

NE Iowa Cycle Menu							
WEEK 5							
		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	733	1543	104.50	12.88	3.35	
	Tuesday	605	712	84.64	18.10	5.95	
	Wednesday	647	1076	87.76	10.16	7.15	
	Thursday	615	533	95.08	12.24	2.71	
	Friday	676	1598	107.34	14.04	7.25	
	Average	655	1092.47	95.86	13.48	5.28	
6-8	Monday	733	1543	104.50	12.88	3.35	
	Tuesday	690	812	99.14	20.10	5.99	
	Wednesday	685	1088	88.96	13.56	9.25	
	Thursday	615	533	95.08	12.24	2.71	
	Friday	676	1598	107.34	14.04	7.25	
	Average	680	1115	99.00	14.56	5.71	
9-12	Monday	838	1626	128.04	14.52	3.65	
	Tuesday	798	851	124.68	20.26	6.02	
	Wednesday	789	997	116.87	14.08	9.10	
	Thursday	750	581	125.25	12.83	3.05	
	Friday	891	1684	143.81	21.77	8.96	
	Average	813.20	1147.80	127.73	16.69	6.16	
	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
K-5	Monday						
	BBQ Pork Sandwich	1	375	870	30	11	3
	Roasted Potato Wedges	1/2 cup	125	96	28.48	0.2	0.04
	Creamy Coleslaw	1/4 cup	33	77	4.5	1.6	0.3
	Orange wedges, 4	1/2 cup	30	0	7.52	0.08	0.01
	Ketchup	2 TBSP	40	320	10	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		733	1543	104.5	12.88	3.35
6-8	BBQ Pork Sandwich	1	375	870	30	11	3
	Roasted Potato Wedges	1/2 cup	125	96	28.48	0.2	0.04
	Creamy Coleslaw	1/4 cup	33	77	4.5	1.6	0.3
	Orange wedges, 4	1/2 cup	30	0	7.52	0.08	0.01
	Ketchup	2 TBSP	40	320	10	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		733	1543	104.5	12.88	3.35
9-12	BBQ Pork Sandwich	1	375	870	30	11	3
	Roasted Potato Wedges	1/2 cup	125	96	28.48	0.2	0.04
x	Creamy Coleslaw	1/2 cup	66	154	9	3.2	0.6
	Orange wedges, 4	1/2 cup	30	0	7.52	0.08	0.01
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
	Ketchup	2 TBSP	40	320	10	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		838	1626	128.04	14.52	3.65

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	9-12 Standards		750-850	<740			<10
x =	Quantity changes						
Tuesday							
K-5	Lasagna	1	269	400	28	9	5
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7	0.9
	1/2 WG Breadstick	1/2 stick	85	100	14.5	2	0.0325
	Kiwi	1	46	2	11.14	0.4	0.02
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		605	712	84.64	18.1	5.9525
6-8	Lasagna	1	269	400	28	9	5
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7	0.9
	WG Breadstick	1 stick	170	200	29	4	0.065
	Kiwi	1	46	2	11.14	0.4	0.02
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		690	812	99.14	20.1	5.985
9-12	Lasagna	1	269	400	28	9	5
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7	0.9
	Whole Wheat Breadstick	1 stick	170	200	29	4	0.065
x	Peas, frozen	1/4 cup	36	33	6.5	0.12	0.03
	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		798	851	124.68	20.26	6.015
Wednesday							
K-5	Beef Burritos	1	273	351	21.34	1.46	5.76
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7	0.9
	Refried beans	1/4 cup	76	199	11.16	1.96	0.49
	Peaches, canned	1/2 cup	68	6	18.26	0.04	0
	Salsa	2 OZ CUP	25	310	6	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		647	1076	87.76	10.16	7.15
6-8	Beef Burritos	1	273	351	21.34	1.46	5.76
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7	0.9
	Refried beans	1/4 cup	76	199	11.16	1.96	0.49
	Peaches, canned	1/2 cup	68	6	18.26	0.04	0
	Salsa	2 OZ CUP	25	310	6	0	0
	Sour Cream, Reduced fat	2 TBSP	38	12	1.2	3.4	2.1
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		685	1088	88.96	13.56	9.25

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	9-12 Standards		750-850	<740			<10
	x = Quantity changes						
9-12	Beef Burritos	1	273	351	21.34	1.46	5.76
	Mixed Greens Salad (1/2 c eq)	1 cup	75	30	7	6.7	0.9
	Peaches, canned	1/2 cup	68	6	18.26	0.04	0
	Strawberries, fresh	1/2 cup	23	1	5.53	0.22	0.01
x	Fruit Choice	1/2 cup	72	6	19.04	0.04	0
x	WW Roll	1	85	101	14.5	2.22	0.33
	Salsa	2 OZ CUP	25	310	6	0	0
	Sour Cream, Reduced fat	2 TBSP	38	12	1.2	3.4	2.1
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		789	997	116.87	14.08	9.1
	Thursday						
K-5	Chicken Rice Bowl w Veggies	1	318	274	37	11	2
	Steamed Broccoli	1/4 cup	13	5	2.46	0.055	0.01
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
	Yogurt - 4 oz	4 oz	100	73.33	17.33	1.00	0.67
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		615	533.33	95.08	12.24	2.71
	6-8						
	Chicken Rice Bowl w Veggies	1	318	274	37	11	2
	Steamed Broccoli	1/4 cup	13	5	2.46	0.055	0.01
	Apple slices, cut 8	6 each	54	1	14.29	0.18	0.03
x	Yogurt - 4 oz	4 oz	100	73.33	17.33	1.00	0.67
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		615	533.33	95.08	12.24	2.71
	9-12						
	Chicken Rice Bowl w Veggies	1	318	274	37	11	2
x	Steamed Broccoli	1/2 cup	26	10	4.92	0.11	0.02
	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
x	Yogurt	6 oz cup	150	110	26	1.5	1
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		750	581	125.25	12.83	3.05
	Friday						
K-5	Grilled Cheese Sandwich	1	314	820	31.79	12.78	7.01
	Fiesta Beans and Rice	1/2 cup	151	226	32	0.9	0.2
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Strawberries	1/2 cup	23	1	5.53	0.22	0.01
	Ketchup	2 TBSP	40	320	10	0	0
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	Total		676	1598	107.34	14.04	7.25

