



### SAMPLE SFSP Ten Day Cycle Menus - Days 1-5

<b>Breakfast:</b> Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c Fruit/Juice/Vegetable, and 1 oz eq grain serving (oeg). May add Meat/Meat Alternate					
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
	<b>SS Breakfast BREAK</b>	<b>T&amp;S Breakfast BREAK</b>	<b>Prot Breakfast BREAK</b>	<b>T&amp;S Breakfast BREAK</b>	<b>SS Breakfast BREAK</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>G</b>	WG Cold Cereal – Gen Mills*** (1 oeg)	Muffin Breakfast – WG Banana Muffin (1 oeg)	Parfait Breakfast – All Natural WG Granola (1 oeg)	WG Bagel Breakfast (1 oeg)	WG Cold Cereal – Gen Mills*** (1 oeg)
<b>F/V</b>	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	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)
<b>Other</b>	WG Grain Snack (1 oeg)	WG Grain Snack (1 oeg)	Blueberry Yogurt (1 oz meat/meat alternate)	Lite String Cheese (1 oz meat/meat alternate)	WG Grain Snack (1 oeg)
<b>Optional</b>	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable
<b>Lunch or Supper:</b> 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					
	<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>SS Meal BREAK</b>	<b>T&amp;S Meal BREAK</b>	<b>T&amp;S Meal BREAK</b>	<b>T&amp;S Meal BREAK</b>	<b>SS Meal BREAK</b>
<b>M/MA</b>	Chicken Salad (2 oz meat/meat alternate)	Turkey Bologna & Cheese Sandwich, WG Oval Bun (2 oz meat/meat alternate, 2 oeg)	WG Crustless PBJ (1 oz meat/meat alternate, 1 oeg) Lite String Cheese (1 oz meat/meat alternate)	Italian Wrap (2 oz meat/meat alternate, 1 oeg)	Nachos Meal – Cheese Spread Cup (1 oz meat/meat alternate) Sunflower Seeds (1 oz meat/meat alternate)
<b>G</b>	WG Cracker – 1oz. (1 oeg)	above	above	above	WG Chips – 1oz. (1 oeg)
<b>1<sup>st</sup> F/V</b>	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	100% Fruit Juice non- apple–4oz. (½ cup fruit serving)	Craisins, strawberry (½ cup fruit serving)	Salsa Cup (½ cup red veg serving)
<b>2<sup>nd</sup> F/V</b>	100% Fruit Juice non- apple–4oz. (½ cup fruit serving**)	100% Fruit Juice non- apple–4oz. (½ cup fruit serving**)	Sponsor fresh fruit or vegetable (OVS)*	Marinara Cup (½ cup red veg serving)	100% Apple Juice–4oz. (½ cup fruit serving)
<b>Other</b>					
<b>Weekly Totals</b>	10 m/ma	6 oeg	4¾ c fruit/veg** *SPONSOR: ¼ 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**

<b>Breakfast:</b> Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c Fruit/Juice/Vegetable, and 1 oz eq grain serving (oeg). May add Meat/Meat Alternate					
	<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
	<b>SS Breakfast BREAK</b>	<b>Prot Breakfast BREAK</b>	<b>T&amp;S Breakfast BREAK</b>	<b>T&amp;S Breakfast BREAK</b>	<b>SS Breakfast BREAK</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>G</b>	WG Cold Cereal – Gen Mills Cheerios (1 oeg)	Yogurt Breakfast – WG Graham (1 oeg)	Muffin Top Breakfast – Apple Cinnamon Top (1 oeg)	Gluten Free Breakfast – Rice Chex Cereal (1 oeg)	WG Cold Cereal – Gen Mills*** (1 oeg)
<b>F/V</b>	Craisins, strawberry (½ cup fruit serving)	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Craisins, strawberry (½ cup fruit serving)	100% Fruit Juice – 4 fl oz. (½ cup fruit serving)
<b>Other</b>	WG Grain Snack (1 oeg)	Strawberry Yogurt (1 oz meat/meat alternate)	WG Grain Snack (1 oeg)	Lite String Cheese (1 oz meat/meat alternate)	WG Grain Snack (1 oeg)
<b>Optional</b>	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable	Fresh fruit or vegetable
<b>Lunch or Supper:</b> 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					
	<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
	<b>SS Meal BREAK</b>	<b>T&amp;S Meal BREAK</b>	<b>T&amp;S Meal BREAK</b>	<b>Refrig Meal BREAK</b>	<b>SS Meal BREAK</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>M/MA</b>	Tuna Salad (2 oz meat/meat alternate)	Turkey & Cheese Sandwich, WG Hoagie (2 oz meat/meat alternate, 2.5 oeg)	WG Crustless PBJ (1 oz meat/meat alternate, 1 oeg) Lite String Cheese (1 oz meat/meat alternate)	“Parfait” Blueberry Yogurt (1 oz meat/meat alternate) Lite String Cheese (1 oz meat/meat alternate)	Sunbutter (1 oz meat/meat alternate) Cheese Stick (1 oz meat/meat alternate)
<b>G</b>	WG Cracker – 0.8oz. (1 oeg)	above	above	WG All Natural Granola – 1.25oz. (1 oeg)	WG Grahams – 1oz. (1 oeg)
<b>1<sup>st</sup> F</b>	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	100% Fruit Juice non- apple–4oz. (½ cup fruit serving)	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)	Craisins, strawberry (½ cup fruit serving)
<b>1<sup>st</sup> V</b>	100% Fruit Juice non- apple–125mL (½ cup fruit serving**)	100% Fruit Juice non- apple–4oz. (½ cup fruit serving**)	Sponsor fresh fruit or vegetable (OVS)*	Sponsor fresh fruit or vegetable (OVS)*	Apple Sauce unsweetened– 4.5oz. (½ cup fruit serving)
<b>Other</b>					Jelly Pack – (1 oz.)
<b>Weekly Totals</b>	10 m/ma	6.5 oeg	5 c fruit/veg** *SPONSOR: ½ 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.)