



# 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)
<b>K-5</b>	Monday	641	1490.333333	89.303333	19.546667	6.946667
	Tuesday	641	588	92.7	15.21	4.505
	Wednesday	738	1282	91.86	21.14	6.51
	Thursday	580	1226	91.96	2.25	1.32
	Friday	517	766	88.47	3.34	0.355
	<b>Average</b>	<b>623.4</b>	<b>1070.5</b>	<b>90.9</b>	<b>12.3</b>	<b>3.9</b>
						5.7%
<b>6-8</b>	Monday	641	1490.333333	89.303333	19.546667	6.946667
	Tuesday	641	588	92.7	15.21	4.505
	Wednesday	738	1282	91.86	21.14	6.51
	Thursday	580	1226	91.96	9.83	3.29
	Friday	686	1148.3	116.11	7.43	0.935
	<b>Average</b>	<b>657.2</b>	<b>1146.9</b>	<b>96.4</b>	<b>14.6</b>	<b>4.4</b>
						6.1%
<b>9-12</b>	Monday	800	1655.333333	101.0733	26.596667	7.956667
	Tuesday	719	600.5	112.95	15.32	4.515
	Wednesday	810	1288	110.9	21.18	6.51
	Thursday	718	1492	104.66	16.05	7
	Friday	807	1282.3	137.08	9.77	1.29
	<b>Average</b>	<b>771</b>	<b>1263.6</b>	<b>113.3</b>	<b>17.8</b>	<b>5.5</b>
						6.4%

	Menu Item	Portion	Calories	Sodium (mg)	Carb (g)	T. Fat (g)	S. Fat (g)
<b>Monday</b>							
<b>K-5</b>	Deli Combo Sub	1 sandwich	292	984	25	13	6
	Sweet Corn	1/2 cup	77	13	17	1	0
	Fresh carrots	1/2 cup	18	51	4.02	0.14	0.03
	Ranch Dip	2 TBSP	70	261	5	5	1
	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
	<b>Total</b>		<b>641</b>	<b>1490.3</b>	<b>89.3</b>	<b>19.5</b>	<b>6.9</b>
<b>6-8</b>	Deli Combo Sub	1 sandwich	292	984	25	13	6
	Sweet Corn	1/2 cup	77	13	17	1	0
	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
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>641</b>	<b>1490.3</b>	<b>89.3</b>	<b>19.5</b>	<b>6.9</b>
<b>9-12</b>	Deli Combo Sub	1 sandwich	292	984	25	13	6
	x Pasta Salad	3/8 cup	141	165	7	7	1
	Sweet Corn	1/2 cup	77	13	17	1	0
	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
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>		<b>800</b>	<b>1655.3</b>	<b>101.1</b>	<b>26.6</b>	<b>8.0</b>	

<b>Tuesday</b>							
<b>K-5</b>	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
	<b>Total</b>		<b>641</b>	<b>588</b>	<b>92.7</b>	<b>15.21</b>	<b>4.505</b>
<b>6-8</b>	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
	<b>Total</b>		<b>641</b>	<b>588</b>	<b>92.7</b>	<b>15.21</b>	<b>4.505</b>
<b>9-12</b>	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
	<b>Total</b>		<b>719</b>	<b>600.5</b>	<b>112.95</b>	<b>15.32</b>	<b>4.515</b>
<hr/>							
<b>K-5</b>	<b>Wednesday</b>						
	Cheese N Veggie Quesadilla	1 each	305	594	28.03	9.23	3.66
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55
	Tomato Salsa	1/4 cup	12	28	2.4	0.12	0.28
	Refried Beans	1/2 cup	152	398	22	4	1
	Pears	1/2 cup	46	2	11.14	0.4	0.02
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>738</b>	<b>1282</b>	<b>91.86</b>	<b>21.14</b>	<b>6.51</b>
<b>6-8</b>	Cheese N Veggie Quesadilla	1 each	305	594	28.03	9.23	3.66
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55
	Tomato Salsa	1/4 cup	12	28	2.4	0.12	0.28
	Refried Beans	1/2 cup	152	398	22	4	1
	Pears	1/2 cup	46	2	11.14	0.4	0.02
	Skim Chocolate Milk	1/2 pint	130	180	24	0	0
	<b>Total</b>		<b>738</b>	<b>1282</b>	<b>91.86</b>	<b>21.14</b>	<b>6.51</b>
<b>9-12</b>	Cheese N Veggie Quesadilla	1 each	305	594	28.03	9.23	3.66
	Spinach Salad w tomatoes	2 oz	93	80	4.29	7.39	1.55
	Tomato Salsa	1/4 cup	12	28	2.4	0.12	0.28
	Refried Beans	1/2 cup	152	398	22	4	1
	Pears	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
	<b>Total</b>		<b>810</b>	<b>1288</b>	<b>110.9</b>	<b>21.18</b>	<b>6.51</b>

**K-5 Thursday**

Turkey Burger	1 each	127	294	2.59	6.58	1.97
WW Hamburger Bun	1 each	110	210	21	1	0
Ketchup	1 TBSP	20	160	5	0	0
Garlic Mashed potatoes	1/2 cup	85	70	12.1	1.92	1.21
Green Beans	1/2 cup	18	311	4.2	0	0
Banana (small)	1/2 cup	90	1	23.07	0.33	0.11
Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>		<b>580</b>	<b>1226</b>	<b>91.96</b>	<b>2.25</b>	<b>1.32</b>

**6-8**

Turkey Burger	1 each	127	294	2.59	6.58	1.97
WW Hamburger Bun	1 each	110	210	21	1	0
Ketchup	1 TBSP	20	160	5	0	0
Garlic Mashed potatoes	1/2 cup	85	70	12.1	1.92	1.21
Green Beans	1/2 cup	18	311	4.2	0	0
Banana (small)	1/2 cup	90	1	23.07	0.33	0.11
Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>		<b>580</b>	<b>1226</b>	<b>91.96</b>	<b>9.83</b>	<b>3.29</b>

**9-12**

Turkey Burger	1 each	127	294	2.59	6.58	1.97
x Cheese Slice	1	53	196	0.6	4.3	2.5
WW Hamburger Bun	1 each	110	210	21	1	0
Ketchup	1 TBSP	20	160	5	0	0
x Garlic Mashed potatoes	1 cup	170	140	24.2	3.84	2.42
x Green Beans	1/2 cup	18	311	4.2	0	0
Banana (small)	1/2 cup	90	1	23.07	0.33	0.11
Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>		<b>718</b>	<b>1492</b>	<b>104.66</b>	<b>16.05</b>	<b>7</b>

**Friday****K-5 Thursday**

Baked Fish	3 oz	140	410	14	1	0
WW Roll	1	85	101	14.5	2.22	0.33
Peas	1/4 cup	36	33	6.47	0.12	0.025
Baked Sweet Potato	1 med	103	41	24	0	0
Watermelon	1/2 cup	23	1	5.50	0.00	0.00
Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>		<b>517</b>	<b>766</b>	<b>88.47</b>	<b>3.34</b>	<b>0.355</b>

**6-8**

Baked Fish	4 oz	190	540	19	1.5	0
x Tarter Sauce	2 TBSP	63	246	7.94	3.59	0.58
WW Roll	1	85	101	14.5	2.22	0.33
Jelly	1 TBSP	56	6.3	14.7	0	0
Baked Sweet Potato	1 med	103	41	24	0	0
Peas	1/4 cup	36	33	6.47	0.12	0.025
Watermelon	1/2 cup	23	1	5.50	0.00	0.00
Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>		<b>686</b>	<b>1148.3</b>	<b>116.11</b>	<b>7.43</b>	<b>0.935</b>

**9-12**

Baked Fish	4 oz	190	540	19	1.5	0
x Tarter Sauce	2 TBSP	63	246	7.94	3.59	0.58
WW Roll	1	85	101	14.5	2.22	0.33
WW Roll	1	85	101	14.5	2.22	0.33
Jelly	1 TBSP	56	6.3	14.7	0	0
Baked Sweet Potato	1 med	103	41	24	0	0
x Peas	1/2 cup	72	66	12.94	0.24	0.05
Watermelon	1/2 cup	23	1	5.50	0.00	0.00
Skim Chocolate Milk	1/2 pint	130	180	24	0	0
<b>Total</b>		<b>807</b>	<b>1282.3</b>	<b>137.08</b>	<b>9.77</b>	<b>1.29</b>