

Menu Goal 9: Iron

Challenge Requirements

Two or more source of iron must be offered daily.

Description.

.8 mg	=	1 source of Iron
-------	---	------------------

Serving size requirements for iron can be found on pages 65-66.

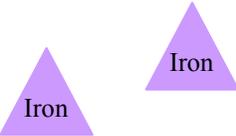
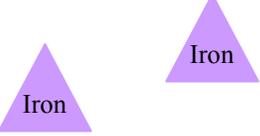
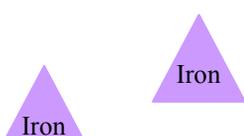
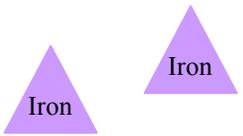
USDA Recipes providing at least .8mg or more of iron on pages 67-69.

Commodity foods with a at least .8mg of iron on pages 70-71.

Every child must have the opportunity to select 2 sources of iron from each day's menu.

If one source is one entrée and the other is another entrée and the child can only pick one entrée this will not count. The child must be able to select both sources of iron.

One item may count as 2 sources if it has 1.6 mg or more of iron.

Monday	Tuesday	Wednesday	Thursday	Friday
				

Nutrition Facts	
Serving Size 1 Roll (31g)	
Servings Per Container 12	
Amount Per Serving:	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Thiamin 6%	Riboflavin 0%
Niacin 4%	Folic Acid 2%

Label Conversion:

Iron on a food label is shown as a % of daily value. To convert the percent to mg use the following equation:

$$\% \text{ of iron} \times 18\text{mg} = \text{mg of iron in the serving of food}$$

Example:

$$4\% \times 18 \text{ mg} = .72 \text{ mg of iron per serving}$$



Goldie's Tips

Most of your entrées will help you meet this requirement. Remember, if it has 1.6 mg or more of iron it can count for both servings.

Offer these foods on salad bar:

- Almonds
- Walnuts
- Legumes



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place the recipe and/or food labels in your HealthierUS Challenge application packet showing the foods that meet the iron requirement.

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: 2 or more source of iron offered daily

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Good Sources of Iron (at least .8 mg per serving)*

Food Item	Serving Size	Mg.
Asparagus, canned, drained solids	4 spears	1.3
Beans, baked, canned, plain or vegetarian	½ cup	1.5
Beans, baked, canned, with pork and tomato sauce	½ cup	4
Beans, black, mature seeds, cooked	½ cup	1.8
Beans, great northern, mature seeds, cooked	½ cup	1.9
Beans, kidney, red, mature seeds, cooked	½ cup	2.6
Beans, navy, mature seeds, cooked	½ cup	2.2
Beans, pinto, mature seeds, cooked boiled	½ cup	1.8
Beans, white, mature seeds, canned	½ cup	4
Beef, chuck, blade roast, braised	2 oz	1.8
Beef, ground, 80% lean meat/ 20% fat, patty, broiled	2 oz	1.4
Beef, liver, cooked	2 oz	3.5
Beef, round bottom round, braised	2 oz	1.5
Beets, canned	½ cup	1.5
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	1.7
Bread, cornbread, from recipe, made with low-fat milk	1 piece	1.6
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	.9
Bread, pita, white, enriched	6-1/2" pita	1.6
Bread, pumpernickel	1 slice	.9
Bread, rye	1 slice	.9
Bread, wheat (includes wheat berry)	1 slice	.8
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	.9
Bread, whole-wheat, commercially prepared	1 slice	.9
Brussels sprouts, cooked, boiled,	½ cup	.9
Cake, gingerbread, from recipe	1 piece	2.1
Cereals ready-to-eat	1 cup	2 -22
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity)	½ cup	1.7
Chicken, broilers or fryers, breast, roasted	½ breast	.9
Chicken, broilers or fryers, dark meat, meat only, roasted	2 oz	.8
Chickpeas (garbanzo beans), mature seeds, cooked	½ cup	2.4
Collards, cooked	½ cup	1.1
Cowpeas, common (black-eyed, crowder, southern), mature seeds, cooked	½ cup	1
Crackers, matzo, plain	1 matzo	.9
Fish fillet, battered or breaded, and fried	2 oz	1
Fish, catfish, channel, cooked, breaded and fried	2 oz	.8
Fish, haddock, cooked	2 oz	.8
Fish, tuna salad	½ cup	1
Fish, tuna, light canned in water, drained	2 oz	.9
Frankfurter, chicken or beef	1 frank	.8
Lentils, mature seeds, cooked, boiled	½ cup	3.3
Lima beans, immature seeds, frozen, baby or fordhook, cooked	½ cup	1.8
Lima beans, large, mature seed, dried, cooked	½ cup	2.2
Macaroni, cooked, enriched	½ cup	.9
Molasses, blackstrap	1 tbsp	3.5
Muffins, blueberry, commercially prepared	1 muffin	.9
Muffins, corn, dry mix, prepared	1 muffin	1
Noodles, egg, cooked, enriched	½ cup	1.3
Peas, green, cooked	½ cup	1.6
Peas, split, mature seeds, cooked	½ cup	1.3

Pizza, cheese, regular crust, frozen	1 serving	1.4
Pizza, meat and vegetable, regular crust, frozen	1 serving	1.1
Plums, canned, purple, heavy syrup pack, solids and liquids	½ cup	1
Pork, fresh, shoulder, arm picnic, braised	2 oz	1.1
Potato salad, school-prepared	½ cup	.8
Potato, baked, flesh and skin	1 medium	1.9
Raspberries, frozen, red, sweetened	½ cup	.8
Refried beans, canned (includes USDA commodity)	½ cup	2
Rice, white, long-grain or regular, parboiled, enriched	½ cup	1
Rolls, dinner, plain, commercially prepared	1 roll	.9
Rolls, hamburger or hotdog, plain	1 roll	1.4
Rolls, hard (includes Kaiser)	1 roll	1.9
Sauerkraut, canned, solids and liquids	½ cup	1.7
Soybeans, green, cooked	½ cup	2.3
Soybeans, mature cooked, boiled	½ cup	4.4
Spaghetti, cooked, enriched	½ cup	.9
Spinach, cooked, drained	½ cup	3.2
Sweet potato, canned	½ cup	1.1
Sweet potato, cooked, baked	1 medium	.8
Tomato products, canned, paste	2 T.	1
Tomato products, canned, puree	¼ cup	1.1
Tomatoes, red, ripe, canned, stewed	¼ cup	.85
Tomato sauce for pasta, spaghetti/marinara, ready-to serve	½ cup	1
Tomato soup, canned, prepared with equal volume water	½ cup	.9
Tortillas, read-to-bake or fry, flour	1 tortilla	1.1
Turkey roast, boneless, light and dark meat, roasted	1 oz light and 1 oz dark	.93
Turkey, all classes, dark meat, roasted	2 oz	1.3
Turkey, ground, cooked	2 oz	1
Turnip greens, frozen, cooked, boiled	½ cup	1.6
Vegetables, mixed canned	½ cup	.85

* A food with .8 mg or more of iron qualifies for the HealthierUS School Challenge as a source of iron since this meets 20% of the nutrient target for school lunch (grades 4-12).

Adapted from USDA National Nutrient Database for Standard Reference Release 18

The Following USDA Recipes Provide at least .8 mg or More Iron Per Serving

Recipe	Page	Iron
Apple Cobbler	C-01	1.24 mg
Apple Crisp	C-02	0.99 mg
Apple-Honey Crisp	C-02A	1.01 mg
Applesauce Cake	C-03	1.15 mg
Arroz con Queso	D-48	2.16 mg
Baked Beans	I-06	0.86 mg
Baked French Toast Strips	J-03	1.35 mg
Baking Powder Biscuits	B-04	1.44 mg
Banana Bread Squares	B-05	0.90 mg
Barbecue Chicken	D-11	1.60 mg
Barbecued Beef or Pork on Roll	F-02	3.40 mg
Bean Burrito	D-12A	3.37 mg
Bean Soup	H-01	2.66 mg
Bean Taco	D-13A	2.67 mg
Beef and Bean Tamale Pie	D-15A	3.26 mg
Beef or Pork Burrito	D-12	2.62 mg
Beef or Pork Burrito (Using Canned Meats)	D-12B	2.35 mg
Beef or Pork Taco	D-13	2.43 mg
Beef or Pork Taco (Using Canned Meats)	D-13B	2.23 mg
Beef Shepherd's Pie	D-43	2.43 mg
Beef Stew	D-14	3.06 mg
Beef Stir Fry	D-39A	2.73 mg
Beef Taco Pie	D-45	3.28 mg
Beef Tamale Pie	D-15	2.89 mg
Beef Vegetable Soup	H-04A	1.28 mg
Bread Stuffing	B-06	1.40 mg
Breakfast Burrito with Salsa	J-02	2.95 mg
Broccoli Salad	E-17	0.82 mg
Broccoli, Cheese, and Rice Casserole	I-08	1.04 mg
Brown Bread	B-07	1.08 mg
Brown Rice Pilaf	B-22	0.83 mg
Brownies	C-04	1.00 mg
Carrot Cake	C-05	1.18 mg
Cherry Cobbler	C-06	2.58 mg
Cherry Crisp	C-07	1.67 mg
Chicken Fajitas	D-40	2.11 mg
Chicken or Turkey a la King	D-16	1.63 mg
Chicken or Turkey and Noodles	D-17	1.91 mg
Chicken or Turkey Chop Suey	D-18	1.03 mg
Chicken or Turkey Noodle Soup	H-02	0.87 mg
Chicken or Turkey Pot Pie	D-19	2.23 mg
Chicken or Turkey Rice Soup	H-02A	1.04 mg
Chicken or Turkey Salad	E-05	0.95 mg

Chicken or Turkey Taco	D-13C	1.77 mg
Chicken or Turkey Tamale Pie	D-15B	2.40 mg
Chicken Tetrazzini	D-42	1.88 mg
Chicken Tomato Bake	D-41	2.01 mg
Chicken Vegetable Soup	H-04B	1.00 mg
Chili Con Carne With Beans	D-20	2.71 mg
Chocolate Cake	C-08	1.19 mg
Chocolena Cake	C-31	1.21 mg
Cinnamon Rolls	B-08	2.08 mg
Corn and Green Bean Casserole	I-19	0.89 mg
Corn Pudding	I-10	0.90 mg
Cornbread	B-09	0.90 mg
Cornbread Stuffing	B-06A	1.20 mg
Country Fried Steak	D-21	2.11 mg
Cream of Vegetable Soup	H-03	0.96 mg
Egg Salad Sandwich	F-03	2.29 mg
Fried Rice	B-10	1.83 mg
Gingerbread	C-23	2.07 mg
Granola	J-01	1.04 mg
Ground Beef and Macaroni	D-22	3.32 mg
Ground Beef and Spanish Rice	D-23	3.10 mg
Ground beef Stroganoff	D-24	2.19 mg
Herbed Broccoli and Cauliflower Polonaise	I-18	1.00 mg
Hummus	E-24	1.06 mg
Italian Bread	B-11	1.70 mg
Lasagna With Ground Beef	D-25	2.65 mg
Lasagna with Ground Pork and Ground Beef	D-25A	2.56 mg
Macaroni and Cheese	D-26	1.03 mg
Macaroni Salad	E-07	1.18 mg
Marinated Black Bean Salad	E-21	1.70 mg
Meat Balls	D-27A	2.23 mg
Meat Loaf	D-27	2.23 mg
Minestrone	H-07	2.00 mg
Muffin Squares	B-12	0.88 mg
Nachos With Ground Beef	D-28	1.67 mg
New Macaroni and Cheese	D-51	1.57 mg
New Oatmeal Raisin Cookies	C-25	1.13 mg
New Spice Cake	C-28	0.82 mg
Oatmeal Cookies	C-10	0.82 mg
Oatmeal Muffin Squares	B-20	1.08 mg
Orange Rice Pilaf	B-21	1.06 mg
Oven Fried Chicken	D-29	1.77 mg
Pancakes	B-13	1.09 mg
Pasta Salad	E-08	0.96 mg
Peach Cobbler	C-13	1.43 mg
Pizza Crust	B-14	1.62 mg

Pizza With Cheese Topping	D-30	2.17 mg
Pizza With Ground Beef Topping	D-31	2.82 mg
Pizza with Ground Pork Topping	D-31A	2.60 mg
Pizzaburger on Roll	F-04	3.58 mg
Pork Stir Fry	D-39B	1.37 mg
Potatoes Au Gratin	I-14	1.51 mg
Pourable Pizza Crust	B-15	1.67 mg
Quiche With Self-Forming Crust	D-32	1.04 mg
Quick Baked Potatoes	I-17	1.31 mg
Refried Beans	I-15	1.61 mg
Rice-Vegetable Casserole	B-23	0.96 mg
Rolls (yeast)	B-16	1.75 mg
Royal Brownies	C-21	0.95 mg
Salisbury Steak	D-33	2.00 mg
Scalloped Potatoes	I-16	1.68 mg
Sloppy Joe on Roll	F-05	3.74 mg
Spaghetti and Meat Sauce	D-35	3.24 mg
Spaghetti and Meat Sauce (Ground Beef and Ground Pork)	D-35A	2.98 mg
Spice Cake	C-16	1.30 mg
Stir-Fry (Chicken, Beef, Pork)	D-39	1.26 mg
Stromboli	F-06	1.79 mg
Stromboli with Tomato Sauce	F-06A	1.97 mg
Sweet and Sour Pork	D-36	1.11 mg
Sweet Potato Pie With Whipped Topping	C-17	1.98 mg
Sweet Potato-Prune Bread Squares	B-18	2.05 mg
Tabouleh	E-23	1.13 mg
Taco Pie with Beans	D-45B	3.62 mg
Taco Pie with Salad Topping	D-45A	3.41 mg
Taco Salad	E-10	2.49 mg
Thick Vegetable Soup	H-05	2.58 mg
Toasted Turkey Ham and Cheese Sandwich	F-07A	2.39 mg
Tuna and Noodles	D-37	3.92 mg
Tuna Salad Sandwich	F-08	3.02 mg
Turkey and Dressing Supreme	D-38	2.21 mg
Vegetable Chili	D-49	2.26 mg
Vegetable Lasagna	D-50	2.86 mg
Vegetable Pizza	D-30A	2.68 mg
Vegetable Quesadilla	D-52	1.98 mg
Vegetable Soup	H-04	1.08 mg
Vegetable Stromboli	F-06B	1.65 mg
Vegetable Wraps	F-09	1.94 mg
White bread	B-19	1.03 mg
Yellow Cake	C-20	1.05 mg

USDA Commodity Foods with at least .8 mg of Iron

Commodity Name	Serving Size	Iron
Fruit and Vegetables		
Asparagus	¼ cup	1
Blueberries, Dried	¼ cup	.8
Raspberry Puree	3.5 oz	1.1
Fig, Whole, Dried	¼ cup	1.1
Fig Puree	8 oz	5.5
Fruit and Nut Mix	1/3 cup	.9
Plum Puree, Dried	3.5 oz	2.8
Potatoes, (Baking Type) Fresh	½ large potato	1.4
Potatoes, Diced, Dehydrated	3.5 oz	1.7
Potatoes, White, Sliced, Dehydrated	3.5 oz	1.5
Raisins, Seedless	¼ cup	.8
Raisins, Seedless, Individually Packed	1.33 oz	1
Salsa, Tomato, Canned	¼ cup	1.2
Sweet Potatoes, Mashed Canned	¼ cup heated	.9
Meat/MA		
Almonds	¼ cup	1
Beans, Canned Various (kidney)	¼ cup	.8
Beans, Dry Various (kidney)	¼ cup	1.3
Beans, Lima, Dry	¼ cup	1.1
Beans, Vegetarian, Canned	¼ cup	.9
Beans, White, Canned and Dry	¼ cup	1.1
Beef Crumbles, Fully Cooked, Frzn	2.2 oz	.8
Beef Patty, Fully Cooked, Breaded, Frzn	3 oz	2.5
Beef Patty w/ Soy Protein (SPP), Fully Cooked Frzn	2.2 oz	1
Beef Pot Roast, Cooked w/ Juices, Frzn	3 oz	4.5
Beef Sloppy Joe, Fully Cooked, Frzn	3.75 oz	1
Beef Chuck Roast, Raw Frzn	3 oz	2.6
Beans, Garbanzo, Canned	¼ cup	.8
Beans, Refried, Canned	¼ cup	1
Beef Ground, Patties & VPP, Raw, Frzn	3.1 oz	2.3
Beef Ground, Patties, Raw, 10% Fat, Frzn	3.1 oz	2.3-2.6
Beef Ground, Patties, Raw Frzn	3.1 oz	1.5
Beef Taco Filling, Fully Cooked, Frzn	3.75 oz	.88
Beef Ground, Bulk, Raw, Frzn	2 oz cooked meat (2.7 raw)	1.5
Chick. Nuggets, Batter Breaded, Cooked, Frzn	5 pcs	1.3
Chick. Parts, Cooked Batter/Breaded, Frzn	1 serving, 1 breast; 1 thigh w/back; 1 drumstick + 1	.8

	wing	
Chick. Patties, Batter/Breaded, Cooked Frzn	2 oz	1
Chick patties, Grilled Frzn	2 oz	1
Chic. Thighs and Drumsticks, Raw, Frzn	2 oz of cooked meat	.8
Egg Mix, All Purpose, Dries	0.6 oz/2T	1
Macaroni and Cheese, Processed, Frzn	1 cup	1.4
Peas, Black-Eyed, Canned or Dry	¼ cup	1.1
Peas, Lentils, Dry	¼ cup	1.7
Pork Patties, Fully Cooked, Frzn (2.7 oz)	2.7 oz	.9
Pork Patty, Breaded, Fully Cooked, Frzn	3.75 oz	2.1
Pork Sloppy Joe, Fully Cooked, Frzn	4 oz	1.7
Pork Taco Filling, Fully Cooked, Frzn	2 oz	2
Pork, Fresh Ham Roast, Boneless, Raw, Frzn	3 oz of cooked meat	1
Pork Fully Cooked w/ Natural Juices, Canned	2 oz	1.2
Sunflower Seed Butter	2T	1
Turkey Burger, Raw, Frzn	2 oz of cooked meat	1.2
Turkey Ham w 15% Water Added, Fully Cooked, Frzn	3.53 oz	1
Turkey Taco Filling, Fully Cooked, Frzn	3.75 oz	1.9
Bread/Bread Alt.		
Bakery Mix, Biscuit Type, Regular & Low Fat	1/3 cup	1.5
Cornmeal	1 oz	1.1
Flour, All Purpose	1 oz	1.3
Flour, Bread	1 oz	1.3
Flour, Soft Wheat	1 oz	1.3
Flour, Whole Wheat	1 oz	1.1
Grits, Corn	½ cup cooked	.8
Macaroni, Spaghetti and Rotini (Spirals)	½ cup cooked	1
Oats, Rolled, Quick	½ cup cooked	.8
Rice, White Enriched	½ cup cooked	1
Wheat, Rolled, Quick (uncooked)	½ cup cooked	1