



## Cycle Menu Week One

Monday				
Breakfast	T	P	S	
Toast, Enriched	1/2 slice	1/2 slice	1 slice	
100% Juice	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Lunch				
Biscuits	T	P	S	
Biscuits	1 biscuit	1 biscuit	1 biscuit	
Meat balls, Rosina, CN, frozen	1/2 MB	3/4 MB	1 MB	
Green Beans, canned	1/8 cup	1/4 cup	1/2 cup	
Peaches, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Supper				
Biscuits	T	P	S	
Biscuits	1 biscuit	1 biscuit	1 biscuit	
Meat balls, Rosina, CN, frozen	1/2 MB	3/4 MB	1 MB	
Green Beans, canned	1/8 cup	1/4 cup	1/2 cup	
Peaches, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Tuesday				
Breakfast	T	P	S	
Cold Cereal, Dry	1/4 cup	1/3 cup	3/4 cup	
Applesauce	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Lunch				
Garlic bread	T	P	S	
Garlic bread	1 slice	1 slice	1 slice	
Spaghetti Pizza	3/4 cup	1 1/8 cups	1 1/2 cups	
Pears, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/8 cup	1/4 cup	1/2 cup	
PM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Supper				
Garlic bread	T	P	S	
Garlic bread	1 slice	1 slice	1 slice	
Spaghetti Pizza	3/4 cup	1 1/8 cups	1 1/2 cups	
Pears, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Wednesday				
Breakfast	T	P	S	
Blueberry Muffin, Betty Crocker	1 muffin	1 muffin	2 muffins	
Fruit Cocktail, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Lunch				
Bread, enriched	T	P	S	
Bread, enriched	1/2 slice	1/2 slice	1 slice	
Cheese, on Grilled Cheese	1/2 oz.	1/2 oz.	1 oz.	
Yogurt, all flavors	1/4 cup	1/2 cup	1/2 cup	
Green Peas, canned or frozen	1/8 cup	1/4 cup	1/2 cup	
Peaches, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Supper				
Bread, enriched	T	P	S	
Bread, enriched	1/2 slice	1/2 slice	1 slice	
Cheese, on Grilled Cheese	1/2 oz.	1/2 oz.	1 oz.	
Yogurt, all flavors	1/4 cup	1/2 cup	1/2 cup	
Green Peas, canned or frozen	1/8 cup	1/4 cup	1/2 cup	
Peaches, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	



## Cycle Menu Week One

Thursday				
Breakfast	T	P	S	
Cold Cereal	1/2 cup	3/4 cup	1 cup	
Peaches, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Lunch				
Rice, white cooked	T	P	S	
Rice, white cooked	1/4 cup	1/4 cup	1/2 cup	
Baked Chicken	1 oz.	1 1/2 oz.	2 oz.	
Creamed Corn, cooked	1/8 cup	1/4 cup	1/2 cup	
Carrots, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Supper				
Rice, white cooked	T	P	S	
Rice, white cooked	1/4 cup	1/4 cup	1/2 cup	
Baked Chicken	1 oz.	1 1/2 oz.	2 oz.	
Creamed Corn, cooked	1/8 cup	1/4 cup	1/2 cup	
Carrots, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Friday				
Breakfast	T	P	S	
Oatmeal, instant, cooked	1/4 cup	1/4 cup	1/2 cup	
100% Juice	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Lunch				
Tortilla, enriched, large	T	P	S	
Tortilla, enriched, large	1/4 tortilla	1/4 tortilla	1/2 tortilla	
Hamburger, Taco, cooked	1 oz.	1 1/2 oz.	2 oz.	
Refried Beans, canned, cooked	1/8 cup	1/4 cup	1/2 cup	
Mandarin Oranges, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce	1/2 cup	1/2 cup	3/4 cup	
Supper				
Tortilla, enriched, large	T	P	S	
Tortilla, enriched, large	1/4 tortilla	1/4 tortilla	1/2 tortilla	
Hamburger, Taco, cooked	1 oz.	1 1/2 oz.	2 oz.	
Refried Beans, canned, cooked	1/8 cup	1/4 cup	1/2 cup	
Mandarin Oranges, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Saturday				
Breakfast	T	P	S	
Pancakes, Bisquick	1	1	2	
Banana, fresh	1/2	1	1	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce, canned, smooth and chunky	1/2 cup	1/2 cup	3/4 cup	
Lunch				
Hamburger Bun, Enriched	T	P	S	
Hamburger Bun, Enriched	1/2 bun	1/2 bun	1 bun	
HM Chicken Sandwich	1 oz.			
Mixed Vegetables	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/8 cup	1/4 cup	1/2 cup	
PM Snack				
Graham Crackers	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Applesauce, canned, smooth and chunky	1/2 cup	1/2 cup	3/4 cup	
Supper				
Hamburger Bun, Enriched	T	P	S	
Hamburger Bun, Enriched	1/2 bun	1/2 bun	1 bun	
HM Chicken Sandwich	1 oz.	1 1/2 oz.	2 oz.	
Mixed Vegetables	1/8 cup	1/4 cup	1/2 cup	
Fruit/Veg	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	



### Cycle Menu Week Two

Monday				
Breakfast	T	P	S	
Grain choice:				
Oatmeal, instant, cooked	1/4 cup	1/4 cup	1/2 cup	
Blueberry muffin, Betty Crocker	1 muffin	1 muffin	2 muffins	
Peaches, canned	3/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

AM Snack				
Yogurt, all flavors	T	P	S	
	3/4 cup	1/4 cup	1/2 cup	
Pretzels	7 pretzels	7 pretzels	13 pretzels	

Lunch				
Hot Dog Bun, Enriched	T	P	S	
	1/2 bun	1/2 bun	1 bun	
All Beef Hot Dogs, CN, Farmland	1 hot dog	1 hot dog	1 1/2 hot dogs	
Tater Tots	1/8 cup	1/4 cup	1/2 cup	
Apples, fresh, 125-138 count, sliced	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
Yogurt, all flavors	T	P	S	
	3/4 cup	1/4 cup	1/2 cup	
Pretzels	7 pretzels	7 pretzels	13 pretzels	

Supper				
Hot Dog Bun	T	P	S	
	1/2 bun	1/2 bun	1 bun	
Turkey Hot Dog, CN	1 hot dog	1 hot dog	1 1/2 hot dogs	
Tater Tots	1/8 cup	1/4 cup	1/2 cup	
Apples, fresh, 125-138 count, sliced	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Tuesday				
Breakfast	T	P	S	
Cold Cereal	1/2 cup	3/4 cup	1 cup	
Bananas, fresh	1/2	1	1	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

AM Snack				
Staufner's Animal Crackers	T	P	S	
	7 crackers	7 crackers	13 crackers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Lunch				
Spaghetti Noodles	T	P	S	
	1/4 cup	1/4 cup	1/2 cup	
Classic Spaghetti Meat Sauce	1 cup	1 1/3 cup	1 3/4 cup	
Tomato sauce, jarred	1/8 cup	1/4 cup	1/2 cup	
Lettuce salad, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
Staufner's Animal Crackers	T	P	S	
	7 crackers	7 crackers	13 crackers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Supper				
Spaghetti Noodles	T	P	S	
	1/4 cup	1/4 cup	1/2 cup	
Classic Spaghetti Meat Sauce	1 cup	1 1/3 cup	1 3/4 cup	
Tomato sauce, jarred	1/8 cup	1/4 cup	1/2 cup	
Lettuce salad, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Wednesday				
Breakfast	T	P	S	
Toast, Enriched	1/2 slice	1/2 slice	1 slice	
Applesauce	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

AM Snack				
Yogurt, all flavors	T	P	S	
	3/4 cup	1/4 cup	1/2 cup	
Pretzels	7 pretzels	7 pretzels	13 pretzels	

Lunch				
Bread, Enriched	T	P	S	
	1/2 slice	1/2 slice	1 slice	
Chicken Nuggets, CN Tyson, frozen	4 nuggets	5 nuggets	7 nuggets	
French Fries, frozen	1/8 cup	1/4 cup	1/2 cup	
Green Bean, canned or frozen	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
Yogurt, all flavors	T	P	S	
	3/4 cup	1/4 cup	1/2 cup	
Pretzels	7 pretzels	7 pretzels	13 pretzels	

Supper				
Bread, Enriched	T	P	S	
	1/2 slice	1/2 slice	1 slice	
Chicken Nuggets, CN Tyson, frozen	4 nuggets	5 nuggets	7 nuggets	
French Fries, frozen	1/8 cup	1/4 cup	1/2 cup	
Green Bean, canned or frozen	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	



### Cycle Menu Week Two

Thursday				
Breakfast	T	P	S	
Banana Muffin, Betty Crocker	1 muffin	1 muffin	2 muffins	
Tropical Fruit, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

AM Snack				
Staufner's Animal Crackers	T	P	S	
	7 crackers	7 crackers	13 crackers	
Banana, fresh	1/2 cup	1/2 cup	3/4 cup	

Lunch				
Bread, Enriched	T	P	S	
	1/2 slice	1/2 slice	1 slice	
Beef Ravioli, Chef Boyardee, CN canned	4 ravioli	6 ravioli	8 ravioli	
Mixed Vegetables, canned or frozen	1/8 cup	1/4 cup	1/2 cup	
Apples, fresh, 125-138 count, sliced	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
Staufner's Animal Crackers	T	P	S	
	7 crackers	7 crackers	13 crackers	
Banana, fresh	1/2 cup	1/2 cup	3/4 cup	

Supper				
Bread, Enriched	T	P	S	
	1/2 slice	1/2 slice	1 slice	
Beef Ravioli, Chef Boyardee, CN canned	4 ravioli	6 ravioli	8 ravioli	
Mixed Vegetables, canned or frozen	1/8 cup	1/4 cup	1/2 cup	
Apples, fresh, 125-138 count, sliced	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Friday				
Breakfast	T	P	S	
Cold Cereal	1/2 cup	3/4 cup	1 cup	
Pears, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

AM Snack				
Yogurt, all flavors	T	P	S	
	3/4 cup	1/4 cup	1/2 cup	
Pretzels	7 pretzels	7 pretzels	13 pretzels	

Lunch				
Bread, Enriched	T	P	S	
	1/2 slice	1/2 slice	1 slice	
Tuna, canned, water pack, drained	1 oz	1 1/2 oz	2 oz	
Carrots, fresh, raw	1/8 cup	1/4 cup	1/2 cup	
Fruit Cocktail, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
Yogurt, all flavors	T	P	S	
	3/4 cup	1/4 cup	1/2 cup	
Pretzels	7 pretzels	7 pretzels	13 pretzels	

Supper				
Bread, Enriched	T	P	S	
	1/2 slice	1/2 slice	1 slice	
Tuna, canned, water pack, drained	1 oz	1 1/2 oz	2 oz	
Carrots, fresh, raw	1/8 cup	1/4 cup	1/2 cup	
Fruit Cocktail, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Saturday				
Breakfast	T	P	S	
Grain Choice of:				
Cold Cereal		1/2 cup	3/4 cup	1 cup
Pears, canned		1/2 slice	1/2 slice	1 slice
Cinnamon Toast, Enriched		1/4 cup	1/2 cup	1/2 cup
100 % Juice		1/2 cup	3/4 cup	1 cup
Fluid Milk, 1%		1/2 cup	3/4 cup	1 cup

AM Snack				
Staufner's Animal Crackers	T	P	S	
	7 crackers	7 crackers	13 crackers	
Fluid Milk, 1%		1/2 cup	1/2 cup	1 cup

Lunch				
Brown Rice, Enriched, cooked	T	P	S	
	1/4 cup	1/4 cup	1/2 cup	
Chicken Tender Fritters		1/8 cup	1/4 cup	1/2 cup
Green Beans, canned or frozen		1/8 cup	1/4 cup	1/2 cup
Applesauce		1/8 cup	1/4 cup	1/2 cup
Fluid Milk, 1%		1/2 cup	3/4 cup	1 cup

PM Snack				
Staufner's Animal Crackers	T	P	S	
	7 crackers	7 crackers	13 crackers	
Fluid Milk, 1%		1/2 cup	1/2 cup	1 cup

Supper				
Brown Rice, Enriched, cooked	T	P	S	
	1/4 cup	1/4 cup	1/2 cup	
Chicken Tender Fritters		1/8 cup	1/4 cup	1/2 cup
Green Beans, canned or frozen		1/8 cup	1/4 cup	1/2 cup
Applesauce		1/8 cup	1/4 cup	1/2 cup
Fluid Milk, 1%		1/2 cup	3/4 cup	1 cup



### Cycle Menu Week Three

Monday				
Breakfast				
	T	P	S	
French Toast Sticks, Enriched	1	1	2	
Applesauce, canned, smooth and chunky	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
	T	P	S	
Vanilla Wafers, cookies	5 wafers	wafers	9 wafers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	
Lunch				
	T	P	S	
Garlic Bread, Enriched				
Beef Ravioli, Chef Boyardee, CN canned	4 ravioli	6 ravioli	8 ravioli	
Broccoli, cooked or raw	1/8 cup	1/4 cup	1/2 cup	
Peaches, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
	T	P	S	
Vanilla Wafers, cookies	5 wafers	5 wafers	9 wafers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	
Supper				
	T	P	S	
Garlic Bread, Enriched	1 slice	1 slice	1 slice	
Beef Ravioli, Chef Boyardee, CN canned	4 ravioli	6 ravioli	8 ravioli	
Broccoli, cooked or raw	1/8 cup	1/4 cup	1/2 cup	
Peaches, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Tuesday				
Breakfast				
	T	P	S	
Cold Cereal	1/2 cup	3/4 cup	1 cup	
Bananas, fresh	1/2	1	1	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
	T	P	S	
Cheez-Its Crackers	9 crackers	9 crackers	18 crackers	
Banana, fresh	1/2 cup	1/2 cup	1 cup	
Lunch				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Chicken Nuggets, CN, Tyson, frozen	4 nuggets	5 nuggets	7 nuggets	
Baked Beans, canned	1/8 cup	1/4 cup	1/2 cup	
Lettuce Salad, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
	T	P	S	
Cheez-Its Crackers	9 crackers	9 crackers	18 crackers	
Banana, fresh	1/2 cup	1/2 cup	1 cup	
Supper				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Chicken Nuggets, CN, Tyson, frozen	4 nuggets	5 nuggets	7 nuggets	
Baked Beans, canned	1/8 cup	1/4 cup	1/2 cup	
Lettuce Salad, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Wednesday				
Breakfast				
	T	P	S	
Pancakes, Bisquick	1 pancake	1 pancake	2 pancakes	
100% Juice (Apple, Grape, Orange)	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
	T	P	S	
Goldfish Crackers	19 crackers	19 crackers	37 crackers	
Carrots, fresh, raw or cooked	1/2 cup	1/2 cup	3/4 cup	
Lunch				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Turkey lunchmeat	2 slices	3 slices	4 slices	
Potato Wedges, frozen	1/8 cup	1/4 cup	1/2 cup	
Pears, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
	T	P	S	
Goldfish Crackers	19 crackers	19 crackers	37 crackers	
Carrots, fresh, raw or cooked	1/2 cup	1/2 cup	3/4 cup	
Supper				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Turkey lunchmeat	1 oz.	1 1/2 oz.	2 oz.	
Potato Wedges, frozen	1/8 cup	1/4 cup	1/2 cup	
Pears, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	



### Cycle Menu Week Three

Thursday				
Breakfast				
	T	P	S	
Cold Cereal	1/2 cup	3/4 cup	1 cup	
Peaches, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
	T	P	S	
Vanilla Wafers, cookies	5 wafers	5 wafers	9 wafers	
Bananas, fresh, sliced	1/2 cup	1/2 cup	3/4 cup	
Lunch				
	T	P	S	
Cheesy Hamburger Noodle Hotdish	1/3 cup	1/2 cup	3/4 cup	
Lettuce salad, raw	1/8 cup	1/4 cup	1/2 cup	
Fruit Cocktail	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
	T	P	S	
Vanilla Wafers, cookies	5 wafers	5 wafers	9 wafers	
Bananas, fresh, sliced	1/2 cup	1/2 cup	3/4 cup	
Supper				
	T	P	S	
Cheesy Hamburger Noodle Hotdish	1/3 cup	1/2 cup	3/4 cup	
Lettuce salad, raw	1/8 cup	1/4 cup	1/2 cup	
Fruit Cocktail	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Friday				
Breakfast				
	T	P	S	
Toast, Enriched	1/2 slice	1/2 slice	1 slice	
Fruit Cocktail, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
	T	P	S	
Cheez-Its Crackers	9 crackers	9 crackers	18 crackers	
100% Juice (Apple, Grape, Orange)	1/2 cup	1/2 cup	3/4 cup	
Lunch				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Cheese, on Grilled Cheese	1/2 oz.	1/2 oz.	1 oz.	
Yogurt	1/4 cup	1/2 cup	1/2 cup	
Tomato Soup, condensed, prep w/ water	1/8 cup	1/4 cup	1/2 cup	
Carrots, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
	T	P	S	
Cheez-Its Crackers	9 crackers	9 crackers	18 crackers	
100% Juice (Apple, Grape, Orange)	1/2 cup	1/2 cup	3/4 cup	
Supper				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Cheese, on Grilled Cheese	1/2 oz.	1/2 oz.	1 oz.	
Yogurt	1/4 cup	1/2 cup	1/2 cup	
Tomato Soup, condensed, prep w/ water	1/8 cup	1/4 cup	1/2 cup	
Carrots, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Saturday				
Breakfast				
	T	P	S	
Cold Cereal	1/2 cup	3/4 cup	1 cup	
Peaches, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
AM Snack				
	T	P	S	
Goldfish Crackers	19 crackers	19 crackers	37 crackers	
Carrots, fresh, raw	1/2 cup	1/2 cup	3/4 cup	
Lunch				
	T	P	S	
Tortilla, large	1/4 tortilla	1/4 tortilla	1/2 tortilla	
Ground Beef, Taco Salad	1 oz.	1 1/2 oz.	2 oz.	
Lettuce, raw	1/8 cup	1/4 cup	1/2 cup	
Mandarin Oranges, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	
PM Snack				
	T	P	S	
Goldfish Crackers	19 crackers	19 crackers	37 crackers	
Carrots, fresh, raw	1/2 cup	1/2 cup	3/4 cup	
Supper				
	T	P	S	
Tortilla, large	1/4 tortilla	1/4 tortilla	1/2 tortilla	
Ground Beef, Taco Salad	1 oz.	1 1/2 oz.	2 oz.	
Lettuce, raw	1/8 cup	1/4 cup	1/2 cup	
Mandarin Oranges, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	



### Cycle Menu Week Four

Monday				
Breakfast	T	P	S	
Oatmeal, instant cooked	1/4 cup	1/4 cup	1/2 cup	
Fruit Cocktail, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Banana Muffin	1 muffin	1 muffin	2 muffins	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Lunch				
	T	P	S	
Saltine Crackers	4 crackers	8 crackers	7 crackers	
Easy Vegetable-Beef Soup	3/4 cup	1 1/4 cup	1 1/2 cup	
Fruit Cocktail, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Banana Muffin	1 muffin	1 muffin	2 muffins	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Supper				
	T	P	S	
Saltine Crackers	4 crackers	8 crackers	7 crackers	
Easy Vegetable-Beef Soup	3/4 cup	1 1/4 cup	1 1/2 cup	
Fruit Cocktail, canned	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Tuesday				
Breakfast	T	P	S	
Cold Cereal	1/4 cu	1/3 cup	3/4 cup	
Banana, fresh	1/2	1	1	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Tropical Fruit, canned	1/2 cup	1/2 cup	3/4 cup	

Lunch				
	T	P	S	
Hamburger Bun, Enriched	1/2 bu	1/2 bun	1 bun	
Ground Beef, Sloppy Joes	1 oz.	1 1/2 oz.	2 oz.	
Corn, canned or frozen	1/8 cu	1/4 cup	1/2 cup	
Peaches, canned	1/8 cu	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Graham Crackers	1 sheet	1 sheet	2 sheets	
Tropical Fruit, canned	1/2 cup	1/2 cup	3/4 cup	

Supper				
	T	P	S	
Hamburger Bun, Enriched	1/2 bu	1/2 bun	1 bun	
Ground Beef, Sloppy Joes	1 oz.	1 1/2 oz.	2 oz.	
Corn, canned or frozen	1/8 cu	1/4 cup	1/2 cup	
Peaches, canned	1/8 cu	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Wednesday				
Breakfast	T	P	S	
Cinnamon Toast, Enriched	1/2 slice	1/2 slice	1 slice	
Pears, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Blueberry muffins, Betty Crocker	1 muffin	1 muffin	2 muffins	
Applesauce	1/2 cup	1/2 cup	3/4 cup	

Lunch				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Cheese, on Grilled Cheese	1/2 oz.	1/2 oz.	1 oz.	
Yogurt, all flavors	1/4 cup	1/2 cup	1/2 cup	
Tomato Soup, condensed, prep w/ water	1/8 cup	1/4 cup	1/2 cup	
Carrots, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Blueberry muffins	1 muffin	1 muffin	2 muffins	
Applesauce	1/2 cup	1/2 cup	3/4 cup	

Supper				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Cheese, on Grilled Cheese	1/2 oz.	1/2 oz.	1 oz.	
Yogurt, all flavors	1/4 cup	1/2 cup	1/2 cup	
Tomato Soup, condensed, prep w/ water	1/8 cup	1/4 cup	1/2 cup	
Carrots, raw	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	



### Cycle Menu Week Four

Thursday				
Breakfast	T	P	S	
Cold Cereal	1/4 cup	1/3 cup	3/4 cup	
100% Juice (Apple, Grape, Orange)	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Stauffner's Animal Crackers	7 crackers	7 crackers	13 crackers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Lunch				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
All Beef Meatball, CN, Rosina, frozen	1/2 meatball	3/4 meatball	1 meatball	
Mashed Potatoes, from fresh potatoes	1/8 cup	1/4 cup	1/2 cup	
Applesauce	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Stauffner's Animal Crackers	7 crackers	7 crackers	13 crackers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Supper				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
All Beef Meatball, CN, Rosina, frozen	1/2 meatball	3/4 meatball	1 meatball	
Mashed Potatoes, from fresh potatoes	1/8 cup	1/4 cup	1/2 cup	
Applesauce	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Friday				
Breakfast	T	P	S	
Pancakes, Bisquick	1 pancake	1 pancake	2 pancakes	
Bananas, fresh	1/2	1	1	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Vanilla Wafers, cookies	5 wafers	5 wafers	9 wafers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Lunch				
	T	P	S	
Hot Dog Bun, Enriched	1/2 bun	1/2 bun	1 bun	
All Beef hotdog, CN, Farmland, cooked	1 hot dog	1 hot dog	1 1/2 hot dog	
Lettuce Salad, raw	1/8 cup	1/4 cup	1/2 cup	
French Fries, frozen	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Vanilla Wafers, cookies	5 wafers	5 wafers	9 wafers	
Fluid Milk, 1%	1/2 cup	1/2 cup	1 cup	

Supper				
	T	P	S	
Hot Dog Bun, Enriched	1/2 bun	1/2 bun	1 bun	
All Beef hotdog, CN, Farmland, cooked	1/2 hot dog	1 hot dog	1 1/2 hot dog	
Lettuce Salad, raw	1/8 cup	1/4 cup	1/2 cup	
French Fries, frozen	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

Saturday				
Breakfast	T	P	S	
Cold Cereal	1/4 cup	1/3 cup	3/4 cup	
Peaches, canned	1/4 cup	1/2 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Cheez-its Crackers	9 crackers	9 crackers	18 crackers	
100% Juice	1/2 cup	1/2 cup	3/4 cup	

Lunch				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Chicken Nuggets, CN Tyson, frozen	4 nuggets	5 nuggets	7 nuggets	
Hashbrown	1/8 cup	1/4 cup	1/2 cup	
Applesauce	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	

PM Snack				
	T	P	S	
Cheez-its Crackers	9 crackers	9 crackers	18 crackers	
100% Juice	1/2 cup	1/2 cup	3/4 cup	

Supper				
	T	P	S	
Bread, Enriched	1/2 slice	1/2 slice	1 slice	
Chicken Nuggets, CN Tyson, frozen	4 nuggets	5 nuggets	7 nuggets	
Ground Beef, Hamburger Hot Dish	1 oz.	1 1/2 oz.	2 oz.	
Applesauce	1/8 cup	1/4 cup	1/2 cup	
Fluid Milk, 1%	1/2 cup	3/4 cup	1 cup	











































