich	1	375	870	30	11	3
	Roasted Potato Wedges	1/2 cup	125	96	28.48	0.2	0.04
x	Creamy Coleslaw	1/2 cup	66	154	9	3.2	0.6
	Orange wedges, 4	1/2 cup	30	0	7.52	0.08	0.01
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Ketchup	2 TBSP	40	320	10	0	0
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		860	1616	128.82	15.37	4.21

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	9-12 Standards	750-850	<740			<10
x =	Quantity changes					
Tuesday						
K-5	Lasagna	1	269	400	28	9 5
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7 0.9
	1/2 WG Breadstick	1/2 stick	85	100	14.5	2 0.0325
	Kiwi	1	46	2	11.14	0.4 0.02
	1 % Milk	1/2 pint	152	170	24.78	0.85 0.56
	Total		627	702	85.42	18.95 6.5125
6-8	Lasagna	1	269	400	28	9 5
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7 0.9
	WG Breadstick	1 stick	170	200	29	4 0.065
	Kiwi	1	46	2	11.14	0.4 0.02
	1 % Milk	1/2 pint	152	170	24.78	0.85 0.56
	Total		712	802	99.92	20.95 6.545
9-12	Lasagna	1	269	400	28	9 5
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7 0.9
	Whole Wheat Breadstick	1 stick	170	200	29	4 0.065
x	Peas, frozen	1/4 cup	36	33	6.5	0.12 0.03
	Kiwi	1	46	2	11.14	0.4 0.02
x	Fruit Choice	1/2 cup	72	6	19.04	0.04 0
	1 % Milk	1/2 pint	152	170	24.78	0.85 0.56
	Total		820	841	125.46	21.11 6.575
Wednesday						
K-5	Beef Burritos	1	273	351	21.34	1.46 5.76
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7 0.9
	Refried beans	1/4 cup	76	199	11.16	1.96 0.49
	Peaches, canned	1/2 cup	68	6	18.26	0.04 0
	Salsa	2 OZ CUP	25	310	6	0 0
	Sour Cream, Reduced fat	2 TBSP	38	12	1.2	3.4 2.1
	1 % Milk	1/2 pint	152	170	24.78	0.85 0.56
	Total		707	1078	89.74	14.41 9.81
6-8	Beef Burritos	1	273	351	21.34	1.46 5.76
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7 0.9
	Refried beans	1/4 cup	76	199	11.16	1.96 0.49
	Peaches, canned	1/2 cup	68	6	18.26	0.04 0
	Salsa	2 OZ CUP	25	310	6	0 0
	Sour Cream, Reduced fat	2 TBSP	38	12	1.2	3.4 2.1
	1 % Milk	1/2 pint	152	170	24.78	0.85 0.56
	Total		707	1078	89.74	14.41 9.81

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	x = Quantity changes						
9-12	Beef Burritos	1	273	351	21.34	1.46	5.76
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7	0.9
	Peaches, canned	1/2 cup	68	6	18.26	0.04	0
	Strawberries, fresh	1/2 cup	23	1	5.53	0.22	0.01
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
x	WW Roll	1	85	101	14.5	2.22	0.33
	Salsa	2 OZ CUP	25	310	6	0	0
	Sour Cream, Reduced fat	2 TBSP	38	12	1.2	3.4	2.1
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		811	987	117.65	14.93	9.66
	Thursday						
K-5	Chicken Rice Bowl w Veggies	1	318	274	37	11	2
	Steamed Broccoli	1/4 cup	13	5	2.46	0.055	0.01
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		537	450	78.53	12.085	2.6
	6-8						
	Chicken Rice Bowl w Veggies	1	318	274	37	11	2
	Steamed Broccoli	1/4 cup	13	5	2.46	0.055	0.01
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
x	Yogurt - 4 oz	4 oz	100	73.33	17.33	1.00	0.67
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		637	523.33	95.86	13.09	3.27
	9-12						
	Chicken Rice Bowl w Veggies	1	318	274	37	11	2
x	Steamed Broccoli	1/2 cup	26	10	4.92	0.11	0.02
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
x	Yogurt	6 oz cup	150	110	26	1.5	1
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		772	571	126.03	13.68	3.61
	Friday						
K-5	Ham and Cheese Sandwich	1	272	1019	21.28	13.27	6.92
	Fiesta Beans and Rice	1/2 cup	151	226	32	0.9	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Strawberries	1/2 cup	23	1	5.53	0.22	0.01
	Ketchup	2 TBSP	40	320	10	0	0
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		656	1787	97.61	15.38	7.72

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6-8	Ham and Cheese Sandwich	1	272	1019	21.28	13.27	6.92
	Fiesta Beans and Rice	1/2 cup	151	226	32	0.9	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Strawberries	1/2 cup	23	1	5.53	0.22	0.01
	Ketchup	2 TBSP	40	320	10	0	0
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		656	1787	97.61	15.38	7.72
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	Fiesta Beans and Rice	1/2 cup	151	226	32	0.9	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Strawberries	1/2 cup	23	1	5.53	0.22	0.01
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
x	Oatmeal Cookie	1	143	80	17.43	7.69	1.71
	Ketchup	2 TBSP	40	320	10	0	0
	1 % Milk	1/2 pint	152	170	24.78	0.85	0.56
	Total		871	1873	134.08	23.11	9.43