NE IA CYCLE MENU - WEEK 3

Requirements	Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Total MET Yes/No	
	(Week 3) Ham/Cheese Sub		Goulash		Cheese and Veggie Quesadilla		Baked Fish		Cheese Pizza			
	Ham &/or Turkey		WW Roll		Spinach Salad		WW Roll					
	Corn		Fresh		Salsa		Mashed potatoes		Carrots & Celery			
	Fresh carrots				Refried Beans				Green beans			
							Peas					
	Whole Apple		Mixed Fruit		Pears and kiwi		Mandarin oranges		Apple			
	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
GRADES K-5												
Mt/MA (1 oz eq per day)	Ham and Cheese		Ground beef		Cheese -Chicken		Fish		Diced ham and			
(8-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Broccoli		Spinach (1 cup)							
(1/2 Cup per week)		**Cup**	0.25	**Cup**	0.5	**Cup**		**Cup**		**Cup**	0.75	Yes
Red/Orange	Carrots		Tomato sauce		Tomato, salsa				Carrot sticks			
(3/4 Cup per week)	0.5	**Cup**	0.25	**Cup**	0.25	**Cup**		**Cup**	0.25	**Cup**	1.25	Yes
Beans/Peas (Legumes)					Refried Beans		Peas					
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**	0.25	**Cup**		**Cup**	0.5	Yes
Starchy	Corn				Green Pepper; cucumb		Mashed potatoes					
(1/2 Cup per week)	0.5	**Cup**		**Cup**	0.25	**Cup**	0.5	**Cup**		**Cup**	1.25	Yes
Other			Cauliflower						Green beans; celery			
(1/2 per week)		**Cup**	0.25	**Cup**		**Cup**		**Cup**	0.75	**Cup**	1	Yes
Daily total	1	**Yes**	0.75	**Yes**	1.25	**Yes**	0.75	**Yes**	1	**Yes**	4.75	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains (1 oz eq day)	WW Bun		Pasta (1 oz); bread		WW 8" tortilla		Bread		WW Pizza Crust			
(8-9 oz eq per week)	1.75	**Oz Eq**	3	**Oz Eq**	1	**Oz Eq**	1	**Oz Eq**	2	**Oz Eq**	8.75	Yes
Fruits (1/2 Cup per day) (2	Apple Slices		Mixed Fruit		Pears and kiwi		Mandarin oranges		Banana/Pineapple			
1/2 cups per week)	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	1.125	**Cup**	3.125	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes
GRADES 6-8												
Mt/MA (1 oz eq per day)	Ham &/or Turkey		Ground Beef		Cheese-Chicken		Fish		Cheese			
(9-10 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Vegetables (3/4 Cup per day) (3 3/4 Cup per week)												
Dark Green			Broccoli		Spinach (1 cup)							
(1/2 Cup per week)		**Cup**	0.25	**Cup**	0.5	**Cup**		**Cup**		**Cup**	0.75	Yes
Red/Orange	Carrots		Tomato Sauce		Tomato, salsa				Carrot sticks			
(3/4 Cup per week)	0.5	**Cup**	0.25	**Cup**	0.25	**Cup**		**Cup**	0.25	**Cup**	1.25	Yes
Beans/Peas (Legumes)					Refried Beans		Peas					
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**	0.25	**Cup**		**Cup**	0.5	Yes
Starchy	Corn				Green pepper, cucumber		Mashed potatoes					
(1/2 Cup per week)	0.5	**Cup**		**Cup**	0.25	**Cup**	0.5	**Cup**		**Cup**	1.25	Yes
Other			Cauliflower						Green beans and			
(1/2 cup per week)		**Cup**	0.25	**Cup**		**Cup**		**Cup**	0.5	**Cup**	0.75	Yes
Daily total	1	**Yes**	0.75	**Yes**	1.25	**Yes**	0.75	**Yes**	0.75	**Yes**	4.5	
Additional Vegetable to reach Goal (1 Cup per week)												Yes
Grains(1 oz eq day)	WW Bun		Pasta 1oz. Bread		WW 8" Tortilla		WW Roll		WW Crust + Bstick			
(8-10 oz eq per week)	1.75	**Oz Eq**	2	**Oz Eq**	1	**Oz Eq**	1	**Oz Eq**	3	**Oz Eq**	8.75	Yes
Fruits (1/2 Cup per day)	Apple slices		Mixed fruit		Pear and Kiwi		Mandarin oranges		Banana/Pineapple			
(2 1/2 cups per week)	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	0.5	**Cup**	1.125	**Cup**	3.125	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes

GRADES 9-12

Mt/MA (2 oz eq per day)	Ham &/or Turkey		Ground Beef		Cheese-Chicken		Fish		Cheese			
(10-12 oz eq per week)	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	2	**Oz Eq**	10	Yes
Dark Green			Broccoli		Spinach (1 cup)							
(1/2 Cup per week)		**Cup**	0.375	**Cup**	0.5	**Cup**		**Cup**		**Cup**	0.875	Yes
Red/Orange	Carrots		Tomato Sauce		Tomato, salsa				Carrots sticks			
(1 1/4 Cup per wk)	0.5	**Cup**	0.25	**Cup**	0.25	**Cup**		**Cup**	0.25	**Cup**	1.25	Yes
Beans/Peas (Legumes)					Refried beans		Peas					
(1/2 Cup per week)		**Cup**		**Cup**	0.25	**Cup**	0.5	**Cup**		**Cup**	0.75	Yes
Starchy	Corn				Green Pepper, cucumber		Mashed Potatoes					
(1/2 Cup per week)	0.5	**Cup**		**Cup**	0.25	**Cup**	0.5	**Cup**		**Cup**	1.25	Yes
Other			Cauliflower						Green beans, celery			
(3/4 per week)		**Cup**	0.375	**Cup**		**Cup**		**Cup**	0.75	**Cup**	1.125	Yes
Daily total	1	**Yes**	1	**Yes**	1.25	**Yes**	1	**Yes**	1	**Yes**	5.25	
Additional Vegetable to reach Goal (1 1/2 Cup per week)												Yes
Grains(2 oz eq day)	WW Bun		Pasta 1 oz., bread		WW 8" tortilla		WW bread		WW Crust + Bstick			
(10-12 oz eq per week)	1.75	**Oz Eq**	3.5	**Oz Eq**	1	**Oz Eq**	1	**Oz Eq**	3	**Oz Eq**	10.25	Yes
Fruits (1 Cup per day) (5cups	Whole Apple		Mixed Fruit + Ch.		Pears and Kiwi + Ch.		Man. Oranges + Ch.		Banana/Pineapple			
per week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes
Fluid Milk (1 Cup per day)	Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %		Skim or 1 %			
(5 a week)	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	1	**Cup**	5	Yes