



# NE Iowa Cycle Menu

## WEEK 4

	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)
<b>K-5</b>	Monday	591	1320.00	89.48	11.66	5.09
	Tuesday	578	534.00	77.38	13.17	5.03
	Wednesday	586	680.40	70.25	13.59	3.30
	Thursday	663	1209.33	75.05	27.41	4.92
	Friday	603	1193.50	95.46	14.03	5.46
	<b>Average</b>	<b>604</b>	<b>987.45</b>	<b>81.52</b>	<b>15.97</b>	<b>4.76</b>
<b>6-8</b>	Monday	591	1320.00	89.48	11.66	5.09
	Tuesday	578	534.00	77.38	13.17	5.03
	Wednesday	586	680.40	70.25	13.59	3.30
	Thursday	663	1209.33	75.05	27.41	4.92
	Friday	603	1193.50	95.46	14.03	5.46
	<b>Average</b>	<b>604</b>	<b>987.45</b>	<b>81.52</b>	<b>15.97</b>	<b>4.76</b>
<b>9-12</b>	Monday	788	1422.00	137.00	11.90	5.13
	Tuesday	803	652.30	128.08	15.48	5.37
	Wednesday	770	725.37	107.81	16.57	4.42
	Thursday	873	1483.33	121.47	29.13	5.22
	Friday	801	1496.00	126.95	19.39	6.10
	<b>Average</b>	<b>807</b>	<b>1155.80</b>	<b>124.26</b>	<b>18.49</b>	<b>5.25</b>

	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
<b>Monday</b>							
<b>K-5</b>	Beef Hamburger	1 each	120	370	2	6	2.5
	WW Hamburger Bun	1 each	110	210	21	1	0
	Cheese slice	1 slice	53	147	0.65	4.3	2.5
	Roasted Potato Wedges*	1/2 cup	125	96	28.48	0.2	0.04
	Pickles 1 oz; Onion 1 oz	1 oz	2	156	0.46	0	0
	Ketchup	1 TBSP	20	160	5	0	0
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>			<b>591</b>	<b>1320</b>	<b>89.48</b>	<b>11.66</b>	<b>5.09</b>
<b>6-8</b>	Beef Hamburger	1 each	120	370	2	6	2.5
	WW Hamburger Bun	1 each	110	210	21	1	0
	Cheese slice	1 slice	53	147	0.65	4.3	2.5
	Roasted Potato Wedges*	1/2 cup	125	96	28.48	0.2	0.04
	Pickles	1 oz	2	156	0.46	0	0
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05
	Ketchup	1 TBSP	20	160	5	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>			<b>591</b>	<b>1320</b>	<b>89.48</b>	<b>11.66</b>	<b>5.09</b>
<b>9-12</b>	Beef Hamburger	1 each	120	370	2	6	2.5
	WW Hamburger Bun	1 each	110	210	21	1	0
	Cheese slice	1 slice	53	147	0.65	4.3	2.5
	x Roasted Potato Wedges*	1 cup	250	192	56.96	0.4	0.08
	Pickles	1 oz	2	156	0.46	0	0
	Ketchup	1 TBSP	20	160	5	0	0
	x Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05
Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
<b>Total</b>			<b>788</b>	<b>1422</b>	<b>137</b>	<b>11.9</b>	<b>5.13</b>

Alt: French fries or tater tots

	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
<b>Tuesday</b>							
<b>K-5</b>	Chicken Alfredo	#6 sauce	328	323	28	13	5
	WW Noodles	1/2 c	0	0	0	0	0
	Steamed Broccoli	3/4 cup	40	15	7.38	0.165	0.03
	Mandarin oranges	1/2 cup	80	16	18	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>578</b>	<b>534</b>	<b>77.38</b>	<b>13.165</b>	<b>5.03</b>
<b>6-8</b>	Chicken Alfredo	#6 sauce	328	323	28	13	5
	WW Noodles	1/2 c	0	0	0	0	0
	Steamed Broccoli	3/4 cup	40	15	7.38	0.165	0.03
	Mandarin oranges	1/2 cup	80	16	18	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>578</b>	<b>534</b>	<b>77.38</b>	<b>13.165</b>	<b>5.03</b>
<b>9-12</b>	Chicken Alfredo	#6 sauce	328	323	28	13	5
	WW Noodles	1/2 c	0	0	0	0	0
x	WW Roll	1	85	101	14.5	2.22	0.33
	Jelly	1 TBSP	56	6.3	14.7	0	0
x	Steamed Broccoli	1 cup	52	20	9.84	0.22	0.04
	Mandarin oranges	1/2 cup	80	16	18	0	0
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>803</b>	<b>652.3</b>	<b>128.08</b>	<b>15.48</b>	<b>5.37</b>
<b>Wednesday</b>							
<b>K-5</b>	Taco Salad - Taco Meat	1/4 cup	135	116.9	2.84	7.83	3.04
	Tortilla Chips	1 bag	110	110	19	2.5	0
	Mixed Greens Salad	1 cup	19	7.5	1.75	1.67	0.02
	Diced tomato	3/8 cup	12				
	Black Bean salsa	1/2 cup	157	265	17.16	1.59	0.24
	Watermelon	1/2 cup	23	1	5.50	0.00	0.00
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>586</b>	<b>680.4</b>	<b>70.25</b>	<b>13.59</b>	<b>3.3</b>
<b>6-8</b>	Taco Salad - Taco Meat	1/4 cup	135	116.9	2.84	7.83	3.04
	Tortilla Chips	1 bag	110	110	19	2.5	0
	Mixed Greens Salad	1 cup	19	7.5	1.75	1.67	0.02
	Diced tomato	3/8 cup	12				
	Black Bean salsa	1/2 cup	157	265	17.16	1.59	0.24
	Watermelon	1/2 cup	23	1	5.50	0.00	0.00
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>586</b>	<b>680.4</b>	<b>70.25</b>	<b>13.59</b>	<b>3.3</b>
<b>9-12</b>	Taco Salad - Taco Meat	1/3 cup	180	155.87	3.79	10.44	4.05
	Tortilla Chips	1 bag	110	110	19	2.5	0
	Mixed Greens Salad	1 cup	19	7.5	1.75	1.67	0.02
	Diced tomato	3/8 cup	12				
	Black Bean salsa	1/2 cup	157	265	17.16	1.59	0.24
	Banana	1/2 cup	90	1	23.07	0.33	0.11
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>770</b>	<b>725.37</b>	<b>107.81</b>	<b>16.57</b>	<b>4.42</b>

	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
<b>K-5</b>	<b>Thursday</b>						
	Chicken (Turkey) Cesar Wrap	1 wrap	373	711	23	22	4
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Ranch Dip	2 TBSP	70	261	5	5	1
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>663</b>	<b>1209.3</b>	<b>75.1</b>	<b>27.4</b>	<b>4.9</b>
<b>6-8</b>	Chicken (Turkey) Cesar Wrap	1 wrap	373	711	23	22	4
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Ranch Dip	2 TBSP	70	261	5	5	1
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>663</b>	<b>1209.3</b>	<b>75.1</b>	<b>27.4</b>	<b>4.9</b>
<b>9-12</b>	Chicken (Turkey) Cesar Wrap	1 wrap	373	711	23	22	4
<b>x</b>	Spanish Rice	2/3 cup	138	268	27.38	1.68	0.3
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Ranch Dip	2 TBSP	70	261	5	5	1
	Canned or Fresh Pears	1/2 cup	72	6	19.04	0.04	0
<b>x</b>	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>873</b>	<b>1483.3</b>	<b>121.5</b>	<b>29.1</b>	<b>5.2</b>
<b>K-5</b>	<b>Friday</b>						
	Roasted Turkey Breast (USDA)	2 oz	80	300	0	3.28	1.62
	Gravy (1 oz ladle)	2 TBSP	23	35	1.99	1.5	0.31
	WW Roll	1	85	101	14.5	2.22	0.33
	Pat of Butter	1	36	29	0	4.1	2.6
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59
	Green beans	1/2 cup	18	311	4.2	0	0
	Cranberry Sauce	1/4 cup	105	20	27	0	0
	Applesauce	1/4 cup	25	7.5	7.00	0.00	0.00
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>603</b>	<b>1193.5</b>	<b>95.46</b>	<b>14.03</b>	<b>5.46</b>
<b>-6-8</b>	Roasted Turkey Breast (USDA)	2 oz	80	300	0	3.28	1.62
	Gravy (1 oz ladle)	2 TBSP	23	35	1.99	1.5	0.31
	WW Roll	1	85	101	14.5	2.22	0.33
	Pat of Butter	1	36	29	0	4.1	2.6
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59
	Green beans	1/2 cup	18	311	4.2	0	0
	Cranberry Sauce	1/4 cup	105	20	27	0	0
	Applesauce	1/4 cup	25	7.5	7.00	0.00	0.00
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>603</b>	<b>1193.5</b>	<b>95.46</b>	<b>14.03</b>	<b>5.46</b>
<b>9-12</b>	<b>Friday</b>						
<b>x</b>	Roasted Turkey Breast (USDA)	3 oz	120	450	0	4.92	1.62
<b>x</b>	Gravy (1 oz ladle)	4 TBSP	46	70	3.98	3	0.62
	WW Roll	1	85	101	14.5	2.22	0.33
<b>x</b>	WW Roll	1	85	101	14.5	2.22	0.33
<b>x</b>	Pat of Butter	1	36	29	0	4.1	2.6
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59
	Green beans	1/2 cup	18	311	4.2	0	0
	Cranberry Sauce	1/4 cup	105	20	27	0	0
<b>x</b>	Applesauce	3/4 cup	75	24	22.00	0.00	0.00
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>801</b>	<b>1496</b>	<b>126.95</b>	<b>19.39</b>	<b>6.1</b>