

NE Iowa Cycle Menu							
WEEK 3							
		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 =	Changes from K-5 menu						
		Calories	Sodium (mg)	Carb (g)	T. Fat (g)		S. Fat (g)
K-5	Monday	651	1881.833333	92.70333	19.29667		7.146667
	Tuesday	641	588	92.7	15.21		4.505
	Wednesday	667	706.36	95.03	41420.41		4.7
	Thursday	588	298	61.57	2.04		1.235
	Friday	556	1113	88.29	11.47		4.64
	Average	620.6	917.4	86.1	8293.7		4.4
6-8	Monday	651	1881.833333	92.70333	19.29667		7.146667
	Tuesday	641	588	92.7	15.21		4.505
	Wednesday	667	706.36	95.03	41420.41		4.7
	Thursday	588	228	49.47	0.12		0.025
	Friday	681	1674	108.79	15.19		4.97
	Average	645.6	1015.6	87.7	8294.0		4.3
9-12	Monday	807	2149.833333	124.8533	21.02667		7.456667
	Tuesday	719	600.5	112.95	15.32		4.515
	Wednesday	739	712.36	114.07	41420.45		4.7
	Thursday	745	294	62.41	0.36		0.075
	Friday	753	1680	127.83	15.23		4.97
	Average	753	1087.3	108.4	8294.5		4.3
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
	Monday						
K-5	Deli Combo Sub	1 sandwich	292	984	25	13	6
	Corn	1/2 cup	67	244.5	15.4	0.75	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Ranch Dip	2 TBSP	70	261	5	5	1
	Ketchup	1 TBSP	20	160	5	0	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		651	1881.8	92.7	19.3	7.1
6-8	Deli Combo Sub	1 sandwich	292	984	25	13	6
	Corn	1/2 cup	67	244.5	15.4	0.75	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	Ranch Dip	2 TBSP	70	261	5	5	1
	Ketchup	1 TBSP	20	160	5	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		651	1881.8	92.7	19.3	7.1
9-12	Deli Combo Sub	1 sandwich	292	984	25	13	6
x	Spanish Rice	2/3 cup	138	268	27.38	1.68	0.3
	Corn	1/2 cup	67	244.5	15.4	0.75	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
x	Whole apple	1 piece	72	1	19.06	0.23	0.04
	Ranch Dip	2 TBSP	70	261	5	5	1
	Ketchup	1 TBSP	20	160	5	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		807	2149.8	124.9	21.0	7.5

	Tuesday							
K-5	Goulash	3/4 cup	283	193	26.14	10.67	4.4	
	WG Breadstick	1 stick	170	200	29	4	0.065	
	Fresh broccoli/cauliflower	1/2 cup	12	13	2.42	0.14	0.02	
	Mixed Fruit	1/2 cup	46	2	11.14	0.4	0.02	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		641	588	92.7	15.21	4.505	
6-8	Goulash	3/4 cup	283	193	26.14	10.67	4.4	
	WG Breadstick	1 stick	170	200	29	4	0.065	
	Fresh broccoli/cauliflower	1/2 cup	12	13	2.42	0.14	0.02	
	Mixed Fruit	1/2 cup	46	2	11.14	0.4	0.02	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		641	588	92.7	15.21	4.505	
9-12								
	Goulash	3/4 cup	283	193	26.14	10.67	4.4	
	WG Breadstick	1 stick	170	200	29	4	0.065	
x	Fresh broccoli/cauliflower	3/4 cup	18	19.5	3.63	0.21	0.03	
	Mixed Fruit	1/2 cup	46	2	11.14	0.4	0.02	
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		719	600.5	112.95	15.32	4.515	
K-5	Wednesday							
	Mexican Chicken Soup	1 cup	213	392	20.73	15-May	1.36	
	Saltines, unsalted	2 crackers	26	46	4.2	0.8	0.2	
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55	
	Pears	1/4 cup	23	1	5.57	0.2	0.01	
	Apple crisp	1 serving	182	7.36	36.24	3.02	1.58	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		667	706.36	95.03	41420.41	4.7	
6-8	Mexican Chicken Soup	1 cup	213	392	20.73	15-May	1.36	
	Saltines, unsalted	2 crackers	26	46	4.2	0.8	0.2	
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55	
	Pears	1/4 cup	23	1	5.57	0.2	0.01	
	Apple crisp	1 serving	182	7.36	36.24	3.02	1.58	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		667	706.36	95.03	41420.41	4.7	
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	Saltines, unsalted	2 crackers	26	46	4.2	0.8	0.2	
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55	
	Pears	1/4 cup	23	1	5.57	0.2	0.01	
	Apple crisp	1 serving	182	7.36	36.24	3.02	1.58	
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		739	712.36	114.07	41420.45	4.7	

