### NE IOWA CYCLE MENU - WEEK 1

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Weekly Total</th>
<th>Net</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grilled Chicken Breast</td>
<td>Spaghetti with Meat Sauce</td>
<td>Chicken Fajitas w/ vegetables</td>
<td>Chili</td>
<td>Cheese Pizza</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato Fries</td>
<td>WG Bun</td>
<td>Green Beans</td>
<td>Mixed Greens Salad</td>
<td>Roasted Zucchini</td>
<td>Spinach Salad</td>
<td>Sweet Corn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>Ketchup/Mayo</td>
<td>Pears</td>
<td>Apple</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Skim or 1 % Milk</td>
<td>Skim or 1 % Milk</td>
<td>Skim or 1 % Milk</td>
<td>Skim or 1 % Milk</td>
<td>Skim or 1 % Milk</td>
<td>Skim or 1 % Milk</td>
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**GRADES K-5**

<table>
<thead>
<tr>
<th>M/L/A (1 oz eq per day)</th>
<th>Weekly Total</th>
<th>Net</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>(8-10 oz eq per week)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables (3/4 Cup per week)</th>
<th>Dark Green</th>
<th>Mixed Greens (1 c)</th>
<th>Spinach (1 c)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1/2 Cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>Cup</td>
<td>0.375</td>
<td>Cup</td>
</tr>
<tr>
<td>(3/4 Cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Beans/Peas (Legumes)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>(1/2 Cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>2.5</td>
<td>2.5</td>
<td>Yes</td>
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<tr>
<td>Starch</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Other</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>(1/2 cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Daily total</td>
<td>0.75</td>
<td>0.875</td>
<td>1</td>
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**Additions**

<table>
<thead>
<tr>
<th>WW Run</th>
<th>1 Pasta; 1 Bread</th>
<th>WW Tortilla</th>
<th>Combread/Crackers</th>
<th>WW Crust</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5</td>
<td>Oz Eq</td>
<td>2</td>
<td>Oz Eq</td>
<td>2</td>
</tr>
<tr>
<td>0.5</td>
<td>Oz Eq</td>
<td>2</td>
<td>Oz Eq</td>
<td>2</td>
</tr>
<tr>
<td>0.5</td>
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<tr>
<td>0.5</td>
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<td>0.5</td>
<td>Oz Eq</td>
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**GRADES 6-8**

<table>
<thead>
<tr>
<th>M/L/A (1 oz eq per day)</th>
<th>Weekly Total</th>
<th>Net</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>(9-10 oz eq per week)</td>
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<table>
<thead>
<tr>
<th>Vegetables (3/4 Cup per week)</th>
<th>Dark Green</th>
<th>Mixed Greens (1 c)</th>
<th>Spinach (1 c)</th>
</tr>
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<tbody>
<tr>
<td>(1/2 Cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>Cup</td>
<td>0.375</td>
<td>Cup</td>
</tr>
<tr>
<td>(3/4 Cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Beans/Peas (Legumes)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>(1/2 Cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>2.5</td>
<td>2.5</td>
<td>Yes</td>
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</tr>
<tr>
<td>Starch</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Other</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>(1/2 cup per week)</td>
<td>Cup</td>
<td>0.5</td>
<td>Cup</td>
</tr>
<tr>
<td>Daily total</td>
<td>0.75</td>
<td>0.875</td>
<td>1</td>
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**Additions**

<table>
<thead>
<tr>
<th>WW Run</th>
<th>1 Pasta; 1 Bread</th>
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<th>Combread/Crackers</th>
<th>WW Crust</th>
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**GRADES 9-12**

<table>
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<tr>
<th>M/L/A (2 oz eq per day)</th>
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<th>Net</th>
<th>Yes/No</th>
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</thead>
<tbody>
<tr>
<td>(10-12 oz eq per week)</td>
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</tbody>
</table>

| Dark Green | Cup | 0.5 | Cup | 0.5 | Cup | Yes |
| (1/2 Cup per week) | Cup | 0.375 | Cup | 0.39 | Cup | 1.765 | Yes |
| Red/Orange | Cup | 0.5 | Cup | 0.5 | Cup | 0.5 | Yes |
| (1/2 Cup per week) | Cup | 0.5 | Cup | 0.5 | Cup | 0.5 | Yes |
| 2.5 | 2.5 | Yes |        |
| Starch | Cup | 0.5 | Cup | 0.5 | Cup | 1 | Yes |
| Other | Cup | 0.5 | Cup | 0.5 | Cup | 1 | Yes |
| (1/2 cup per week) | Cup | 0.5 | Cup | 0.5 | Cup | 1 | Yes |
| Daily total | 1 | 1 | 1 | 1 | 1 | 5.695 | Yes |

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

<table>
<thead>
<tr>
<th>WW Run</th>
<th>1 Pasta; 2 Bread</th>
<th>Tortilla, 1 Rice 2</th>
<th>1 Combread, 1 Crust</th>
<th>Pizza Curst</th>
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<td>Oz Eq</td>
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<td>Carb (g)</td>
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<tr>
<td><strong>K-5</strong></td>
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</tr>
<tr>
<td>Monday</td>
<td>536</td>
<td>1341</td>
<td>90.93</td>
<td>5.26</td>
</tr>
<tr>
<td>Tuesday</td>
<td>611</td>
<td>905</td>
<td>88.06</td>
<td>13.11</td>
</tr>
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<td>Wednesday</td>
<td>599</td>
<td>650</td>
<td>75.79</td>
<td>20.85</td>
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<td>593</td>
<td>1119</td>
<td>78.89</td>
<td>17.06</td>
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<td>19.61</td>
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<td>Average</td>
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<td>972</td>
<td>83.50</td>
<td>15.18</td>
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<td><strong>6-8</strong></td>
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<tr>
<td>Monday</td>
<td>536</td>
<td>1341</td>
<td>90.93</td>
<td>5.26</td>
</tr>
<tr>
<td>Tuesday</td>
<td>696</td>
<td>1005</td>
<td>102.56</td>
<td>15.11</td>
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<tr>
<td>Wednesday</td>
<td>599</td>
<td>650</td>
<td>75.79</td>
<td>20.85</td>
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<td>Thursday</td>
<td>593</td>
<td>1119</td>
<td>78.89</td>
<td>17.06</td>
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<td>Friday</td>
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<td>1371</td>
<td>104.71</td>
<td>19.89</td>
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<td>Friday</td>
<td>695</td>
<td>850</td>
<td>102.86</td>
<td>19.65</td>
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<tr>
<td>Average</td>
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<td>1118</td>
<td>114.15</td>
<td>18.28</td>
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### Monday

**K-5**
- Grilled Chicken Breast: 1 each
  - Calories: 114
  - Carbohydrates: 3.80%
  - Dietary Fat: 3.7
  - Saturated Fat: 1

- WG Hamburger Bun: 1 each
  - Calories: 110
  - Carbohydrates: 21
  - Dietary Fat: 1
  - Saturated Fat: 0

- Sweet Potato Fries: 3/4 cup
  - Calories: 100
  - Carbohydrates: 40
  - Dietary Fat: 26
  - Saturated Fat: 0

- Grapes: 1/2 cup
  - Calories: 31
  - Carbohydrates: 1
  - Dietary Fat: 7.89
  - Saturated Fat: 0.16

- Ketchup: 2 TBSP
  - Calories: 40
  - Carbohydrates: 320
  - Dietary Fat: 10
  - Saturated Fat: 0

- Mayo: 1 TBSP
  - Calories: 11
  - Carbohydrates: 120
  - Dietary Fat: 2
  - Saturated Fat: 0.4

- Skim Chocolate Milk: 1/2 pint
  - Calories: 130
  - Carbohydrates: 180
  - Dietary Fat: 24
  - Saturated Fat: 0

**Total**
- Calories: 536
- Carbohydrates: 1314.4
- Dietary Fat: 90.928
- Saturated Fat: 5.26

**6-8**
- Grilled Chicken Breast: 1 each
  - Calories: 114
  - Carbohydrates: 3.80%
  - Dietary Fat: 3.7
  - Saturated Fat: 1

- WG Hamburger Bun: 1 each
  - Calories: 110
  - Carbohydrates: 21
  - Dietary Fat: 1
  - Saturated Fat: 0

- Sweet Potato Fries: 3/4 cup
  - Calories: 100
  - Carbohydrates: 40
  - Dietary Fat: 26
  - Saturated Fat: 0

- Grapes: 1/2 cup
  - Calories: 31
  - Carbohydrates: 1
  - Dietary Fat: 7.89
  - Saturated Fat: 0.16

- Ketchup: 2 TBSP
  - Calories: 40
  - Carbohydrates: 320
  - Dietary Fat: 10
  - Saturated Fat: 0

- Mayo: 1 TBSP
  - Calories: 11
  - Carbohydrates: 120
  - Dietary Fat: 2
  - Saturated Fat: 0.4

- Skim Chocolate Milk: 1/2 pint
  - Calories: 130
  - Carbohydrates: 180
  - Dietary Fat: 24
  - Saturated Fat: 0

**Total**
- Calories: 536
- Carbohydrates: 1314.4
- Dietary Fat: 90.928
- Saturated Fat: 5.26

**9-12**
- Grilled Chicken Breast: 1 each
  - Calories: 114
  - Carbohydrates: 3.80%
  - Dietary Fat: 3.7
  - Saturated Fat: 1

- WG Hamburger Bun: 1 each
  - Calories: 110
  - Carbohydrates: 21
  - Dietary Fat: 1
  - Saturated Fat: 0

- Sweet Potato Fries: 1 cup
  - Calories: 133
  - Carbohydrates: 53
  - Dietary Fat: 35
  - Saturated Fat: 0

- Grapes: 1/2 cup
  - Calories: 31
  - Carbohydrates: 1
  - Dietary Fat: 7.89
  - Saturated Fat: 0.16

- Fruit Choice: 1/2 cup
  - Calories: 72
  - Carbohydrates: 6
  - Dietary Fat: 19.04
  - Saturated Fat: 0.04

- Ketchup: 2 TBSP
  - Calories: 40
  - Carbohydrates: 320
  - Dietary Fat: 10
  - Saturated Fat: 0

- Mayo: 1 TBSP
  - Calories: 11
  - Carbohydrates: 120
  - Dietary Fat: 2
  - Saturated Fat: 0.4

- Skim Chocolate Milk: 1/2 pint
  - Calories: 130
  - Carbohydrates: 180
  - Dietary Fat: 24
  - Saturated Fat: 0

**Total**
- Calories: 641
- Carbohydrates: 1361
- Dietary Fat: 119
- Saturated Fat: 5
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<thead>
<tr>
<th>Menu Item</th>
<th>Portion Size</th>
<th>Calories</th>
<th>Sodium (mg)</th>
<th>Carb (g)</th>
<th>T. Fat (g)</th>
<th>S. Fat (g)</th>
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</thead>
<tbody>
<tr>
<td><strong>K-5 Tuesday</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spaghetti with Meat Sauce</td>
<td>1 cup</td>
<td>332</td>
<td>312</td>
<td>34.22</td>
<td>10.71</td>
<td>4.39</td>
</tr>
<tr>
<td>1/2 WG Breadstick</td>
<td>1/2 stick</td>
<td>85</td>
<td>100</td>
<td>14.5</td>
<td>2</td>
<td>0.0325</td>
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<tr>
<td>Green beans</td>
<td>1/2 cup</td>
<td>18</td>
<td>311</td>
<td>4.2</td>
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<td>0</td>
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<tr>
<td>Pears</td>
<td>1/2 cup</td>
<td>46</td>
<td>2</td>
<td>11.14</td>
<td>0.40</td>
<td>0.02</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>
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<tr>
<td><strong>Total</strong></td>
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<td>611</td>
<td>905</td>
<td>88.06</td>
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<td><strong>6-8</strong></td>
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<td>Spaghetti with Meat Sauce</td>
<td>1 cup</td>
<td>332</td>
<td>312</td>
<td>34.22</td>
<td>10.71</td>
<td>4.39</td>
</tr>
<tr>
<td>x WG Breadstick</td>
<td>1 stick</td>
<td>170</td>
<td>200</td>
<td>29</td>
<td>4</td>
<td>0.065</td>
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<tr>
<td>Green beans</td>
<td>1/2 cup</td>
<td>18</td>
<td>311</td>
<td>4.2</td>
<td>0</td>
<td>0</td>
</tr>
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<td>2</td>
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<td>0.02</td>
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<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>696</td>
<td>1005</td>
<td>102.56</td>
<td>15.11</td>
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<td>72</td>
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<tr>
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<td>1/2 pint</td>
<td>130</td>
<td>180</td>
<td>24</td>
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<td>0</td>
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<td>1 each</td>
<td>340</td>
<td>440</td>
<td>34</td>
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<td>1.35</td>
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<td>14.29</td>
<td>0.18</td>
<td>0.03</td>
</tr>
<tr>
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<td>440</td>
<td>34</td>
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<td>14.29</td>
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<td>2 crackers</td>
<td>26</td>
<td>46</td>
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<tr>
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<td>3/4 cup</td>
<td>231</td>
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<td><strong>Total</strong></td>
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<tr>
<td>x Fruit Choice</td>
<td>1/2 cup</td>
<td>72</td>
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<td>80</td>
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