

Sample Cycle Menu



Here is a sample cycle menu to help you plan your spring calendar with creditable recipes.

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Banana	Mixed Fruit	Pears	Apple Sauce	Blueberries
	Grain/Meat ⁺	English Muffin	WGR Puffed Cereal	Cream of Wheat	WGR Flake Cereal	Waffles
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Mango	Peas	Mandarin Oranges	Cut Grapes	Peaches
	Vegetable	Broccoli	Cauliflower	Spinach	Baked Potato	Carrots
	Grain	WGR Toast	Hamburger Bun	WGR Tortilla	Corn Bread	WGR Pizza Crust
	Meat/Meat Alternate	Soft Boiled Egg	Ground Beef	Turkey Slices	Baked Chicken	Cheese
SNACK	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--	--	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--
	Fruit	--	Sliced Apples	Pineapple	--	--
	Vegetable	--	--	--	--	--
	Grain	Crackers	--	--	Pretzels	Triscuits
	Meat/Meat Alternate	--	Peanut Butter	Cottage Cheese	--	Tuna
		DAY 6	DAY 7	DAY 8	DAY 9	Day 10
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Strawberries	Hashbrowns	Banana	Melon	Kiwi
	Grain/Meat ⁺	WGR Waffles	Scrambled Eggs	WGR Puffed Cereal	Oatmeal	French Toast Sticks
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Mashed Potato	Cut Grapes	Strawberries	Cucumbers	Carrots
	Vegetable	Whole Kernel Corn	Mixed Veggies	Green Beans	Tomato Slices	Peas
	Grain	Bread Sticks	Roll	Toast	WGR Hamburger Bun	WGR Macaroni
	Meat/Meat Alternate	Ground Beef	Baked Chicken	Ham Steak	Fish Patty	Cheese
SNACK	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--	--	--	--
	Fruit	--	--	Oranges	--	Peaches
	Vegetable	--	--	--	Celery/Carrot Sticks	--
	Grain	Soft Pretzels	WGR Tortilla	Graham Crackers	--	--
	Meat/Meat Alternate	--	Cheese	--	Cottage Cheese	Yogurt

Water should be offered at each meal time.

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

^{*} The fruit component at lunch may be substituted by an additional vegetable.



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