



SAMPLE Ten Day Cycle Menus-Days 6-10



Supper: 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					
	Day 6	Day 7	Day 8	Day 9	Day 10
Milk	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)
	T&S Meal BREAK	Nachos Night	SS Meal BREAK	Breakfast for Supper	SS Meal BREAK
M/MA	Crustless PB&J Sandwich & String Cheese (2 oz meat/meat alternate, 1.25 bread servings)	E S Foods Spicy Cheese Sauce, low sodium, reduced fat (2 oz meat/meat alternate)	Beef & Cheese Stick (1.25 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)	E S Foods Egg, Potato, RF Cheese & Salsa Stuffed Sandwich (1 oz meat/meat alternate, 2 bread servings)	Chicken Salad (2 oz meat/meat alternate)
1st F/V	Apple Sauce – 4oz. (½ cup veg serving)	Sponsor provided	100% Fruit Juice non-apple–125mL (3/8 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)
2nd F/V	Raisins – 1.33-1.5oz. (¼ cup veg serving)	Sponsor provided	Apple Sauce – 4oz. (½ cup veg serving)	Sponsor provided	Apple Sauce – 4oz. (½ cup veg serving)
G/B	WG Snack – 0.9oz. (1 bread serving)	Sponsor provided nacho chips	Grain Snack – 0.9oz. (1 bread serving)		Crispy Toast– 11.38g (0.5 bread serving)
Other				Sponsor provided (1 oz meat/meat alternate)	Grain Snack – 0.9oz. (1 bread serving)