

## Four Week Cycle Menu Example

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b></p> <p>Grains, OR Meat/Meat Alternate (no more than 3 times per week)</p> <p>Fruit or vegetable</p> <p>Milk</p>	<p><b>Oatmeal (WG)</b></p> <p>Blueberries</p> <p>Milk</p>	<p><b>Tortilla (WG)</b></p> <p>Sliced Banana</p> <p>Milk</p>	<p>Scrambled Eggs</p> <p>Tasty Tots (<a href="#">USDA I-23r</a>)</p> <p>Milk</p>	<p><b>Ready-to-eat Cereal (WG)</b></p> <p>Apple slices</p> <p>Milk</p>	<p>Low-fat Yogurt</p> <p>Strawberries</p> <p>Milk</p>
<p><b><u>Lunch/Supper</u></b></p> <p>Meat/Meat Alternate</p> <p>Fruit or Vegetable</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Chicken</p> <p><b>Macaroni (WG) &amp; Cheese (<a href="#">USDA D260</a>)</b></p> <p>Kale Salad</p> <p>Red Grapes</p> <p>Milk</p>	<p>Hamburger on <b>Whole Wheat Bun</b></p> <p>Sweet Potato Fries</p> <p>Lettuce and Tomato</p> <p>Milk</p>	<p>Sweet and Sour Pork (<a href="#">USDA D36</a>)</p> <p><b>Brown Rice</b></p> <p>Pepper Strips</p> <p>Sliced Plums</p> <p>Milk</p>	<p>BBQ Chicken (<a href="#">USDA D110</a>)</p> <p><b>Cornbread (WG)</b></p> <p>Coleslaw</p> <p>Peaches</p> <p>Milk</p>	<p>Roast Beef</p> <p><b>Dinner Roll (WG) (<a href="#">USDA</a>)</b></p> <p>Roasted Cauliflower</p> <p>Green Beans</p> <p>Milk</p>
<p><b><u>Snack</u></b></p> <p><i>Select two of the following:</i></p> <p>Meat/Meat Alternate</p> <p>Fruit</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Cucumber Slices</p> <p>Yogurt Dip</p>	<p>Hummus</p> <p>Carrot Sticks</p>	<p>Cheese</p> <p><b>Crackers (WG)</b></p>	<p>Cottage Cheese</p> <p>Pineapple</p>	<p>Graham Crackers</p> <p>Milk</p>

\* 1-2 year olds receive unflavored whole milk and 2-5 year olds receive 1% or fat free unflavored milk

\* Whole Grain – Rich (WG)



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or vegetable Milk	Spinach Egg Bake ( <a href="#">USDA</a> ) Peaches Milk	<b>Homemade Berry Muffin (WG)</b> Watermelon Milk	<b>Pancakes (WG)</b> Raspberries Milk	<b>Bagel (WG)</b> Sliced plums Milk	<b>French Toast (WG)</b> Applesauce Milk
<b><u>Lunch/Supper</u></b> Meat/Meat Alternate Fruit or Vegetable Vegetable Grains Milk	Pulled Pork on <b>Bun (WG)</b> Roasted Herbed Potatoes Shredded Cabbage Milk	Chicken Fajitas on <b>Tortilla (WG)</b> ( <a href="#">USDA D400</a> ) Black beans Corn Milk	<b>Spaghetti (WG)</b> with Meat Sauce ( <a href="#">USDA D350</a> ) Garden Salad Banana Milk	Tuna Salad on <b>Whole Wheat Pita</b> Peas Strawberries Milk	<b>Porcupine Sliders on Bun (WG)</b> ( <a href="#">USDA F10</a> ) Cucumber Coins Blueberries Milk
<b><u>Snack</u></b> <i>Select two of the following:</i> Meat/Meat Alternate Fruit Vegetable Grains Milk	<b>Rice Cakes (WG)</b> Honey Dew Melon	Strawberry and Banana Yogurt Smoothie	Hardboiled Egg <b>Whole Wheat Toast</b>	Turkey and Cheese Roll-ups Pretzels	Nut butter Celery Raisins

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b></p> <p>Grains, OR Meat/Meat Alternate (no more than 3 times per week)</p> <p>Fruit or vegetable</p> <p>Milk</p>	<p><b>Biscuit (WG) (<a href="#">USDA</a>)</b></p> <p>Kiwi</p> <p>Milk</p>	<p>Baked ham</p> <p>Pineapple</p> <p>Milk</p>	<p><b>Cream of wheat (WG)</b></p> <p>Raspberries</p> <p>Milk</p>	<p>Southwest Tofu Scramble (<a href="#">USDA</a>)</p> <p>Black beans</p> <p>Milk</p>	<p><b>English Muffin (WG)</b></p> <p>Grapefruit</p> <p>Milk</p>
<p><b><u>Lunch/Supper</u></b></p> <p>Meat/Meat Alternate</p> <p>Fruit or Vegetable</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Grilled Cheese <b>Sandwich (WG)</b></p> <p>Tomato Soup</p> <p>Brussels Sprouts</p> <p>Milk</p>	<p>Beef Taco (<a href="#">USDA D24</a>)</p> <p><b>Corn Taco Shell (WG)</b></p> <p>Lettuce and Tomato</p> <p>Pinto Beans</p> <p>Milk</p>	<p><b>Crunchy Hawaiian Chicken Wrap (WG) (<a href="#">USDA F12</a>)</b></p> <p>Orange Slices</p> <p>Beets</p> <p>Milk</p>	<p>Turkey Meatloaf (<a href="#">USDA D27</a>)</p> <p><b>Dinner Roll (WG)</b></p> <p>Whipped Sweet Potatoes</p> <p>Asparagus</p> <p>Milk</p>	<p>Pork Stir Fry with <b>Brown Rice</b> and Vegetables (<a href="#">USDA D300A</a>)</p> <p>Grapes</p> <p>Milk</p>
<p><b><u>Snack</u></b></p> <p><i>Select two of the following:</i></p> <p>Meat/Meat Alternate</p> <p>Fruit</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p><b>Cinnamon Tortilla (WG)</b></p> <p>Mixed berry salad</p>	<p>Clementines</p> <p>Yogurt</p>	<p>Cheese Sticks</p> <p>Sugar Snap Peas</p>	<p><b>Oatmeal (WG)</b></p> <p>Apricots</p>	<p>Goldfish</p> <p>Watermelon</p>

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b></p> <p>Grains, OR Meat/Meat Alternate (no more than 3 times per week)</p> <p>Fruit or vegetable</p> <p>Milk</p>	<p>Cheesy Omelet</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p><b>Zucchini Bread (WG)</b></p> <p>Nectarine</p> <p>Milk</p>	<p><b>Bran Flakes (WG)</b></p> <p>Raisins</p> <p>Milk</p>	<p><b>Breakfast Burrito (WG)</b> <a href="#">(USDA J-02)</a></p> <p>Mango</p> <p>Milk</p>	<p><b>Waffles (WG)</b></p> <p>Blackberries</p> <p>Milk</p>
<p><b><u>Lunch/Supper</u></b></p> <p>Meat/Meat Alternate</p> <p>Fruit or Vegetable</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p>Shepherd's Pie <a href="#">(USDA D430)</a></p> <p><b>Dinner Roll (WG)</b></p> <p>Blueberries</p> <p>Milk</p>	<p><b>Black Bean &amp; Cheese Quesadilla (WG)</b></p> <p>Pico de Gallo <a href="#">(USDA G150)</a></p> <p>Avocado</p> <p>Milk</p>	<p>Turkey Burgers with Tzatziki Sauce on <b>Bun (WG)</b> <a href="#">(USDA)</a></p> <p>Carrot Sticks</p> <p>Pears</p> <p>Milk</p>	<p><b>Chicken Alfredo with a Twist (WG)</b> <a href="#">(USDA D54)</a></p> <p>Steamed Broccoli</p> <p>Mixed fruit</p> <p>Milk</p>	<p>Baked Fish</p> <p><b>Oodles of Noodles (WG)</b> <a href="#">(USDA B26)</a></p> <p>Zucchini</p> <p>Cantaloupe</p> <p>Milk</p>
<p><b><u>Snack</u></b></p> <p><i>Select two of the following:</i></p> <p>Meat/Meat Alternate</p> <p>Fruit</p> <p>Vegetable</p> <p>Grains</p> <p>Milk</p>	<p><b>Toasted Bagel (WG)</b></p> <p>Nut Butter</p>	<p>Yogurt</p> <p>Granola</p>	<p>Animal Crackers</p> <p>Peaches</p>	<p>Black Bean Hummus</p> <p><b>Pita Bread (WG)</b></p>	<p>Banana Muffin</p> <p>Milk</p>

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