



**SAMPLE Ten Day Cycle Menus-Days 1-5**



<b>Supper:</b> Minimum Meal Pattern- 8 oz. Fluid Milk, 2 Servings Fruit/Juice/Vegetable (from 2 items), 1 serving Grain/Bread, and 2 oz. Meat/Meat Alternate					
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Milk</b>	Milk (8 fl.oz., ESF/sponsor provided)	Milk (8 fl.oz., ESF/sponsor provided)	Milk (8 fl.oz., ESF/sponsor provided)	Milk (8 fl.oz., ESF/sponsor provided)	Milk (8 fl.oz., ESF/sponsor provided)
	<b>Meatless Monday</b>	<b>T&amp;S Meal BREAK</b>	<b>SS Meal BREAK</b>	<b>Mac &amp; Cheese Night</b>	<b>T&amp;S Meal BREAK</b>
<b>M/MA</b>	E S Foods Cheesy Rice & Beans Stuffed Sandwich, non-meat (2 oz meat/meat alternate, 2 bread servings)	Turkey Bologna & Cheese Sandwich, WG Hoagie (2 oz meat/meat alternate, 2.5 bread servings)	Peanut Butter Soy Nuts (1 oz meat/meat alternate)	E S Foods Macaroni & Cheese, low sodium, reduced fat (2 oz meat/meat alternate, 0.75 bread servings)	Turkey Salami & Cheese Sandwich, WG Torpedo (2 oz meat/meat alternate, 2 bread servings)
<b>1<sup>st</sup> F/V</b>	Sponsor provided	Fruit Snack – 0.63oz. (½ cup veg serving)	100% Fruit Juice non-apple–125mL (3/8 cup veg serving)	100% Fruit Juice non-apple–125mL (3/8 cup veg serving)	Apple Sauce – 4oz. (½ cup veg serving)
<b>2<sup>nd</sup> F/V</b>	Sponsor provided	Dry Soybeans, Roasted and Salted – 1.0oz. (¼ cup veg serving)	Fruit Snack – 0.63oz. (½ cup veg serving)	Sponsor provided	Raisins – 1.33-1.5oz. (¼ cup veg serving)
<b>G/B</b>	WG Breakfast Bar – 1.3oz. (1 bread serving)	WG Snack – 0.9oz. (1 bread serving)	3 Pack Graham – 0.9oz. (1 bread serving)	Sponsor provided	WG Snack – 0.9oz. (1 bread serving)
<b>Other</b>			Jelly Pack (1 oz.)		