

NE Iowa Cycle Menu

WEEK 2

	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

		Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
K-5	Monday	556	958	87	4	1
	Tuesday	608	831	74	20	5
	Wednesday	648	1293	75	23	10
	Thursday	618	820	91	16	5
	Friday	714	786	115	17	8
	Average	629	937.59	88.26	16.08	5.61

8.0%

6-8	Monday	556	958	87	4	1
	Tuesday	644	832	74	24	7
	Wednesday	648	1293	75	23	10
	Thursday	618	820	91	16	5
	Friday	714	786	115	17	8
	Average	636	938	88.26	16.88	6.11

8.6%

9-12	Monday	703	1230	124	5	1
	Tuesday	836	1110	95	26	6
	Wednesday	906	1445	124	28	11
	Thursday	784	1082	127	18	6
	Friday	842	877	141	20	8
	Average	814	1149	122.10	19.46	6.34

7.0%

	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
Monday							
K-5	Sloppy Joe on WW Bun	1 each	283	446	27.14	3.88	0.48
	Carrot sticks	1/2 cup	18	51	4.02	0.14	0.03
	Baked Beans	1/4 cup	75	266	17.98	0.26	0.05
	Applesauce, unsweetened	1/2 cup	50	15	14	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total			556	958	87.14	4.28
6-8	Sloppy Joe on WW Bun	1 each	283	446	27.14	3.88	0.48
	Carrot sticks	1/2 cup	18	51	4.02	0.14	0.03
	Baked Beans	1/4 cup	75	266	17.98	0.26	0.05
	Applesauce, unsweetened	1/2 cup	50	15	14	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total			556	958	87.14	4.28
9-12	Sloppy Joe on WW Bun	1 each	283	446	27.14	3.88	0.48
	Carrot sticks	1/2 cup	18	51	4.02	0.14	0.03
	x Baked Beans	1/2 cup	150	532	35.96	0.52	0.1
	Applesauce, unsweetened	1/2 cup	50	15	14	0	0
	x Fruit Choice	1/2 cup	72	8	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
Total			703	1230	124.16	4.58	0.61
Alternate:							
	Steamed or Roasted Carrots	1/2 cup	27	43	5.64	0.5	0.09
	Winter Veggie Roast	3/4 cup	121.5	133.5	23.76	2.745	0.42

	Tuesday						
K-5	Roasted or Baked Chicken	4-6 oz	180	460	0	10	3
	Spinach Salad (1/2 c. eq)	1 cup	93	80	4.29	7.39	1.55
	WW Roll	1	85	101	14.5	2.22	0.33
	Jelly	1 TBSP	56	6.3	14.7	0	0
	Cherry Tomatoes (3)	1/4 cup	10	2.8	2.2	0.2	0
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		608	831.1	73.98	19.99	4.91
6-8	Roasted or Baked Chicken	4-6 oz	180	460	0	10	3
	Spinach Salad (1/2 c. eq)	1 cup	93	80	4.29	7.39	1.55
	WW Roll	1	85	101	14.5	2.22	0.33
	Jelly	1 TBSP	56	6.3	14.7	0	0
	Cherry Tomatoes (3)	1/4 cup	10	2.8	2.2	0.2	0
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	butter	1 pat	36	1	0	4	2.5
	Total		644	832.1	73.98	23.99	7.41
9-12	Roasted or Baked Chicken	7-8 oz	290	730	0	16	4.5
	Spinach Salad (1/2 c. eq)	1 cup	93	80	4.29	7.39	1.55
	WW Roll	1	85	101	14.5	2.22	0.33
	Jelly	1 TBSP	56	6.3	14.7	0	0
x	Cherry Tomatoes (6)	1/2 cup	20	5.6	4.4	0.4	0
	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
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	butter	1 pat	36	1	0	4	2.5
	Total		836	1109.9	95.22	26.23	6.41
K-5	Wednesday						
	WW Taco Shell 8" (Catalina)	1 taco	120	280	19	3.5	
	Taco Meat	1/4 cup	135	116.9	2.84	7.83	3.04
	Romaine (1/2 c)	1/4 cup	20	8.8	3.6	0.4	0
	Salsa Cup	2 OZ CUP	25	310	6	0	0
	Shredded Cheddar Cheese (USDA)	1 oz	115	185	1	9.5	6
	Refried Beans	1/4 cup	76	199	11.16	1.96	0.49
	Cantaloupe	1/2 cup	27	13	7.00	0.00	0.00
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		648	1292.7	74.6	23.19	9.53
6-8	Wednesday						
	WG Taco Shell 8" (Catalina)	1 taco	120	280	19	3.5	
	Taco Meat	1/4 cup	135	116.9	2.84	7.83	3.04
	Romaine (1/2 c)	1/4 cup	20	8.8	3.6	0.4	0
	Salsa Cup	2 OZ CUP	25	310	6	0	0
	Shredded Cheddar Cheese (USDA)	1 oz	115	185	1	9.5	6
	Refried Beans	1/4 cup	76	199	11.16	1.96	0.49
	Cantaloupe	1/2 cup	27	13	7.00	0.00	0.00
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		648	1292.7	74.6	23.19	9.53
9-12	Wednesday						
	WG Taco Shell 8" (Catalina)	1 taco	120	280	19	3.5	
x	Taco Meat	1/3 cup	180	155.87	3.79	10.44	4.05
	Romaine (1/2 c)	1/4 cup	20	8.8	3.6	0.4	0
	Salsa Cup	2 OZ CUP	25	310	6	0	0
	Shredded Cheddar Cheese (USDA)	1 oz	115	185	1	9.5	6
	Refried Beans	1/4 cup	76	199	11.16	1.96	0.49
	Cantaloupe	1/2 cup	27	13	7.00	0.00	0.00
x	WW Roll	1	85	101	14.5	2.22	0.33
	Jelly	1 TBSP	56	6.3	14.7	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
	Total		906	1445.0	123.8	28.06	10.87333
Alternate:							
	Extra Taco Shell 8" (Catalina)	1 taco	120	280	19	3.5	
	Extra Taco Meat Portion	1/4 cup	135	116.9	2.84	7.83	3.04

K-5	Thursday							
	Hamburger Gravy	3 oz	179	165	4	11	4.44	
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59	
	Green Beans	1/4 cup	9	156	2.1	0	0	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Jelly	1 TBSP	56	6.3	14.7	0	0	
	Pears	1/2 cup	58	2	15.00	0.12	0.00	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		618	820.3	91.07	16.17	5.36	
6-8	Hamburger Gravy	3 oz	179	165	4	11	4.44	
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59	
	Green Beans	1/4 cup	9	156	2.1	0	0	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Jelly	1 TBSP	56	6.3	14.7	0	0	
	Pears	1/2 cup	58	2	15.00	0.12	0.00	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		618	820.3	91.07	16.17	5.36	
9-12	Hamburger Gravy	3 oz	179	165	4	11	4.44	
	Mashed potatoes	1/2 cup	101	210	16.77	2.83	0.59	
	Green Beans	1/2 cup	18	311	4.2	0	0	
	WW Roll	1	85	101	14.5	2.22	0.33	
x	WW Roll	1	85	101	14.5	2.22	0.33	
	Jelly	1 TBSP	56	6.3	14.7	0	0	
	Pears	1/2 cup	58	2	15.00	0.12	0.00	
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		784	1082.3	126.71	18.43	5.69	
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)	
	Friday							
K-5	Mac and Cheese	3/4 cup	284	346.56	33.345	10.98	6.81	
	Peas, frozen	1/2 cup	72	66	13	0.24	0.06	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Jelly	1 TBSP	56	6.3	14.7	0	0	
	Cucumber-Apple salad	1/2 cup	56	85	7.08	3.17	0.44	
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		714	785.86	114.515	16.77	7.69	
6-8	Mac and Cheese	3/4 cup	284	346.56	33.345	10.98	6.81	
	Peas, frozen	1/2 cup	72	66	13	0.24	0.06	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Jelly	1 TBSP	56	6.3	14.7	0	0	
	Cucumber-Apple salad	1/2 cup	56	85	7.08	3.17	0.44	
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		714	785.86	114.515	16.77	7.69	
9-12	Mac and Cheese	3/4 cup	284	346.56	33.345	10.98	6.81	
	Peas, frozen	1/2 cup	72	66	13	0.24	0.06	
x	WW Roll	1	85	101	14.5	2.22	0.33	
	Jelly	1 TBSP	56	6.3	14.7	0	0	
	Cucumber-Apple salad	1 cup	112	170	14.16	6.34	0.88	
	Grapes, Fresh	1/2 cup	31	1	7.89	0.16	0.05	
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		842	876.86	140.635	19.98	8.13	
Alternate:								
	Cucumber-Apple salad	1 cup	112	170	14.16	6.34	0.88	
	Serve with side of hummus							