

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		618	967	101	6	1
	Tuesday		699	725	88	23	5
	Wednesday		648	1292	74	23	10
	Thursday		613	790	72	22	7
	Friday		537	646	79	14	7
	Average		623	883.81	82.65	17.72	5.97
6-8	Monday		618	967	101	6	1
	Tuesday		699	725	88	23	5
	Wednesday		648	1292	74	23	10
	Thursday		613	790	72	22	7
	Friday		622	747	93	17	8
	Average		640	904	85.55	18.17	6.04
9-12	Monday		765	1239	138	6	1
	Tuesday		781	734	109	23	5
	Wednesday		975	1695	115	35	13
	Thursday		808	912	107	27	7
	Friday		750	838	119	20	8
	Average		816	1083	117.66	22.31	6.90
	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
	Savory Carrots	1/2 cup	80	60	18	2	0.4
	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		618	967	101.12	6.14	0.93
6-8	Sloppy Joe on WW Bun	1 each	283	446	27.14	3.88	0.48
	Savory Carrots	1/2 cup	80	60	18	2	0.4
	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		618	967	101.12	6.14	0.93
9-12	Sloppy Joe on WW Bun	1 each	283	446	27.14	3.88	0.48
	Savory Carrots	1/2 cup	80	60	18	2	0.4
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	6	19.04	0.04	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		765	1239	138.14	6.44	0.98
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	Chicken (or Turkey) Tetrizzini	1 serving	313	355	24.27	13.13	3.61	
	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	
	Cherry Tomatoes (3)	1/4 cup	10	2.8	2.2	0.2	0	
	Canned peaches	1/2 cup	68	6	18.26	0.04	0	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		699	724.8	87.52	22.98	5.49	
6-8	Chicken (or Turkey) Tetrizzini	1 serving	313	355	24.27	13.13	3.61	
	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	
	Cherry Tomatoes (3)	1/4 cup	10	2.8	2.2	0.2	0	
	Canned peaches	1/2 cup	68	6	18.26	0.04	0	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		699	724.8	87.52	22.98	5.49	
9-12	Chicken (or Turkey) Tetrizzini	1 serving	313	355	24.27	13.13	3.61	
	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	
x	Cherry Tomatoes (6)	1/2 cup	20	5.6	4.4	0.4	0	
	Canned 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		781	733.6	108.76	23.22	5.49	
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	
	Melon	1/2 cup	27	12	6.36	0.15	0.04	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		648	1291.7	73.96	23.34	9.57	
6-8	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	
	Melon	1/2 cup	27	12	6.36	0.15	0.04	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		648	1291.7	73.96	23.34	9.57	
9-12	Wednesday							
x	WW Taco Shell 8" (Catalina)	1 tacos	240	560	38	7		
x	Taco Meat (2 servings)	1/2 cup	270	233.80	5.68	15.66	6.08	
	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	
	Melon	1/2 cup	27	12	6.36	0.15	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		975	1694.6	114.8	34.71	12.61	

K-5	Thursday							
	Shepherd's Pie w/ Mashed Potatoes	1/2 cup	277	478	18.7	12.43	5.25	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Mixed Greens Salad (1/2 cup eq)	1 cup	75	29	3.5	6.67	0.94	
	Kiwi	1	46	2	11.14	0.4	0.02	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		613	790	71.84	21.72	6.54	
6-8	Shepherd's Pie w/ Mashed Potatoes	1/2 cup	277	478	18.7	12.43	5.25	
	WW Roll	1	85	101	14.5	2.22	0.33	
	Mixed Greens Salad (1/2 cup eq)	1 cup	75	29	3.5	6.67	0.94	
	Kiwi	1	46	2	11.14	0.4	0.02	
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0	
	Total		613	790	71.84	21.72	6.54	
9-12	Shepherd's Pie w/ Mashed Potatoes	1/2 cup	277	478	18.7	12.43	5.25	
	WW Roll	1	85	101	14.5	2.22	0.33	
x	WW Roll	1	85	101	14.5	2.22	0.33	
	Mixed Greens Salad (3/4 cup eq)	1.25 cup	113	43.5	5.25	10.005	1.41	
	Kiwi	1	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		808	911.5	107.13	27.315	7.34	
	Friday							
K-5	Mac and Cheese	3/4 cup	284	346.56	33.345	10.98	6.81	
	Peas, frozen	1/4 cup	36	33	6.5	0.12	0.03	
	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		537	645.56	78.815	14.43	7.33	
6-8	Mac and Cheese	3/4 cup	284	346.56	33.345	10.98	6.81	
	Peas, frozen	1/4 cup	36	33	6.5	0.12	0.03	
x	WW Roll	1	85	101	14.5	2.22	0.33	
	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		622	746.56	93.315	16.65	7.66	
9-12	Mac and Cheese	3/4 cup	284	346.56	33.345	10.98	6.81	
	Peas, frozen	1/4 cup	36	33	6.5	0.12	0.03	
x	WW Roll	1	85	101	14.5	2.22	0.33	
	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		750	837.56	119.435	19.86	8.1	