<table>
<thead>
<tr>
<th>Requirements</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Deli Combo Sub</strong></td>
<td>Goulash</td>
<td>Cheese and Veggie Quesadilla</td>
<td>Turkey Burger</td>
<td>Baked Fish</td>
<td></td>
</tr>
<tr>
<td><strong>Broccoli</strong></td>
<td>Spinach Tomato Salad</td>
<td>Dinner Roll</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sweet Corn</strong></td>
<td>Broccoli/salad</td>
<td>Salsa</td>
<td>Garlic Mashed Potatoes</td>
<td>Baked Sweet Potato</td>
<td></td>
</tr>
<tr>
<td><strong>Fresh carrots</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pasta Salad (9-12)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Apple</strong></td>
<td>Mixed Fruit</td>
<td>Pears</td>
<td>Banana</td>
<td>Watermelon</td>
<td></td>
</tr>
<tr>
<td><strong>Skins or 1%</strong></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

### R\&ADES K-5

#### f/MA (1 oz. eq per day)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham and Cheese</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Ground beef</td>
<td>1/2 Cup per week</td>
<td>0.25 Cup</td>
<td>0.5 Cup</td>
<td>Cup</td>
<td>Cup</td>
</tr>
<tr>
<td>1/4 Cup per week</td>
<td>0.25 Cup</td>
<td>0.25 Cup</td>
<td>Cup</td>
<td>0.5 Cup</td>
<td>1.5 Cup</td>
</tr>
<tr>
<td>Cheese Chicken</td>
<td>1 Oz Eq</td>
<td>1 Oz Eq</td>
<td>2 Oz Eq</td>
<td>1.5 Oz Eq</td>
<td>9.5 Oz Eq</td>
</tr>
<tr>
<td>Turkey Burger</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Fish</td>
<td>10 Yes</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

#### Additional Vegetable to reach Goal (1 Cup per week)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>greens (1 oz. eq)</td>
<td>1 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>1/4 oz per week</td>
<td>1 Oz Eq</td>
<td>1 Oz Eq</td>
<td>2 Oz Eq</td>
<td>1.5 Oz Eq</td>
<td>9.5 Oz Eq</td>
</tr>
<tr>
<td>Fruits (1/2 Cup per day)</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>肤 (1/2 Cup per day)</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Milk (1 oz. eq)</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
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</table>

### R\&ADES 6-8

#### f/MA (1 oz. eq per day)

<table>
<thead>
<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham &amp;/or Turkey</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>1/2 Cup per week</td>
<td>0.25 Cup</td>
<td>0.5 Cup</td>
<td>Cup</td>
<td>Cup</td>
</tr>
<tr>
<td>1/4 Cup per week</td>
<td>0.25 Cup</td>
<td>0.25 Cup</td>
<td>Cup</td>
<td>0.5 Cup</td>
<td>1.5 Cup</td>
</tr>
<tr>
<td>Cheese-Chicken</td>
<td>1 Oz Eq</td>
<td>1 Oz Eq</td>
<td>2 Oz Eq</td>
<td>1.5 Oz Eq</td>
<td>9.5 Oz Eq</td>
</tr>
<tr>
<td>Turkey</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Fish</td>
<td>10 Yes</td>
<td></td>
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#### Additional Vegetable to reach Goal (1 Cup per week)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>greens (1 oz. eq)</td>
<td>1 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>1/4 oz per week</td>
<td>1 Oz Eq</td>
<td>1 Oz Eq</td>
<td>2 Oz Eq</td>
<td>1.5 Oz Eq</td>
<td>9.5 Oz Eq</td>
</tr>
<tr>
<td>Fruits (1/2 Cup per day)</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>肤 (1/2 Cup per day)</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Milk (1 oz. eq)</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
</tr>
</tbody>
</table>

### R\&ADES 9-12

#### f/MA (2 oz. eq per day)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham &amp;/or Turkey</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>1/2 Cup per week</td>
<td>0.25 Cup</td>
<td>0.5 Cup</td>
<td>Cup</td>
<td>Cup</td>
</tr>
<tr>
<td>1/4 Cup per week</td>
<td>0.25 Cup</td>
<td>0.25 Cup</td>
<td>Cup</td>
<td>0.5 Cup</td>
<td>1.5 Cup</td>
</tr>
<tr>
<td>Cheese-Chicken</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Turkey</td>
<td>Cheese</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Fish</td>
<td>11 Yes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Additional Vegetable to reach Goal (1 1/2 Cup per week)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>greens (2 oz. eq)</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
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<tr>
<td>0-1 oz per week</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Fruits (1 Cup per day)</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>肤 (1 Cup per day)</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
<td>2 Oz Eq</td>
</tr>
<tr>
<td>Milk (1 Cup per day)</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
<td>1 Cup</td>
</tr>
</tbody>
</table>
## NE Iowa Cycle Menu
### WEEK 3

<table>
<thead>
<tr>
<th>Standards</th>
<th>Calories</th>
<th>Sodium (mg)</th>
<th>Carb (g)</th>
<th>T. Fat (g)</th>
<th>S. Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5 Standards</td>
<td>550-650</td>
<td>&lt;640</td>
<td>&lt;710</td>
<td>&lt;10</td>
<td>&lt;10</td>
</tr>
<tr>
<td>6-8 Standards</td>
<td>600-700</td>
<td>&lt;710</td>
<td>&lt;740</td>
<td>&lt;10</td>
<td>&lt;10</td>
</tr>
<tr>
<td>9-12 Standards</td>
<td>750-850</td>
<td>&lt;740</td>
<td>&lt;740</td>
<td>&lt;10</td>
<td>&lt;10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>x = Changes from K-5 menu</th>
<th>Calories</th>
<th>Sodium (mg)</th>
<th>Carb (g)</th>
<th>T. Fat (g)</th>
<th>S. Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-5 Monday</td>
<td>641</td>
<td>1490.333333</td>
<td>89.303333</td>
<td>19.54667</td>
<td>6.946667</td>
</tr>
<tr>
<td>Tuesday</td>
<td>641</td>
<td>588</td>
<td>92.7</td>
<td>15.21</td>
<td>4.505</td>
</tr>
<tr>
<td>Wednesday</td>
<td>738</td>
<td>1282</td>
<td>91.86</td>
<td>21.14</td>
<td>6.51</td>
</tr>
<tr>
<td>Thursday</td>
<td>680</td>
<td>1226</td>
<td>91.96</td>
<td>2.25</td>
<td>1.32</td>
</tr>
<tr>
<td>Friday</td>
<td>517</td>
<td>766</td>
<td>88.47</td>
<td>3.34</td>
<td>0.355</td>
</tr>
<tr>
<td><strong>Average</strong></td>
<td>623.4</td>
<td>1070.5</td>
<td>90.9</td>
<td>12.3</td>
<td>3.9</td>
</tr>
</tbody>
</table>

| 6-8 Monday               | 641      | 1490.333333 | 89.303333| 19.54667  | 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      |
| **Average**              | 657.2    | 1146.9      | 96.4     | 14.6       | 4.4        |

| 9-12 Monday             | 800      | 1655.333333 | 101.0733 | 26.59667  | 7.966667   |
| 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       |
| **Average**             | 771      | 1263.6      | 113.3    | 17.8       | 5.5        |

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Portion</th>
<th>Calories</th>
<th>Sodium (mg)</th>
<th>Carb (g)</th>
<th>T. Fat (g)</th>
<th>S. Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>K-5 Deli Combo Sub</td>
<td>1 sandwich</td>
<td>292</td>
<td>984</td>
<td>25</td>
<td>13</td>
<td>6</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>1/2 cup</td>
<td>77</td>
<td>13</td>
<td>17</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Fresh carrots</td>
<td>1/2 cup</td>
<td>18</td>
<td>51</td>
<td>4.02</td>
<td>0.14</td>
<td>0.03</td>
</tr>
<tr>
<td>Ranch Dip</td>
<td>2 TBSP</td>
<td>70</td>
<td>281</td>
<td>5</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Apple slices, cut 8</td>
<td>6 each</td>
<td>54</td>
<td>1</td>
<td>14.29</td>
<td>0.18</td>
<td>0.03</td>
</tr>
<tr>
<td>Skim Chocolate Milk</td>
<td>1/2 pint</td>
<td>130</td>
<td>180</td>
<td>24</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>641</td>
<td>1490.3</td>
<td>89.3</td>
<td>19.5</td>
<td>6.9</td>
</tr>
</tbody>
</table>

| 6-8 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    | 281         | 5        | 5          | 1          |
| Skim Chocolate Milk     | 1/2 pint  | 130   | 180         | 24       | 0          | 0          |
| **Total**               |          | 641   | 1490.3      | 89.3     | 19.5       | 6.9        |

| 9-12 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    | 281         | 5        | 5          | 1          |
| Skim Chocolate Milk     | 1/2 pint  | 130   | 180         | 24       | 0          | 0          |
| **Total**               |          | 800   | 1655.3      | 101.1    | 26.6       | 8.0        |
### Tuesday

<p>| | | | | | |</p>
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>K-5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goulash</td>
<td>3/4 cup</td>
<td>283</td>
<td>193</td>
<td>26.14</td>
<td>10.67</td>
</tr>
<tr>
<td>WG Breadstick</td>
<td>1 stick</td>
<td>170</td>
<td>200</td>
<td>29</td>
<td>4</td>
</tr>
<tr>
<td>Fresh broccoli/cauliflower</td>
<td>1/2 cup</td>
<td>12</td>
<td>13</td>
<td>2.42</td>
<td>0.14</td>
</tr>
<tr>
<td>Mixed Fruit</td>
<td>1/2 cup</td>
<td>46</td>
<td>2</td>
<td>11.14</td>
<td>0.4</td>
</tr>
<tr>
<td>Skim Chocolate Milk</td>
<td>1/2 pint</td>
<td>130</td>
<td>180</td>
<td>24</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>641</strong></td>
<td><strong>588</strong></td>
<td><strong>92.7</strong></td>
<td><strong>15.21</strong></td>
</tr>
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</table>

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</thead>
<tbody>
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<td>6-8</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Goulash</td>
<td>3/4 cup</td>
<td>283</td>
<td>193</td>
<td>26.14</td>
<td>10.67</td>
</tr>
<tr>
<td>WG Breadstick</td>
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<td>170</td>
<td>200</td>
<td>29</td>
<td>4</td>
</tr>
<tr>
<td>Fresh broccoli/cauliflower</td>
<td>1/2 cup</td>
<td>12</td>
<td>13</td>
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<td>0.14</td>
</tr>
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<td>Mixed Fruit</td>
<td>1/2 cup</td>
<td>46</td>
<td>2</td>
<td>11.14</td>
<td>0.4</td>
</tr>
<tr>
<td>Skim Chocolate Milk</td>
<td>1/2 pint</td>
<td>130</td>
<td>180</td>
<td>24</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>641</strong></td>
<td><strong>588</strong></td>
<td><strong>92.7</strong></td>
<td><strong>15.21</strong></td>
</tr>
</tbody>
</table>

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>9-12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goulash</td>
<td>3/4 cup</td>
<td>283</td>
<td>193</td>
<td>26.14</td>
<td>10.67</td>
</tr>
<tr>
<td>x Fresh broccoli/cauliflower</td>
<td>3/4 cup</td>
<td>18</td>
<td>19.5</td>
<td>3.63</td>
<td>0.21</td>
</tr>
<tr>
<td>x Mixed Fruit</td>
<td>1/2 cup</td>
<td>46</td>
<td>2</td>
<td>11.14</td>
<td>0.4</td>
</tr>
<tr>
<td>x Fruit Choice</td>
<td>1/2 cup</td>
<td>72</td>
<td>6</td>
<td>19.04</td>
<td>0.04</td>
</tr>
<tr>
<td>Skim Chocolate Milk</td>
<td>1/2 pint</td>
<td>130</td>
<td>180</td>
<td>24</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>719</strong></td>
<td><strong>600.5</strong></td>
<td><strong>112.95</strong></td>
<td><strong>15.32</strong></td>
</tr>
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### Wednesday

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