



Iowa Gold Star Cycle Menu



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 1</p> <p>Cheesy Mascot Bread w/Marinara Sauce</p> <p>Marinated Fresh Vegetable Salad Green Beans</p> <p>Kiwi Pear Slices</p>	<p>Chicken Brown Rice Bowl with Mixed Oriental Vegetables</p> <p>Black Beans</p> <p>Red Apple Slices Peach Slices</p>	<p>WG Beef and Bean Enchilada</p> <p>Sliced Green and Red Peppers Hawkeye Salad</p> <p>Banana Mixed Fruit</p>	<p>Roasted Turkey w/Gravy</p> <p>Broccoli Florets Mashed Potatoes</p> <p>Red Seedless Grapes Mandarin Oranges</p> <p>WG Sage Dressing w/ Dried Cherries WG Roll-1 oz</p>	<p>Hamburger on WG Bun w/Catsup/Mustard</p> <p>Mixed Greens Salad w/Salad Dressing Sweet Potato Fries</p> <p>Fresh Melon Pineapple</p>
<p>WEEK 2</p> <p>WG Sausage Pizza</p> <p>Celery Sticks w/Spicy Hummus California Blend Veggies</p> <p>Orange Smiles Fruit Cocktail</p>	<p>Beef Lasagna</p> <p>Spinach Salad w/Grape Tomatoes Peas</p> <p>Pear Strawberry Applesauce</p> <p>Whole Wheat Breadstick</p>	<p>Wrangler's Beef Chili w/WG Goldfish Crackers</p> <p>Baby Carrots</p> <p>Green Apple Slices Pineapple Tidbits</p> <p>Whole Wheat Cinnamon Roll</p>	<p>Hot Ham and Cheese on WG Bun</p> <p>Mixed Greens Salad w/Salad Dressing Sautéed Summer Squash</p> <p>Banana Peach Slices</p>	<p>Fish Taco w/Coleslaw</p> <p>Tri Tator w/Catsup</p> <p>Green Grapes Apricots</p>



Iowa Gold Star Cycle Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 3</p> <p>Chicken Caesar Wrap</p> <p>Broccoli and Cauliflower w/Ranch dip Savory Carrots</p> <p>Melon Tropical Fruit</p>	<p>Sloppy Joe on WG Bun</p> <p>Carrots and Celery Sticks Baked Beans</p> <p>Banana Mandarin Oranges</p>	<p>Mandarin Orange Chicken w/Brown Rice</p> <p>Mixed Greens Salad w/Salad Dressing Stir-Fry Vegetables</p> <p>Apple Slices Pineapple</p> <p>Fortune Cookie</p>	<p>Walking Taco with WG Tortilla Chips</p> <p>Black Bean and Corn Salsa</p> <p>Orange Smiles Pear Slices</p>	<p>Cheesy Broccoli Egg Bake</p> <p>Cherry Tomatoes Tater Tots w/Catsup</p> <p>Strawberries Orange Juice Cup</p> <p>WG Roll-2 oz</p>
<p>WEEK 4</p> <p>WG Cheese Pizza</p> <p>Mixed Green Salad w/Salad Dressing Honey Glazed Carrots</p> <p>Pear Fruit Cocktail</p>	<p>Beef Taco on WG Tortilla w/Salsa</p> <p>Radish, Cucumber and Carrots Refried Beans</p> <p>Kiwi Apricots</p>	<p>BBQ Pulled Pork on WG Bun</p> <p>Creamy Coleslaw Green Beans</p> <p>Banana Applesauce</p>	<p>Meatball Sub on WG Bun</p> <p>Celery and Red Pepper Strips Roasted Butternut Squash</p> <p>Grapes Pears</p>	<p>Chicken Melt</p> <p>Cherry Tomatoes Peas</p> <p>Clementine Pineapple</p>



Iowa Gold Star Cycle Menu



WEEK 5				
Spaghetti w/Meat Sauce	Beef Tips w/Mashed Potatoes	Creamy Chicken w/Veggies over WG Biscuit	Beef Taco Salad w/WG Tortilla Chips	Grilled Cheese Tomato Soup
Sautéed Summer Squash Green Beans	Snap Peas	Mixed Greens Salad w/ Salad Dressing	Cyclone Salad	Baby Carrots Calico Beans
Apple Slices Strawberries	Orange Wedge Blueberries	Fresh Pear Peaches	Fresh Melon Spiced Apples	Green Grapes Mandarin Oranges
WG Garlic Bread Stick	WG Roll-2 oz			

PLEASE NOTE:

- The 5-week cycle menu meets the new NSLP meal pattern for grades K-8; 550-650 calories; 8-9 oz eq. grains; 9-10 oz eq. meat/meat alternate.
- The menu includes flexibilities in the meat/meat alternate and grain maximums.
- The Iowa Gold Star Cycle Menus meet the Gold criteria for HealthierUS School Challenge and offers healthy USDA Foods.
- All menus include a choice of non-fat milk or non-fat chocolate milk.
- The first vegetable and first fruit listed are fresh.
- Nutrition analysis using NutriKids is calculated with 1 of the 2 fruits served as weighted average and both vegetables.
- A whole grain product is indicated by WG in the menu. All buns are 1.5 oz. WG hamburger buns; WG rolls are 1 oz. or 2 oz.

[Chef Cyndie Recipe](#)

[Ohio Menus that Move - Hawkeye Salad \(Cowboy Corn Salad\) and Cyclone Salad \(Bean and Corn Salad\)](#)

[Iowa Beef Council](#)

[Bondurant Farrar Community School District](#)

[Nevada Community School District](#)

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html. Or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).