Iowa Gold Star Cycle Menu

PLEASE NOTE:

- The Iowa Gold Star Cycle Menus meet the Gold criteria for HealthierUS School Challenge, includes locally grown fruit/vegetable options, and offers healthy USDA Foods.
- All menus include a choice of non-fat or 1% milk.
- The second vegetable and the first fruit listed are fresh.
- The menu follows a food-based menu planning approach, which is in line with the Proposed Rule for NSLP Nutrition Standards/IOM recommendations.
- If a school is on the enhanced menu planning method, additional grains of up to 15 servings per week, may need to be added. All menus provide at least 8 grain servings/week.
- Nutrition analysis using NutriKids is available using simple averaging, following the IOM recommendations of 2 servings of vegetable and 1 serving fruit daily.
- Target calories per IOM recommendations are 600-700 calories/day; and 750-850 calories/day when the optional healthy dessert is served 1/week.
- A whole grain product in indicated by WG in the menu.

Recipes and other supporting resources are available at http://tinyurl.com/iowagoldstarmenu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Chicken Strips Cheesy Mascot Bread w/Marinara Sauce Roasted Squash Cuban Black Bean Salad Kiwi Sliced Pears Cornbread	Hamburger on Bun Chicken Brown Rice Bowl with Vegetables Sweet Potato Fries Sliced Peppers and Cherry Tomatoes w/Ranch Dip Frozen Melon Balls or Fresh Melon Pineapple Winter Alternate Entrée: Chicken a la King over Whole Wheat Biscuit	WG Beef and Bean Enchilada Low-Fat Turkey Corn Dog Mexicali Corn Mixed Greens Salad Banana Fruit Cup WG Corn Tortilla Chips	Turkey w/ Gravy Baked Fish Shapes Mashed Potatoes Broccoli Florets Red Seedless Grapes w/Fruit Dip Mandarin Oranges WG Sage Dressing with Dried Cherries Spring Alternate Entrée: Turkey Sandwich on WG bun, WG Pasta Salad, Chef Cyndie's Spring Salad w/Pear Vinaigrette	WG Cheese Pizza Hot Ham and Cheese on WG Bagel Carrots Marinated Fresh Vegetable Salad Red Apple Slices w/Caramel Sauce Peach Slices Dessert (Optional) WG Apple Crisp

Iowa Gold Star Cycle Menu

WEEK 2 Turkey Tetrazzini with WG Noodles WG Sausage Pizza Wedge California Blend Veggies Carrot Raisin Salad Seasonal Fruit Fruit Cocktail	Mandarin Orange Chicken with Brown Rice Beef Lasagna Green Peas Spinach Salad w/Grape Tomatoes Fresh Orange Wedge Strawberry Applesauce Whole Wheat Breadstick	Chili with Beans Cheese Omelet Tri Tater or Potato Wedge Carrots and Celery Sticks w/Ranch Dip Banana Pineapple Tidbits Homemade Whole Wheat Cinnamon Roll Alternate Entrées: White Chili with Beans WG Pancakes and Turkey Sausage	Stromboli Bites Turkey Club on WG Bun Sautéed Summer Squash Mixed Greens Salad Green Apple Slices w/Fruit Dip Sliced Pears	Chicken Quesadilla Oven Baked Fish on WG Bun Stir-fry Veggies Fresh Broccoli and Cauliflower Green Grapes Apricots Spring Alternate Entrée: Fish Taco Dessert (Optional) Oatmeal Whole Wheat Raisin Cookie

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3 WG Pepperoni Pizza Chef Salad with Grilled Fajita Chicken Strips and Whole Wheat Breadstick Sweet Potato Salad with Citrus Vinaigrette Raw Veggies Sticks w/Ranch Dip Frozen Melon Balls or Fresh Melon Mandarin Oranges	Low Fat Hot Dog and WG Bun Sloppy Joe on WG Bun Baked Beans Mixed Greens Salad Banana Tropical Fruit Dessert (Optional) Applesauce Cake or Carrot Cake	Chef BJ's Pork Roast w/ Apples and WG Roll Chicken Caesar Wrap Oven Brown Potatoes Savory Carrots Strawberries Apple Slices Spring Alternate Entrée: Cuban Pork Sandwich on WG Bun	Beef and Bean Nachos w/ WG Corn Tortilla Chips and Salsa Honey Mustard Deli Wrap w/ Multigrain Sun Chips Green Beans Cucumber Slices w/Ranch Dip Orange Wedge Sliced Peaches	Cheesy Broccoli Omelet French Toast Sticks Tuna Salad Sandwich Tater Tots Spinach Salad w/Grape Tomatoes Red and Green Apple Slices w/Fruit Dip Blueberries Spring Alternate Entrée: Tuna Melt on WG Pita

Iowa Gold Star Cycle Menu

WEEK 4 Seasoned Turkey Patty or Grilled Chicken on WG Bun Baked Potato w/Chili and Cornbread Broccoli Steamed Jicama Salad Seasonal Fruit Apricots Winter Alternate Entrée: Turkey Black Bean Chili with/Cornbread Dessert (Optional) Triple Berry Buckle	Beef Taco on WG Tortilla w/Salsa Breaded Mozzarella Cheese Sticks w/ Marinara Refried Beans Marinated Fresh Vegetable Salad Kiwi w/Fruit Dip Pears	BBQ Pulled Pork on WG Bun Vegetarian Rice Bowl Stir Fry Veggies Creamy Coleslaw Banana Fruit Cocktail	Meatball Sub Chef Salad with WG Roll Honey Glazed Carrots Celery w/Sunflower Dip Fresh Melon, Grapes and Strawberries Applesauce	Mac and Cheese w/Sausage Patty Chicken Panini Peas Mixed Green Salad Red Grapes Pineapple Winter Alternate Entrée: Tuna Noodle Crunch

WEEK 5 Spaghetti w/ Meat Sauce Fajita Chicken Wrap Green Beans Fresh Cucumber Slices w/Ranch Dip Orange Wedges Spiced apples Spring Alternate Entrée: Mini Lasagna Bites Dessert (Optional) Pumpkin Bar	Breaded Pork Tenderloin Sandwich on WG Bun Pizza Dippers w/ Marinara Baked Beans Sweet Potato Crisp Cuts Fresh/Frozen Blueberries Fruit Cocktail	Chicken and Spinach Alfredo WG Pasta and Whole Wheat Breadstick Deli Combo Sub Sautéed Zucchini Squash Mixed Greens Salad Banana Peaches	Beef Taco Salad w/ WG Roll Popcorn Chicken with Brown Rice Carrot and Celery Sticks Hummus Apple Wedge w/Fruit Dip Pineapple Melon Salsa Winter Alternate Entrée: Chipotle Chicken Burrito	Chicken Nuggets Grilled Cheese with Tomato Soup Snap Peas Three-Bean Salad Fresh/Frozen Strawberries Mandarin Oranges WG Roll Dessert (Optional) Banana Cake

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to *USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).* USDA is an equal opportunity provider and employer.