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)
K-5	Monday		591	1320.00	89.48	11.66	5.09
	Tuesday		560	816	74.84	14.75	3.88
	Wednesday		653	680.40	87.82	13.92	3.41
	Thursday		663	1209.33	75.05	27.41	4.92
	Friday		562	733	67	15	6
	Average		606	951.80	78.89	16.49	4.64
6-8	Monday		591	1320.00	89.48	11.66	5.09
	Tuesday		670	1086	75	21	5
	Wednesday		653	680.40	87.82	13.92	3.41
	Thursday		663	1209.33	75.05	27.41	4.92
	Friday		562	733	67	15	6
	Average		628	1005.80	78.89	17.69	4.94
9-12	Monday		788	1422.00	137.00	11.90	5.13
	Tuesday		858	1092	94	21	5
	Wednesday		770	725.37	107.81	16.57	4.42
	Thursday		873	1483.33	121.47	29.13	5.22
	Friday		748	811	95	17	6
	Average		807	1106.64	110.99	19.12	5.22
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
	Monday						
K-5	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
	Total		**591**	**1320**	**89.48**	**11.66**	**5.09**
6-8	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
	Total		**591**	**1320**	**89.48**	**11.66**	**5.09**
9-12	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
	Total		**788**	**1422**	**137**	**11.9**	**5.13**
Alt:	French fries or tater tots						

K-5	**Tuesday**						
	Roasted or Baked Chicken	4-6 oz	180	460	0	10	3
	Elementary serving = 1/2 breast or 1 thigh or 1 leg and 1 wing or 2 wings						
	Pumpkin Bar	1	158	144	27.74	4.43	0.84
	California blend	1 cup	24	26	4.84	0.28	0.04
	Peaches	1/2 cup	68	6	18.26	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**560**	**816**	**74.84**	**14.75**	**3.88**
-6-8	Roasted or Baked Chicken	7-8 oz	290	730	0	16	4.5
	Secondary serving = 1 breast or 1 leg + 1 thigh or 1 leg + 2 wings						
	Pumpkin Bar	1	158	144	27.74	4.43	0.84
	California blend	1 cup	24	26	4.84	0.28	0.04
	Peaches	1/2 cup	68	6	18.26	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**670**	**1086**	**74.84**	**20.75**	**5.38**
9-12							
	Roasted or Baked Chicken	7-8 oz	290	730	0	16	4.5
	Secondary serving = 1 breast or 1 leg + 1 thigh or 1 leg + 2 wings						
	Pumpkin Bar	1	158	144	27.74	4.43	0.84
x	Buttered bread (5 g butter)	1 slice	116				
	California blend	1 cup	24	26	4.84	0.28	0.04
	Peaches	1/2 cup	68	6	18.26	0.04	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		**858**	**1092**	**93.88**	**20.79**	**5.38**
	Wednesday						
K-5	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
	Banana	1/2 cup	90	1	23.07	0.33	0.11
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**653**	**680.4**	**87.82**	**13.92**	**3.41**
6-8	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
	Banana	1/2 cup	90	1	23.07	0.33	0.11
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		**653**	**680.4**	**87.82**	**13.92**	**3.41**
9-12	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
	Total		**770**	**725.37**	**107.81**	**16.57**	**4.42**

K-5	**Thursday**						
	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
	Total		**663**	**1209.3**	**75.1**	**27.4**	**4.9**
6-8	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
	Total		**663**	**1209.3**	**75.1**	**27.4**	**4.9**
9-12	Chicken (Turkey) Cesar Wrap	1 wrap	373	711	23	22	4
x	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
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		**873**	**1483.3**	**121.5**	**29.1**	**5.2**
	Friday						
K-5	Egg Bake	1 cup	210	456	11.89	12.16	5.8
	Toast with butter	1 slice	102	66	6	2	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
	Total		**562**	**733.25**	**67.27**	**14.725**	**5.885**
6-8	Egg Bake	1 cup	210	456	11.89	12.16	5.8
	Toast with butter	1 slice	102	66	6	2	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
	Total		**562**	**733.25**	**67.27**	**14.725**	**5.885**
9-12	Egg Bake	1 cup	210	456	11.89	12.16	5.8
	Toast with butter	2 slices	204	133	12	5	0
	Mandarin oranges	1/2 cup	80	16	18	0	0
x	Steamed Broccoli	1 cup	52	20	9.84	0.22	0.04
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		**748**	**810.5**	**94.77**	**17.22**	**5.95**