NE IOWA CYCLE MENU - WEEK 5												
	Monday		Tuesday		Wednesday		Thursday		Friday			
	BBQ Pork Sandwich		Lasagna		Beef Burrito		Chicken-Veg Rice Bowl		Ham & Cheese			
	WW Bun		Mixed Greens		Mixed Greens				Fiesta Beans & Rice			
	Potato Wedges		WW Breadstick		Refried Beans				Fresh Carrots		Weekly Total	
Requirements	Coleslaw		Salsa & Sour Cream				Steamed Broccoli				MET	
			Peas (9-12)		WG Roll (9-12)		Local Yogurt (6-12)		Oatmeal Cookie (9-12)		Yes/No	
	Orange Wedges		Kiwi		Peaches		Apple		Strawberries			
	Milk		Milk		Milk		Milk		Milk			
GRADES K-5												
Mt/MA (1 oz eq per day)	BBQ Pork		Ground Beef		Ground Beef; Cheese		Chicken Chunks		Ham & Cheese			
(8-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	1	**Oz Eq**	2	**Oz Eq**	9	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Mix Greens (1 cup)		Mix Greens (1 cup)		Brocoli					
(1/2 Cup per week)		**Cup**	0.5	**Cup**	0.5	**Cup**	0.25	**Cup**		**Cup**	1.25	Yes
Red/Orange			Tomato sauce						Carrots			
(3/4 Cup per week)		**Cup**	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.75	Yes
Beans/Peas (Legumes)					Refried Beans				Beans			
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**		**Cup**	0.25	**Cup**	0.5	Yes
Starchy	Potato Wedges											
(1/2 Cup per week)	0.5	**Cup**		**Cup**		**Cup**		**Cup**		**Cup**	0.5	Yes
Other	Coleslaw						Oriental vegetable					
(1/2 per week)	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**		**Cup**	0.75	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		1/2 Bstick; Noodles		Tortilla		Rice;		Bun; Rice			
(8-9 oz eq per week)	1.5	**Oz Eq**	1.75	**Oz Eq**	1	**Oz Eq**	2.25	**Oz Eq**	2	**Oz Eq**	8.5	Yes
Fruits (1/2 Cup per day) (2	Orange		Kiwi		Peaches		apple		Strawberries			
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 5												
	Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**			
	BBQ Pork Sandwich		Lasagna		Beef Burrito		Chicken-Veg Rice Bowl		Ham & Cheese			
	WW Bun		Mixed Greens		Mixed Greens				Fiesta Beans & Rice			
	Potato Wedges		WW Breadstick		Refried Beans				Fresh Carrots		**Weekly Total**	
Requirements	Coleslaw		Salsa & Sour Cream				Steamed Broccoli				**MET**	
			Peas (9-12)		WG Roll (9-12)		Local Yogurt (6-12)		Oatmeal Cookie (9-12)		**Yes/No**	
	Orange Wedges		Kiwi		Peaches		Apple		Strawberries			
	Milk		Milk		Milk		Milk		Milk			
GRADES 6-8												
Mt/MA (1 oz eq per day)	Pork		Ground beef; Cheese		Beef Burrito		Chicken; Yogurt		Ham & Cheese			
(9-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Mix Greens (1 cup)		Mix Greens (1 cup)		Broccoli					
(1/2 Cup per week)		**Cup**	0.5	**Cup**	0.5	**Cup**	0.25	**Cup**		**Cup**	1.25	Yes
Red/Orange			Tomato paste						Carrots			
(3/4 Cup per week)		**Cup**	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.75	Yes
Beans/Peas (Legumes)					Refried Beans				Beans			
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**		**Cup**	0.25	**Cup**	0.5	Yes
Starchy	Potato Wedges											
(1/2 Cup per week)	0.5	**Cup**		**Cup**		**Cup**		**Cup**		**Cup**	0.5	Yes
Other	Coleslaw						Other in Oriental Veg.		Other veg			
(1/2 cup per week)	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.5	**Cup**	1.25	Yes
Daily total	0.75	**Yes**	0.75	**Yes**	0.75	**Yes**	0.75	**Yes**	1.25	**Yes**	4.25	
												Yes
Grains(1 oz eq day)	WW Bun		Breadstick; Noodles		Tortilla		Rice; cookie		WW Bun			
(8-10 oz eq per week)	1.5	**Oz Eq**	2.75	**Oz Eq**	1	**Oz Eq**	2.75	**Oz Eq**	1.5	**Oz Eq**	9.5	Yes
Fruits (1/2 Cup per day)	Orange		Kiwi		Peaches		Apple		Strawberries			
(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 5												
	Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**			
	BBQ Pork Sandwich		Lasagna		Beef Burrito		Chicken-Veg Rice Bowl		Ham & Cheese			
	WW Bun		Mixed Greens		Mixed Greens				Fiesta Beans & Rice			
	Potato Wedges		WW Breadstick		Refried Beans				Fresh Carrots		**Weekly Total**	
Requirements	Coleslaw		Salsa & Sour Cream				Steamed Broccoli				**MET**	
			Peas (9-12)		WG Roll (9-12)		Local Yogurt (6-12)		Oatmeal Cookie (9-12)		**Yes/No**	
	Orange Wedges		Kiwi		Peaches		Apple		Strawberries			
	Milk		Milk		Milk		Milk		Milk			
GRADES 9-12												
Mt/MA (2 oz eq per day)	Pork		Ground Beef		Ground Beef		Chicken; Yogurt 1.5		Ham and Cheese			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2.5	**Oz Eq**	2	**Oz Eq**	10.5	Yes
Vegetables (1 Cup per day) (5 Cups per week)												
Dark Green			Mix Greens (1 cup)				Broccoli					
(1/2 Cup per week)		**Cup**	0.5	**Cup**		**Cup**	0.5	**Cup**		**Cup**	1	Yes
Red/Orange			Tomatoe Paste		Tomato paste & Diced				Carrots			
(1 1/4 Cup per wk)		**Cup**	0.25	**Cup**	0.5	**Cup**		**Cup**	0.5	**Cup**	1.25	Yes
Beans/Peas (Legumes)					Refried Beans				Beans			
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**		**Cup**	0.25	**Cup**	0.5	Yes
Starchy	Potato Wedges		Peas									
(1/2 Cup per week)	0.5	**Cup**	0.5	**Cup**		**Cup**		**Cup**		**Cup**	1	Yes
Other	Coleslaw				lettuce		other Oriental Veg.		Other Veg			
(3/4 per week)	0.5	**Cup**		**Cup**	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	2	Yes
Daily total	1	**Yes**	1.25	**Yes**	1.25	**Yes**	1	**Yes**	1.25	**Yes**	5.75	
Additional Vegetable to reach Goal (1 1/2 Cup per week)												Yes
Grains(2 oz eq day)	WW Bun		1-Breadstick, pasta		Tortilla & Roll		Rice; cookie		WW Bun			
(10-12 oz eq per week)	1.5	**Oz Eq**	2.75	**Oz Eq**	2	**Oz Eq**	2.75	**Oz Eq**	1.5	**Oz Eq**	10.5	Yes
Fruits (1 Cup per day)	Oranges + Choice		Kiwi + Choice		Peaches + Choice		Apple + Choice		Straw. + 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