

# Cycle Menu Week One



## Monday

| Breakfast                                      | T          | P          | S          |
|--|------------|------------|------------|
| <b>Cereal, cold, variety</b>                   | 1/4 cup    | 1/3 cup    | 3/4 cup    |
| <b>100% Juice, apple</b>                       | 1/2 cup    | 1/2 cup    | 3/4 cup    |
| <b>Fluid Milk 1%</b>                           | 1/2 cup    | 3/4 cup    | 1 cup      |
| AM Snack                                       | T          | P          | S          |
| <b>Wheat Thins, crackers</b>                   | 4 crackers | 4 crackers | 7 crackers |
| <b>Fluid Milk 1%</b>                           | 1/2 cup    | 1/2 cup    | 1 cup      |
| Lunch  | T          | P          | S          |
| <b>Saltine, crackers</b>                       | 4 crackers | 4 crackers | 7 crackers |
| <b>Tator Tot Hotdish, hamburger</b>            | 1/2 cup    | 1 cup      | 1 1/4 cups |
| <b>Carrots, canned, diced, drained, heated</b> | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Fluid Milk 1%</b>                           | 1/2 cup    | 3/4 cup    | 1 cup      |

| PM Snack                                       | T          | P          | S          |
|--|------------|------------|------------|
| <b>Peanut butter</b>                           | 1 Tbsp.    | 1 Tbsp.    | 2 Tbsp.    |
| <b>Ritz Original, crackers</b>                 | 4 crackers | 4 crackers | 7 crackers |
| Supper   | T          | P          | S          |
| <b>Saltine, crackers</b>                       | 4 crackers | 4 crackers | 7 crackers |
| <b>Tator Tot Hotdish, hamburger</b>            | 1/2 cup    | 1 cup      | 1 1/4 cups |
| <b>Carrots, canned, diced, drained, heated</b> | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Fluid Milk 1%</b>                           | 1/2 cup    | 3/4 cup    | 1 cup      |
|  |            |            |            |

If you need to make permanent changes to the cycle menu, please contact

| <b>Tuesday</b>                     |            |            |            |
|------------------------------------|------------|------------|------------|
| <b>Breakfast</b>                   | <b>T</b>   | <b>P</b>   | <b>S</b>   |
| <b>Cereal, cold, variety</b>       | 1/4 cup    | 1/3 cup    | 3/4 cup    |
| <b>Bananas, fresh</b>              | 1/2 banana | 1 banana   | 1 banana   |
| <b>Fluid Milk 1%</b>               | 1/2 cup    | 3/4 cup    | 1 cup      |
| <b>AM Snack</b>                    | <b>T</b>   | <b>P</b>   | <b>S</b>   |
| <b>Saltines, crackers</b>          | 4 crackers | 4 crackers | 7 crackers |
| <b>Apples, fresh, 100 count</b>    | 1/2 cup    | 1/2 cup    | 3/4 cup    |
| <b>Lunch</b>                       | <b>T</b>   | <b>P</b>   | <b>S</b>   |
| <b>Bread, enriched</b>             | 1/2 slice  | 1/2 slice  | 1 slice    |
| <b>Chicken Salad Sandwich</b>      | 1 oz.      | 1 1/2 oz.  | 2 oz.      |
| <b>Baked beans, canned, heated</b> | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Peaches, slices, canned</b>     | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Fluid Milk 1%</b>               | 1/2 cup    | 3/4 cup    | 1 cup      |
| <b>PM Snack</b>                    | <b>T</b>   | <b>P</b>   | <b>S</b>   |
| <b>Sandwich cookies, Duplex</b>    | 3 cookies  | 3 cookies  | 6 cookies  |
| <b>Fluid Milk 1%</b>               | 1/2 cup    | 1/2 cup    | 3/4 cup    |
| <b>Supper</b>                      | <b>T</b>   | <b>P</b>   | <b>S</b>   |
| <b>Bread, enriched</b>             | 1/2 slice  | 1/2 slice  | 1 slice    |
| <b>Chicken Salad Sandwich</b>      | 1 oz.      | 1 1/2 oz.  | 2 oz.      |
| <b>Baked beans, canned, heated</b> | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Peaches, slices, canned</b>     | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Fluid Milk 1%</b>               | 1/2 cup    | 3/4 cup    | 1 cup      |

at Partners in Nutrition. For temporary changes, use the substitutions log

| <b>Wednesday</b>                      |            |            |             |
|---------------------------------------|------------|------------|-------------|
| <b>Breakfast</b>                      | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Cereal, cold, variety</b>          | 1/4 cup    | 1/3 cup    | 3/4 cup     |
| <b>100% Juice, apple</b>              | 1/2 cup    | 1/2 cup    | 3/4 cup     |
| <b>Fluid Milk 1%</b>                  | 1/2 cup    | 3/4 cup    | 1 cup       |
| <b>AM Snack</b>                       | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Animal Crackers</b>                | 7 crackers | 7 crackers | 14 crackers |
| <b>Fluid Milk 1%</b>                  | 1/2 cup    | 1/2 cup    | 1 cup       |
| <b>Lunch</b>                          | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Spaghetti Noodles</b>              | 1/4 cup    | 1/4 cup    | 1/2 cup     |
| <b>Spaghetti and Meatballs</b>        | 1/3 cup    | 1/2 cup    | 2/3 cup     |
| <b>Tomato sauce, canned, meatless</b> |            |            |             |
| <b>Pineapple, chunks, canned</b>      | 1/8 cup    | 1/4 cup    | 1/2 cup     |
| <b>Fluid Milk 1%</b>                  | 1/2 cup    | 3/4 cup    | 1 cup       |
| <b>PM Snack</b>                       | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>carrots, raw, sticks</b>           | 1/2 cup    | 1/2 cup    | 3/4 cup     |
| <b>American Cheese, slices</b>        | 1/2 oz.    | 1/2 oz.    | 1 oz.       |
| <b>Supper</b>                         | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Spaghetti Noodles</b>              | 1/4 cup    | 1/4 cup    | 1/2 cup     |
| <b>Spaghetti and Meatballs</b>        | 1/3 cup    | 1/2 cup    | 2/3 cup     |
| <b>Tomato sauce, canned, meatless</b> |            |            |             |
| <b>Pineapple, chunks, canned</b>      | 1/8 cup    | 1/4 cup    | 1/2 cup     |
| <b>Fluid Milk 1%</b>                  | 1/2 cup    | 3/4 cup    | 1 cup       |

**Thursday**

| Breakfast                            | T           | P         | S         |
|--------------------------------------|-------------|-----------|-----------|
| <b>Cereal, cold, variety</b>         | 1/4 cup     | 1/3 cup   | 3/4 cup   |
| <b>100% Juice, apple</b>             | 1/2 cup     | 1/2 cup   | 3/4 cup   |
| <b>Fluid Milk 1%</b>                 | 1/2 cup     | 3/4 cup   | 1 cup     |
| AM Snack                             | T           | P         | S         |
| <b>Vanilla Wafers, cookies</b>       | 5 cookies   | 5 cookies | 9 cookies |
| <b>Fluid Milk 1%</b>                 | 1/2 cup     | 1/2 cup   | 1 cup     |
| Lunch                                | T           | P         | S         |
| <b>HM Macaroni &amp; Cheese</b>      | 1/4 cup     | 1/4 cup   | 1/2 cup   |
| <b>Turkey Dogs</b>                   | 1/2 hot dog | 1 hot dog | 1 hot dog |
| <b>Peas, canned, heated, drained</b> | 1/8 cup     | 1/4 cup   | 1/2 cup   |
| <b>Mandarin Oranges, canned</b>      | 1/8 cup     | 1/4 cup   | 1/2 cup   |
| <b>Fluid Milk 1%</b>                 | 1/2 cup     | 3/4 cup   | 1 cup     |
| PM Snack                             | T           | P         | S         |
| <b>Graham, crackers</b>              | 1 sheet     | 1 sheet   | 2 sheets  |
| <b>Fluid Milk 1%</b>                 | 1/2 cup     | 1/2 cup   | 1 cup     |
| Supper                               | T           | P         | S         |
| <b>HM Macaroni &amp; Cheese</b>      | 1/4 cup     | 1/4 cup   | 1/2 cup   |
| <b>Turkey Dogs</b>                   | 1/2 hot dog | 1 hot dog | 1 hot dog |
| <b>Peas, canned, heated, drained</b> | 1/8 cup     | 1/4 cup   | 1/2 cup   |
| <b>Mandarin Oranges, canned</b>      | 1/8 cup     | 1/4 cup   | 1/2 cup   |
| <b>Fluid Milk 1%</b>                 | 1/2 cup     | 3/4 cup   | 1 cup     |

**Friday**

| Breakfast   | T           | P           | S           |
|---|-------------|-------------|-------------|
| <b>Cereal, cold, variety</b>                      | 1/4 cup     | 1/3 cup     | 3/4 cup     |
| <b>Bananas, fresh</b>                             | 1/2 banana  | 1 banana    | 1 banana    |
| <b>Fluid milk 1%</b>                              | 1/2 cup     | 3/4 cup     | 1 cup       |
| AM Snack  | T           | P           | S           |
| <b>Celery, raw, sticks</b>                        | 1/2 cup     | 1/2 cup     | 3/4 cup     |
| <b>Saltines, crackers</b>                         | 4 crackers  | 4 crackers  | 7 crackers  |
| Lunch   | T           | P           | S           |
| <b>Bread, enriched</b>                            | 1/2 slice   | 1/2 slice   | 1 slice     |
| <b>HM Ham &amp; Hashbrown HD</b>                  | 1/2 cup     | 3/4 cup     | 1 cup       |
| <b>HM Ham and Hashbrowns HD, frozen, shredded</b> |             |             |             |
| <b>Pears, slices, canned</b>                      | 1/8 cup     | 1/4 cup     | 1/2 cup     |
| <b>Fluid Milk 1%</b>                              | 1/2 cup     | 3/4 cup     | 1 cup       |
| PM Snack  | T           | P           | S           |
| <b>Pretzels, sticks</b>                           | 10 pretzels | 10 pretzels | 19 pretzels |
| <b>100% Juice, apple</b>                          | 1/2 cup     | 1/2 cup     | 3/4 cup     |
| Supper  | T           | P           | S           |
| <b>Bread, enriched</b>                            | 1/2 slice   | 1/2 slice   | 1 slice     |
| <b>HM Ham &amp; Hashbrown HD</b>                  | 1/2 cup     | 3/4 cup     | 1 cup       |
| <b>HM Ham and Hashbrowns HD, frozen, shredded</b> |             |             |             |
| <b>Pears, slices, canned</b>                      | 1/8 cup     | 1/4 cup     | 1/2 cup     |
| <b>Fluid Milk 1%</b>                              | 1/2 cup     | 3/4 cup     | 1 cup       |

# Cycle Menu Week Two



| Monday                         |            |            |            | Tue                                     |
|--------------------------------|------------|------------|------------|---|
| Breakfast                      | T          | P          | S          | Breakfast                               |
| <b>Cereal, cold, variety</b>   | 1/4 cup    | 1/3 cup    | 3/4 cup    | <b>Cereal, cold, variety</b>            |
| <b>100% Juice, apple</b>       | 1/2 cup    | 1/2 cup    | 3/4 cup    | <b>Bananas, fresh</b>                   |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 3/4 cup    | 1 cup      | <b>Fluid Milk 1%</b>                    |
| AM Snack                       | T          | P          | S          | AM Snack                                |
| <b>Wheat Thins, crackers</b>   | 4 crackers | 4 crackers | 7 crackers | <b>Saltines, crackers</b>               |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 1/2 cup    | 1 cup      | <b>Apples, fresh, 100 count</b>         |
| Lunch                          | T          | P          | S          | Lunch                                   |
| <b>Hot Dog Buns, enriched</b>  | 1/2 bun    | 1/2 bun    | 1 bun      | <b>Bread, enriched</b>                  |
| <b>Hamburger, 85%, cooked</b>  | 1 oz.      | 1 1/2 oz.  | 2 oz.      | <b>HM Hot Ham &amp; Cheese Sandwich</b> |
| <b>Tomato Sauce, canned</b>    | 1/8 cup    | 1/4 cup    | 1/2 cup    | <b>Green Beans, cut, canned, heated</b> |
| <b>Pears, sliced, canned</b>   | 1/8 cup    | 1/4 cup    | 1/2 cup    | <b>Mandarin Oranges, canned</b>         |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 3/4 cup    | 1 cup      | <b>Fluid Milk 1%</b>                    |
| PM Snack                       | T          | P          | S          | PM Snack                                |
| <b>Peanut butter</b>           | 1 Tbsp.    | 1 Tbsp.    | 2 Tbsp.    | <b>Sandwich cookies, Duplex</b>         |
| <b>Ritz Original, crackers</b> | 4 crackers | 4 crackers | 7 crackers | <b>Fluid Milk 1%</b>                    |
| Supper                         | T          | P          | S          | Supper                                  |
| <b>Hot Dog Buns, enriched</b>  | 1/2 bun    | 1/2 bun    | 1 bun      | <b>Bread, enriched</b>                  |
| <b>Hamburger, 85%, cooked</b>  | 1 oz.      | 1 1/2 oz.  | 2 oz.      | <b>HM Hot Ham &amp; Cheese Sandwich</b> |
| <b>Tomato Sauce, canned</b>    | 1/8 cup    | 1/4 cup    | 1/2 cup    | <b>Green Beans, cut, canned, heated</b> |
| <b>Pears, sliced, canned</b>   | 1/8 cup    | 1/4 cup    | 1/2 cup    | <b>Mandarin Oranges, canned</b>         |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 3/4 cup    | 1 cup      | <b>Fluid Milk 1%</b>                    |

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| sday       |            |            | Wednesday                               |            |            |
|------------|------------|------------|---|------------|------------|
| T          | P          | S          | Breakfast                               | T          | P          |
| 1/4 cup    | 1/3 cup    | 3/4 cup    | <b>Cereal, cold, variety</b>            | 1/4 cup    | 1/3 cup    |
| 1/2 banana | 1 banana   | 1 banana   | <b>100% Juice, apple</b>                | 1/2 cup    | 1/2 cup    |
| 1/2 cup    | 3/4 cup    | 1 cup      | <b>Fluid milk 1%</b>                    | 1/2 cup    | 3/4 cup    |
| T          | P          | S          | AM Snack                                | T          | P          |
| 4 crackers | 4 crackers | 7 crackers | <b>Animal Crackers</b>                  | 7 crackers | 7 crackers |
| 1/2 cup    | 1/2 cup    | 3/4 cup    | <b>Fluid milk 1%</b>                    | 1/2 cup    | 1/2 cup    |
| T          | P          | S          | Lunch                                   | T          | P          |
| 1/2 slice  | 1/2 slice  | 1 slice    | <b>Pancakes</b>                         | 1 pancake  | 1 pancake  |
| 1 oz.      | 1 1/2 oz.  | 2 oz.      | <b>HM Egg Bake</b>                      | 1/4 cup    | 1/3 cup    |
| 1/8 cup    | 1/4 cup    | 1/2 cup    | <b>Tator Tots, frozen, baked</b>        | 1/8 cup    | 1/4 cup    |
| 1/8 cup    | 1/4 cup    | 1/cup      | <b>Apples, slices, fresh, 100 count</b> | 1/8 cup    | 1/4 cup    |
| 1/2 cup    | 3/4 cup    | 1 cup      | <b>Fluid milk 1%</b>                    | 1/2 cup    | 3/4 cup    |
| T          | P          | S          | PM Snack                                | T          | P          |
| 3 cookies  | 3 cookies  | 6 cookies  | <b>carrots, raw, sticks</b>             | 1/2 cup    | 1/2 cup    |
| 1/2 cup    | 1/2 cup    | 3/4 cup    | <b>American Cheese, slices</b>          | 1/2 oz.    | 1/2 oz.    |
| T          | P          | S          | Supper                                  | T          | P          |
| 1/2 slice  | 1/2 slice  | 1 slice    | <b>Pancakes</b>                         | 1 pancake  | 1 pancake  |
| 1 oz.      | 1 1/2 oz.  | 2 oz.      | <b>HM Egg Bake</b>                      | 1/4 cup    | 1/3 cup    |
| 1/8 cup    | 1/4 cup    | 1/2 cup    | <b>Tator Tots, frozen, baked</b>        | 1/8 cup    | 1/4 cup    |
| 1/8 cup    | 1/4 cup    | 1/cup      | <b>Apples, slices, fresh, 100 count</b> | 1/8 cup    | 1/4 cup    |
| 1/2 cup    | 3/4 cup    | 1 cup      | <b>Fluid milk 1%</b>                    | 1/2 cup    | 3/4 cup    |

orary changes, use the substitutions log

## Thursday

| S           | Breakfast                            | T         | P         | S         |
|-------------|--------------------------------------|-----------|-----------|-----------|
| 3/4 cup     | <b>Cereal, cold, variety</b>         | 1/4 cup   | 1/3 cup   | 3/4 cup   |
| 3/4 cup     | <b>100% Juice, apple</b>             | 1/2 cup   | 1/2 cup   | 3/4 cup   |
| 1 cup       | <b>Fluid milk 1%</b>                 | 1/2 cup   | 3/4 cup   | 1 cup     |
| S           | AM Snack                             | T         | P         | S         |
| 14 crackers | <b>Vanilla Wafers, cookies</b>       | 5 cookies | 5 cookies | 9 cookies |
| 1 cup       | <b>Fluid Milk 1%</b>                 | 1/2 cup   | 1/2 cup   | 1 cup     |
| S           | Lunch                                | T         | P         | S         |
| 2 pancakes  | <b>Corny Hotdish, hamburger</b>      | 1/3 cup   | 1/2 cup   | 3/4 cup   |
| 1/3 cup     | <b>Corn, canned, drained, heated</b> | 1/8 cup   | 1/4 cup   | 1/2 cup   |
| 1/2 cup     | <b>Pineapple, chunks, canned</b>     | 1/8 cup   | 1/4 cup   | 1/2 cup   |
| 1/2 cup     | <b>Fluid milk</b>                    | 1/2 cup   | 3/4 cup   | 1 cup     |
| 1 cup       |                                      |           |           |           |
| S           | PM Snack                             | T         | P         | S         |
| 3/4 cup     | <b>Graham, crackers</b>              | 1 sheet   | 1 sheet   | 2 sheets  |
| 1 oz.       | <b>Fluid Milk 1%</b>                 | 1/2 cup   | 1/2 cup   | 1 cup     |
| S           | Supper                               | T         | P         | S         |
| 2 pancakes  | <b>Corny Hotdish, hamburger</b>      | 1/3 cup   | 1/2 cup   | 3/4 cup   |
| 1/3 cup     | <b>Corn, canned, drained, heated</b> | 1/8 cup   | 1/4 cup   | 1/2 cup   |
| 1/2 cup     | <b>Pineapple, chunks, canned</b>     | 1/8 cup   | 1/4 cup   | 1/2 cup   |
| 1/2 cup     | <b>Fluid milk</b>                    | 1/2 cup   | 3/4 cup   | 1 cup     |
| 1 cup       |                                      |           |           |           |



## Friday

| Breakfast                                      | T           | P           | S           |
|--|-------------|-------------|-------------|
| <b>Cereal, cold, variety</b>                   | 1/4 cup     | 1/3 cup     | 3/4 cup     |
| <b>Bananas, fresh</b>                          | 1/2 banana  | 1 banana    | 1 banana    |
| <b>Fluid milk 1%</b>                           | 1/2 cup     | 3/4 cup     | 1 cup       |
| AM Snack                                       | T           | P           | S           |
| <b>Celery, raw, sticks</b>                     | 1/2 cup     | 1/2 cup     | 3/4 cup     |
| <b>Saltines, crackers</b>                      | 4 crackers  | 4 crackers  | 7 crackers  |
| Lunch  | T           | P           | S           |
| <b>Noodles, enriched</b>                       | 1/4 cup     | 1/4 cup     | 1/2 cup     |
| <b>HM Kidney Bean Hotdish</b>                  | 1/4 cup     | 1/3 cup     | 1/2 cup     |
| <b>Carrots, canned, diced, drained, heated</b> | 1/8 cup     | 1/4 cup     | 1/2 cup     |
| <b>Peaches, slices, canned</b>                 | 1/8 cup     | 1/4 cup     | 1/2 cup     |
| <b>Fluid milk 1%</b>                           | 1/2 cup     | 3/4 cup     | 1 cup       |
| PM Snack                                       | T           | P           | S           |
| <b>Pretzels, sticks</b>                        | 10 pretzels | 10 pretzels | 19 pretzels |
| <b>100% Juice, apple</b>                       | 1/2 cup     | 1/2 cup     | 3/4 cup     |
| Supper   | T           | P           | S           |
| <b>Noodles, enriched</b>                       | 1/4 cup     | 1/4 cup     | 1/2 cup     |
| <b>HM Kidney Bean Hotdish</b>                  | 1/4 cup     | 1/3 cup     | 1/2 cup     |
| <b>Carrots, canned, diced, drained, heated</b> | 1/8 cup     | 1/4 cup     | 1/2 cup     |
| <b>Peaches, slices, canned</b>                 | 1/8 cup     | 1/4 cup     | 1/2 cup     |
| <b>Fluid milk 1%</b>                           | 1/2 cup     | 3/4 cup     | 1 cup       |

# Cycle Menu Week Three



## Monday

| Breakfast                          | T              | P            | S            |
|------------------------------------|----------------|--------------|--------------|
| <b>Cereal, cold, variety</b>       | 1/4 cup        | 1/3 cup      | 3/4 cup      |
| <b>100% Juice, apple</b>           | 1/2 cup        | 1/2 cup      | 3/4 cup      |
| <b>Fluid Milk 1%</b>               | 1/2 cup        | 3/4 cup      | 1 cup        |
| AM Snack                           | T              | P            | S            |
| <b>Wheat Thins, crackers</b>       | 4 crackers     | 4 crackers   | 7 crackers   |
| <b>Fluid Milk 1%</b>               | 1/2 cup        | 1/2 cup      | 1 cup        |
| Lunch                              | T              | P            | S            |
| <b>Hot Dog Buns</b>                | 1/2 bun        | 1/2 bun      | 1 bun        |
| <b>Turkey Dogs</b>                 | 1/2 turkey dog | 1 turkey dog | 1 turkey dog |
| <b>Baked Beans, canned, heated</b> | 1/8 cup        | 1/4 cup      | 1/2 cup      |
| <b>Mandarin Oranges, canned</b>    | 1/8 cup        | 1/4 cup      | 1/2 cup      |
| <b>Fluid Milk 1%</b>               | 1/2 cup        | 3/4 cup      | 1 cup        |
| PM Snack                           | T              | P            | S            |
| <b>Peanut butter</b>               | 1 Tbsp.        | 1 Tbsp.      | 2 Tbsp.      |
| <b>Ritz Original, crackers</b>     | 4 crackers     | 4 crackers   | 7 crackers   |
| Supper                             | T              | P            | S            |
| <b>Hot Dog Buns</b>                | 1/2 bun        | 1/2 bun      | 1 bun        |
| <b>Turkey Dogs</b>                 | 1/2 turkey dog | 1 turkey dog | 1 turkey dog |
| <b>Baked Beans, canned, heated</b> | 1/8 cup        | 1/4 cup      | 1/2 cup      |
| <b>Mandarin Oranges, canned</b>    | 1/8 cup        | 1/4 cup      | 1/2 cup      |
| <b>Fluid Milk 1%</b>               | 1/2 cup        | 3/4 cup      | 1 cup        |

If you need to make permanent changes to the cycle menu, please contact Partner

## Tuesday

| Breakfast                        | T          | P          | S          |
|----------------------------------|------------|------------|------------|
| <b>Cereal, cold, variety</b>     | 1/4 cup    | 1/3 cup    | 3/4 cup    |
| <b>Bananas, fresh</b>            | 1/2 banana | 1 banana   | 1 banana   |
| <b>Fluid Milk 1%</b>             | 1/2 cup    | 3/4 cup    | 1 cup      |
| AM Snack                         | T          | P          | S          |
| <b>Saltines, crackers</b>        | 4 crackers | 4 crackers | 7 crackers |
| <b>Apples, fresh, 100 count</b>  | 1/2 cup    | 1/2 cup    | 3/4 cup    |
| Lunch                            | T          | P          | S          |
| <b>Saltines, crackers</b>        | 4 crackers | 4 crackers | 7 crackers |
| <b>Sheppard's Pie, hamburger</b> | 1/2 cup    | 2/3 cup    | 1 cup      |
| <b>Mashed Potatoes</b>           | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Fluid Milk 1%</b>             | 1/2 cup    | 3/4 cup    | 1 cup      |

| PM Snack                         | T          | P          | S          |
|----------------------------------|------------|------------|------------|
| <b>Sandwich cookies, Duplex</b>  | 3 cookies  | 3 cookies  | 6 cookies  |
| <b>Fluid Milk 1%</b>             | 1/2 cup    | 1/2 cup    | 3/4 cup    |
| Supper                           | T          | P          | S          |
| <b>Saltines, crackers</b>        | 4 crackers | 4 crackers | 7 crackers |
| <b>Sheppard's Pie, hamburger</b> | 1/2 cup    | 2/3 cup    | 1 cup      |
| <b>Mashed Potatoes</b>           | 1/8 cup    | 1/4 cup    | 1/2 cup    |
| <b>Fluid Milk 1%</b>             | 1/2 cup    | 3/4 cup    | 1 cup      |
|                                  |            |            |            |

in Nutrition. For temporary changes, use the substitutions log

| <b>Wednesday</b>               |            |            |             | <b>Thursday</b>                |           |
|--------------------------------|------------|------------|-------------|--------------------------------|-----------|
| Breakfast                      | T          | P          | S           | Breakfast                      | T         |
| <b>Cereal, cold, variety</b>   | 1/4 cup    | 1/3 cup    | 3/4 cup     | <b>Cereal, cold, variety</b>   | 1/4 cup   |
| <b>100% Juice, apple</b>       | 1/2 cup    | 1/2 cup    | 3/4 cup     | <b>100% Juice, apple</b>       | 1/2 cup   |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 3/4 cup    | 1 cup       | <b>Fluid Milk 1%</b>           | 1/2 cup   |
| AM Snack                       | T          | P          | S           | AM Snack                       | T         |
| <b>Animal Crackers</b>         | 7 crackers | 7 crackers | 14 crackers | <b>Vanilla Wafers, cookies</b> | 5 cookies |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 1/2 cup    | 1 cup       | <b>Fluid Milk 1%</b>           | 1/2 cup   |
| Lunch                          | T          | P          | S           | Lunch                          | T         |
| <b>Bread, enriched</b>         | 1/2 slice  | 1/2 slice  | 1 slice     | <b>Lasagna, hamburger</b>      | 1/4 cup   |
| <b>CN Chicken Nuggets</b>      | 3 nuggets  | 4 nuggets  | 5 nuggets   | <b>Peas, canned, heated</b>    | 1/8 cup   |
| <b>Peas, canned, heated</b>    | 1/8 cup    | 1/4 cup    | 1/2 cup     | <b>Pears, slices, canned</b>   | 1/8 cup   |
| <b>Pears, slices, canned</b>   | 1/8 cup    | 1/4 cup    | 1/2 cup     | <b>Fluid Milk 1%</b>           | 1/2 cup   |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 3/4 cup    | 1 cup       |                                |           |
| PM Snack                       | T          | P          | S           | PM Snack                       | T         |
| <b>carrots, raw, sticks</b>    | 1/2 cup    | 1/2 cup    | 3/4 cup     | <b>Graham, crackers</b>        | 1 sheet   |
| <b>American Cheese, slices</b> | 1/2 oz.    | 1/2 oz.    | 1 oz.       | <b>Fluid Milk 1%</b>           | 1/2 cup   |
| Supper                         | T          | P          | S           | Supper                         | T         |
| <b>Bread, enriched</b>         | 1/2 slice  | 1/2 slice  | 1 slice     | <b>Lasagna, hamburger</b>      | 1/4 cup   |
| <b>CN Chicken Nuggets</b>      | 3 nuggets  | 4 nuggets  | 5 nuggets   | <b>Peas, canned, heated</b>    | 1/8 cup   |
| <b>Peas, canned, heated</b>    | 1/8 cup    | 1/4 cup    | 1/2 cup     | <b>Pears, slices, canned</b>   | 1/8 cup   |
| <b>Pears, slices, canned</b>   | 1/8 cup    | 1/4 cup    | 1/2 cup     | <b>Fluid Milk 1%</b>           | 1/2 cup   |
| <b>Fluid Milk 1%</b>           | 1/2 cup    | 3/4 cup    | 1 cup       |                                |           |

## Friday

| P         | S         | Breakfast                        | T            | P            | S           |
|-----------|-----------|----------------------------------|--------------|--------------|-------------|
| 1/3 cup   | 3/4 cup   | <b>Cereal, cold, variety</b>     | 1/4 cup      | 1/3 cup      | 3/4 cup     |
| 1/2 cup   | 3/4 cup   | <b>Bananas, fresh</b>            | 1/2 banana   | 1 banana     | 1 banana    |
| 3/4 cup   | 1 cup     | <b>Fluid Milk 1%</b>             | 1/2 cup      | 3/4 cup      | 1 cup       |
| P         | S         | AM Snack                         | T            | P            | S           |
| 5 cookies | 9 cookies | <b>Celery, raw, sticks</b>       | 1/2 cup      | 1/2 cup      | 3/4 cup     |
| 1/2 cup   | 1 cup     | <b>Saltines, crackers</b>        | 4 crackers   | 4 crackers   | 7 crackers  |
| P         | S         | Lunch                            | T            | P            | S           |
| 1/4 cup   | 1/3 cup   | <b>Tortillas, enriched 6"</b>    | 1/2 tortilla | 1/2 tortilla | 1 tortilla  |
| 1/4 cup   | 1/2 cup   | <b>Chicken in Enchildas</b>      | 1 oz.        | 1 1/2 oz.    | 2 oz.       |
| 1/4 cup   | 1/2 cup   | <b>Corn, canned, heated</b>      | 1/8 cup      | 1/4 cup      | 1/2 cup     |
| 3/4 cup   | 1 cup     | <b>Pineapple, chunks, canned</b> | 1/8 cup      | 1/4 cup      | 1/2 cup     |
|           |           | <b>Fluid Milk 1%</b>             | 1/2 cup      | 3/4 cup      | 1 cup       |
| P         | S         | PM Snack                         | T            | P            | S           |
| 1 sheet   | 2 sheets  | <b>Pretzels, sticks</b>          | 10 pretzels  | 10 pretzels  | 19 pretzels |
| 1/2 cup   | 1 cup     | <b>100% Juice, apple</b>         | 1/2 cup      | 1/2 cup      | 3/4 cup     |
| P         | S         | Supper                           | T            | P            | S           |
| 1/4 cup   | 1/3 cup   | <b>Tortillas, enriched 6"</b>    | 1/2 tortilla | 1/2 tortilla | 1 tortilla  |
| 1/4 cup   | 1/2 cup   | <b>Chicken in Enchildas</b>      | 1 oz.        | 1 1/2 oz.    | 2 oz.       |
| 1/4 cup   | 1/2 cup   | <b>Corn, canned, heated</b>      | 1/8 cup      | 1/4 cup      | 1/2 cup     |
| 3/4 cup   | 1 cup     | <b>Pineapple, chunks, canned</b> | 1/8 cup      | 1/4 cup      | 1/2 cup     |
|           |           | <b>Fluid Milk 1%</b>             | 1/2 cup      | 3/4 cup      | 1 cup       |

# Cycle Menu Week Four



## Monday

| Breakfast                               | T          | P          | S          |
|---|------------|------------|------------|
| Cereal, cold, variety                   | 1/4 cup    | 1/3 cup    | 3/4 cup    |
| 100% Juice, apple                       | 1/2 cup    | 1/2 cup    | 3/4 cup    |
| Fluid milk 1%                           | 1/2 cup    | 3/4 cup    | 1 cup      |
| AM Snack                                | T          | P          | S          |
| Wheat Thins, crackers                   | 4 crackers | 4 crackers | 7 crackers |
| Fluid milk 1%                           | 1/2 cup    | 1/2 cup    | 1 cup      |
| Lunch                                   | T          | P          | S          |
| English muffin                          | 1/2 muffin | 1/2 muffin | 1 muffin   |
| Shredded Cheese                         | 1 oz.      | 1 1/2 oz.  | 2 oz.      |
| Carrots, canned, diced, drained, heated | 1/4 cup    | 1/2 cup    | 3/4 cup    |
| Apples, fresh, 100 count                | 1/4 cup    | 1/2 cup    | 3/4 cup    |
| Fluid Milk 1%                           | 1/2 cup    | 3/4 cup    | 1 cup      |
| PM Snack                                | T          | P          | S          |
| Peanut butter                           | 1 Tbsp.    | 1 Tbsp.    | 2 Tbsp.    |
| Ritz Original, crackers                 | 4 crackers | 4 crackers | 7 crackers |
| Supper                                  | T          | P          | S          |
| English muffin                          | 1/2 muffin | 1/2 muffin | 1 muffin   |
| Shredded Cheese                         | 1 oz.      | 1 1/2 oz.  | 2 oz.      |
| Carrots, canned, diced, drained, heated | 1/4 cup    | 1/2 cup    | 3/4 cup    |
| Apples, fresh, 100 count                | 1/4 cup    | 1/2 cup    | 3/4 cup    |
| Fluid Milk 1%                           | 1/2 cup    | 3/4 cup    | 1 cup      |

If you need to make permanent changes to the cycle menu, please contact I

## Tuesday

| Breakfast                            | T          | P          | S          |
|--------------------------------------|------------|------------|------------|
| <b>Cereal, cold, variety</b>         | 1/4 cup    | 1/3 cup    | 3/4 cup    |
| <b>Bananas, fresh</b>                | 1/2 banana | 1 banana   | 1 banana   |
| <b>Fluid milk 1%</b>                 | 1/2 cup    | 3/4 cup    | 1 cup      |
| AM Snack                             | T          | P          | S          |
| <b>Saltines, crackers</b>            | 4 crackers | 4 crackers | 7 crackers |
| <b>Apples, fresh, 100 count</b>      | 1/2 cup    | 1/2 cup    | 3/4 cup    |
| Lunch                                | T          | P          | S          |
| <b>HM Baked Ziti</b>                 | 2/3 cup    | 1 cup      | 1 1/3 cups |
| <b>Corn, canned, heated, drained</b> | 1/4 cup    | 1/2 cup    | 3/4 cup    |
| <b>Fluid Milk 1%</b>                 | 1/2 cup    | 3/4 cup    | 1 cup      |

| PM Snack                             | T         | P         | S          |
|--------------------------------------|-----------|-----------|------------|
| <b>Sandwich cookies, Duplex</b>      | 3 cookies | 3 cookies | 6 cookies  |
| <b>Fluid Milk 1%</b>                 | 1/2 cup   | 1/2 cup   | 3/4 cup    |
| Supper                               | T         | P         | S          |
| <b>HM Baked Ziti</b>                 | 2/3 cup   | 1 cup     | 1 1/3 cups |
| <b>Corn, canned, heated, drained</b> | 1/4 cup   | 1/2 cup   | 3/4 cup    |
| <b>Fluid Milk 1%</b>                 | 1/2 cup   | 3/4 cup   | 1 cup      |
|                                      |           |           |            |
|                                      |           |           |            |

Partner in Nutrition. For temporary changes, use the substitutions log

| <b>Wednesday</b>                            |            |            |             |
|---|------------|------------|-------------|
| <b>Breakfast</b>                            | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Cereal, cold, variety</b>                | 1/4 cup    | 1/3 cup    | 3/4 cup     |
| <b>100% Juice, apple</b>                    | 1/2 cup    | 1/2 cup    | 3/4 cup     |
| <b>Fluid milk 1%</b>                        | 1/2 cup    | 3/4 cup    | 1 cup       |
| <b>AM Snack</b>                             | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Animal Crackers</b>                      | 7 crackers | 7 crackers | 14 crackers |
| <b>Fluid milk 1%</b>                        | 1/2 cup    | 1/2 cup    | 1 cup       |
| <b>Lunch</b>                                | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Panackes</b>                             | 1 pancake  | 1 pancake  | 2 pancakes  |
| <b>All meat sausage</b>                     | 1 oz.      | 1 1/2 oz.  | 2 oz.       |
| <b>Applesauce, smooth or chunky, jarred</b> | 1/4 cup    | 1/2 cup    | 3/4 cup     |
| <b>Tatot Tots, frozen, baked</b>            | 1/4 cup    | 1/2 cup    | 3/4 cup     |
| <b>Fluid Milk 1%</b>                        |            |            |             |
| <b>PM Snack</b>                             | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>carrots, raw, sticks</b>                 | 1/2 cup    | 1/2 cup    | 3/4 cup     |
| <b>American Cheese, slices</b>              | 1/2 oz.    | 1/2 oz.    | 1 oz.       |
| <b>Supper</b>                               | <b>T</b>   | <b>P</b>   | <b>S</b>    |
| <b>Panackes</b>                             | 1 pancake  | 1 pancake  | 2 pancakes  |
| <b>All meat sausage</b>                     | 1 oz.      | 1 1/2 oz.  | 2 oz.       |
| <b>Applesauce, smooth or chunky, jarred</b> | 1/4 cup    | 1/2 cup    | 3/4 cup     |
| <b>Tatot Tots, frozen, baked</b>            | 1/4 cup    | 1/2 cup    | 3/4 cup     |
| <b>Fluid Milk 1%</b>                        |            |            |             |



## Thursday

| Breakfast                          | T         | P         | S         | Breakfast                      |
|------------------------------------|-----------|-----------|-----------|--------------------------------|
| <b>Cereal, cold, variety</b>       | 1/4 cup   | 1/3 cup   | 3/4 cup   | <b>Cereal, cold, variety</b>   |
| <b>100% Juice, apple</b>           | 1/2 cup   | 1/2 cup   | 3/4 cup   | <b>Bananas, fresh</b>          |
| <b>Fluid milk 1%</b>               | 1/2 cup   | 3/4 cup   | 1 cup     | <b>Fluid milk 1%</b>           |
| AM Snack                           | T         | P         | S         | AM Snack                       |
| <b>Vanilla Wafers, cookies</b>     | 5 cookies | 5 cookies | 9 cookies | <b>Celery, raw, sticks</b>     |
| <b>Fluid Milk 1%</b>               | 1/2 cup   | 1/2 cup   | 1 cup     | <b>Saltines, crackers</b>      |
| Lunch                              | T         | P         | S         | Lunch                          |
| <b>Chicken Hotdish</b>             | 1/3 cup   | 2/3 cup   | 3/4 cup   | <b>Bread, enriched</b>         |
| <b>Green Beans, canned, heated</b> | 1/4 cup   | 1/2 cup   | 3/4 cup   | <b>Meat Loaf, hamburger</b>    |
| <b>Peaches, slices, canned</b>     | 1/4 cup   | 1/2 cup   | 3/4 cup   | <b>Baked Beans, canned, he</b> |
| <b>Fluid Milk 1%</b>               | 1/2 cup   | 3/4 cup   | 1 cup     | <b>Pears, slices, canned</b>   |
|                                    |           |           |           | <b>Fluid Milk 1%</b>           |
| PM Snack                           | T         | P         | S         | PM Snack                       |
| <b>Graham, crackers</b>            | 1 sheet   | 1 sheet   | 2 sheets  | <b>Pretzels, sticks</b>        |
| <b>Fluid Milk 1%</b>               | 1/2 cup   | 1/2 cup   | 1 cup     | <b>100% Juice, apple</b>       |
| Supper                             | T         | P         | S         | Supper                         |
| <b>Chicken Hotdish</b>             | 1/3 cup   | 2/3 cup   | 3/4 cup   | <b>Bread, enriched</b>         |
| <b>Green Beans, canned, heated</b> | 1/4 cup   | 1/2 cup   | 3/4 cup   | <b>Meat Loaf, hamburger</b>    |
| <b>Peaches, slices, canned</b>     | 1/4 cup   | 1/2 cup   | 3/4 cup   | <b>Baked Beans, canned, he</b> |
| <b>Fluid Milk 1%</b>               | 1/2 cup   | 3/4 cup   | 1 cup     | <b>Pears, slices, canned</b>   |
|                                    |           |           |           | <b>Fluid Milk 1%</b>           |

## Friday

| T           | P           | S           |
|-------------|-------------|-------------|
| 1/4 cup     | 1/3 cup     | 3/4 cup     |
| 1/2 banana  | 1 banana    | 1 banana    |
| 1/2 cup     | 3/4 cup     | 1 cup       |
| T           | P           | S           |
| 1/2 cup     | 1/2 cup     | 3/4 cup     |
| 4 crackers  | 4 crackers  | 7 crackers  |
| T           | P           | S           |
| 1/2 slice   | 1/2 slice   | 1 slice     |
| 1/2 slice   | 1/2 slice   | 1 slice     |
| 1/4 cup     | 1/2 cup     | 3/4 cup     |
| 1/4 cup     | 1/2 cup     | 3/4 cup     |
| 1/2 cup     | 3/4 cup     | 1 cup       |
| T           | P           | S           |
| 10 pretzels | 10 pretzels | 19 pretzels |
| 1/2 cup     | 1/2 cup     | 3/4 cup     |
| T           | P           | S           |
| 1/2 slice   | 1/2 slice   | 1 slice     |
| 1/2 slice   | 1/2 slice   | 1 slice     |
| 1/4 cup     | 1/2 cup     | 3/4 cup     |
| 1/4 cup     | 1/2 cup     | 3/4 cup     |
| 1/2 cup     | 3/4 cup     | 1 cup       |

First Day of Week Which menu did you serve?

Substitutions: R  
Breakfast

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Record the day of the week, the item that was planned and the item that was

AM Snack

Lunch

PM Snack

Supper















































as substituted.

Evening Snack