NE IOWA CYCLE MENU - WEEK 1												
Requirements	Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Total MET Yes/No	
	Grilled Chicken Breast		Spaghetti with Meat Sauce		Chicken Fajita		Chili		Cheese Pizza			
	Sweet Potato Fries		Jicama Salad		Mixed Greens Salad		Cornbread		Spinach Salad			
	WG Bun		Or Green Beans		Black Bean Salsa		Roasted Zucchini		Corn			
	Grapes		Breadstick		Rice (9-12)		Kiwi					
	Milk						Crackers					
	Choc. Ch. Cook (6-12)		Pineapple		Apple				Peaches			
	Ketchup/Mayo		Skim or 1% Milk		Skim or 1 % Milk		Skim or 1 % Milk		Skim or 1 %			
GRADES K-5												
Mt/MA (1 oz eq per day)	Grilled Chicken		Ground Beef		Fajita Chix		Beef		Cheese			
(8-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	1.5	**Oz Eq**	2	**Oz Eq**	9.5	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green					Mixed Greens (1 c)				Spinach (1 c)			
(1/2 Cup per week)		**Cup**		**Cup**	0.5	**Cup**		**Cup**	0.5	**Cup**	1	Yes
Red/Orange	Sweet Potato Fries		Tomato Sauce				Tomato					
(3/4 Cup per week)	0.75	**Cup**	0.375	**Cup**		**Cup**	0.29	**Cup**		**Cup**	1.415	Yes
Beans/Peas (Legumes)					Black Bean Salsa		Chili Beans					
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**	0.51	**Cup**		**Cup**	0.76	Yes
Starchy									Corn			
(1/2 Cup per week)		**Cup**		**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.5	Yes
Other			Green Beans				Zucchini					
(1/2 per week)		**Cup**	0.5	**Cup**		**Cup**	0.5	**Cup**		**Cup**	1	Yes
Daily total	0.75	**Yes**	0.875	**Yes**	0.75	**Yes**	1.3	**Yes**	1	**Yes**	4.675	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains (1 oz eq day)	WW Bun		1 Pasta; 1 Bread		WW Tortilla		1 CG; .75 Crkr		WW Crust			
(8-9 oz eq per week)	1.5	**Oz Eq**	2	**Oz Eq**	1	**Oz Eq**	1.75	**Oz Eq**	2	**Oz Eq**	8.25	Yes
Fruits (1/2 Cup per day) (2	Grapes		Pineapple		Apple		Kiwi		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)	Grilled Chicken		Ground beef		Fajita Chix		Beef		Cheese			
(9-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	1.5	**Oz Eq**	2	**Oz Eq**	9.5	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green					Mixed Greens (1 c)				Spinach (1 c)			
(1/2 Cup per week)		**Cup**		**Cup**	0.5	**Cup**		**Cup**	0.5	**Cup**	1	Yes
Red/Orange	Sweet Potato Fries		Tomato Sauce				Sauce					
(3/4 Cup per week)	0.75	**Cup**	0.375	**Cup**		**Cup**	0.29	**Cup**		**Cup**	1.415	Yes
Beans/Peas (Legumes)					Black Bean Salsa		Beans					
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**	0.51	**Cup**		**Cup**	0.76	Yes
Starchy									Corn			
(1/2 Cup per week)		**Cup**		**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.5	Yes
Other			Green Beans				Zucchini					
(1/2 cup per week)		**Cup**	0.5	**Cup**		**Cup**	0.5	**Cup**		**Cup**	1	Yes
Daily total	0.75	**Yes**	0.875	**Yes**	0.75	**Yes**	1.3	**Yes**	1	**Yes**	4.675	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains(1 oz eq day)	1.5 Bun; .5 Cook		1 Pasta; 2 Bread		Tortilla		1 CB; Crkr, .75		WW Crust			
(8-10 oz eq per week)	2	**Oz Eq**	3	**Oz Eq**	1	**Oz Eq**	1.75	**Oz Eq**	2	**Oz Eq**	9.75	Yes
Fruits (1/2 Cup per day)	Grapes		Pineapple		Apple		Kiwi		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)	Grilled Chicken		Ground Beef		Chicken		Beef		Cheese			
(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					Mixed Greens (1 cup)				Spinach (1 c)			
(1/2 Cup per week)		**Cup**		**Cup**	0.5	**Cup**		**Cup**	0.5	**Cup**	1	Yes
Red/Orange	Sweet Potato Fries		Tomato Sauce				Sauce					
(1 1/4 Cup per wk)	1	**Cup**	0.375	**Cup**		**Cup**	0.39	**Cup**		**Cup**	1.765	Yes
Beans/Peas (Legumes)					Black Bean Salsa		Beans					
(1/2 Cup per week)		**Cup**		**Cup**	0.5	**Cup**	0.68	**Cup**		**Cup**	1.18	Yes
Starchy									Corn			
(1/2 Cup per week)		**Cup**		**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.5	Yes
Other			Green Beans				Zucchini					
(3/4 per week)		**Cup**	0.75	**Cup**		**Cup**	0.5	**Cup**		**Cup**	1.25	Yes
Daily total	1	**Yes**	1.125	**Yes**	1	**Yes**	1.57	**Yes**	1	**Yes**	5.695	
Additional Vegetable to reach Goal (1 1/2 Cup per week)												Yes
Grains(2 oz eq day)	1.5 Bun; .5 Cook		1 Pasta; 2 Bread		Tortilla, 1; Rice		1 CB; .75 Crkr		Pizza Crust			
(10-12 oz eq per week)	2	**Oz Eq**	3	**Oz Eq**	3	**Oz Eq**	1.75	**Oz Eq**	2	**Oz Eq**	11.75	Yes
Fruits (1 Cup per day)	Grapes + Ch		Pineapple + Ch		Apple + Ch		Kiwi + Ch		Peaches + Ch			
(5cups 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