



SAMPLE SFSP Ten Day Cycle Menus - Days 1-5

Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c Fruit/Juice/Vegetable, and 1 oz eq grain serving (oeg). May add Meat/Meat Alternate					
	Day 1	Day 2	Day 3	Day 4	Day 5
	SS Breakfast BREAK	SS Breakfast BREAK	SS Breakfast BREAK	SS Breakfast BREAK	SS Breakfast BREAK
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)
G	WG Cold Cereal – Gen Mills*** (1 oeg)	WG Cold Cereal – Gen Mills Cheerios (1 oeg)	WG Cold Cereal – Gen Mills*** (1 oeg)	WG Cold Cereal – Gen Mills RS CTC (1 oeg)	WG Cold Cereal – Gen Mills*** (1 oeg)
F/V	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)	Craisins, strawberry (½ cup fruit serving)	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)	Apple Sauce – 4.5oz. (½ cup fruit serving)	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)
Other	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)
Optional	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable
Lunch or Supper: Minimum Meal Pattern - 8 oz. Fluid Milk, ¾ cup Fruit/Juice/Vegetable (from 2 or more items), 1 oz eq grain serving (oeg), and 2 oz Meat/Meat Alternate					
	Day 1	Day 2	Day 3	Day 4	Day 5
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)
	SS Meal BREAK	SS Meal BREAK	SS Meal BREAK	SS Meal BREAK	SS Meal BREAK
M/MA	Cheese Stick (1 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)	Nachos Meal – Cheese Spead Cup (1 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)	Chicken Salad (2 oz meat/meat alternate)	Sun Butter (1 oz meat/meat alternate) Cheese Stick (1 oz meat/meat alternate)	Cheese Spead Cup (1 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)
G	WG Grahams – 0.9oz. (1 oeg)	WG Chips – 1oz. (1 oeg)	WG Cracker – 0.8oz. (1 oeg)	WG Cracker – 0.8oz. (1 oeg)	WG Cracker – 1oz. (1 oeg)
1st F/V	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Salsa Cup (½ cup red veg serving)	100% Fruit Juice non- apple–125mL (½ cup fruit serving**)	Craisins, strawberry (½ cup fruit serving)	Craisins, strawberry (½ cup fruit serving)
2nd F/V	100% Fruit Juice non- apple–125mL (½ cup fruit serving**)	100% Apple Juice–4oz. (½ cup fruit serving**)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)
Other	Beef Stick			Jelly Pack – (1 oz.)	
Weekly Totals	10 m/ma	5 oeg	5 c fruit/veg**		5 c milk

***Select cereal choice from list attached. ** Juice (4 fl oz) contributes 1/2 cup fruit, unless the total required serving is 3/4 cup, then juice contributes 3/8 cup fruit (or half of the total requirement.)



SAMPLE Ten Day Cycle Menus - Days 6-10

Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c Fruit/Juice/Vegetable, and 1 oz eq grain serving (oeg). May add Meat/Meat Alternate					
	Day 6	Day 7	Day 8	Day 9	Day 10
	SS Breakfast BREAK	SS Breakfast BREAK	SS Breakfast BREAK	SS Breakfast BREAK	SS Breakfast BREAK
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)
G	WG Cold Cereal – Gen Mills Cheerios (1 oeg)	WG Cold Cereal – Gen Mills*** (1 oeg)	WG Cold Cereal – Gen Mills RS CTC (1 oeg)	WG Cold Cereal – Gen Mills*** (1 oeg)	WG Cold Cereal – Gen Mills*** (1 oeg)
F/V	Craisins, strawberry (½ cup fruit serving)	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)	Apple Sauce – 4.5oz. (½ cup fruit serving)	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)
Other	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)
Optional	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable
Lunch or Supper: Minimum Meal Pattern - 8 oz. Fluid Milk, ¾ cup Fruit/Juice/Vegetable (from 2 or more items), 1 oz eq grain serving (oeg), 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)
	SS Meal BREAK	SS Meal BREAK	SS Meal BREAK	SS Meal BREAK	SS Meal BREAK
M/MA	Tuna Salad (2 oz meat/meat alternate)	Sun Butter (1 oz meat/meat alternate) Cheese Stick (1 oz meat/meat alternate)	Nachos Meal – Cheese Spread Cup (1 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)	Cheese Stick (1 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)	Chicken Salad (2 oz meat/meat alternate)
G	WG Cracker – 0.8oz. (1 oeg)	WG Cracker – 0.8oz. (1 oeg)	WG Chips – 1oz. (1 oeg)	WG Cracker – 0.8oz. (1 oeg)	WG Cracker – 0.8oz. (1 oeg)
1st F/V	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Craisins, strawberry (½ cup fruit serving)	Salsa Cup (½ cup red veg serving)	Marinara Cup (½ cup red veg serving)	100% Fruit Juice non- apple–125mL (½ cup fruit serving**)
2nd F/V	100% Fruit Juice non- apple–125mL (½ cup fruit serving**)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	100% Apple Juice–4oz. (½ cup fruit serving**)	Craisins, strawberry (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)
Other		Jelly Pack – (1 oz.)			
Weekly Totals	10 m/ma	5 oeg	5 c fruit/veg**		5 c milk

***Select cereal choice from list attached. ** Juice (4 fl oz) contributes 1/2 cup fruit, unless the total required serving is 3/4 cup, then juice contributes 3/8 cup fruit (or half of the total requirement.)