

Sample Cycle Menu: Supper

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
		Lentil Soup with Roasted Vegetables	Chicken Fajita Tacos	Spaghetti and Meatballs	Garden Omlette with Herbed Home-fries	Taco Pizza Rolls
HOT	Grain/Bread	Whole grain roll or 1 slice whole grain toast	6 “ tortilla – 100% corn	Whole Grain pasta • ½ cup (cooked)	Whole grain roll or 1 slice whole grain toast	Whole grain pizza dough or 6” corn tortilla
	Meat/ Meat Alternative	Lentil soup • ¾ cup lentils • ¼ cup vegetables (mixed variety)	• 3oz chicken strips	Spinach meatballs • 90 – 95% lean ground beef,	Garden Omlette • 1 large egg* • 1/8 cup bell peppers* • ½ cup spinach* • ¼ cup Cremini mushrooms (optional)	Sautéed ground beef • 90 – 95% lean ground beef
	Vegetable	• ¾ cup roasted broccoli and cauliflowers	• ¼ cup Sautéed bell peppers • ½ cup lettuce • ¼ cup diced tomatoes	• ¼ cup tomato paste or 1/8 cup tomato sauce • 1 cup green beans	Herbed Home-fries • 2 small potatoes* (recommend: sweet potatoes) • Dry herbs- oregano, parsley, cilantro	• ½ cup lettuce • ¼ cup tomatoes
	Fruit	1 small orange	Guacamole • ½ avocado* • Lime juice - fresh • cilantro	½ cup apple slices or 1 small apple	½ cup seasonal fruit	½ cup seasonal fruit or 1 small apple or orange
	Milk	Fat- free or 1% Milk	Fat- free or 1% Milk	Fat- free or 1% Milk	Fat- free or 1% Milk	Fat- free or 1% Milk

Sample Cycle Menu: Supper

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday	
		Chickpea Sandwiches	'Banana Butter' bagel bites	Roast Beef sandwiches	Mediterranean Chicken Pita Pockets	Deli Sub	
Cold	Grain/Bread	2 slices whole grain bread (toasted)	2 whole grain mini bagel	2 slices whole grain bread	6" pita pocket	Whole grain sub	
	Meat/ Meat Alternative	Hummus <ul style="list-style-type: none"> • 2 cans chickpeas • Garlic • Olive oil Meat alt: ½ cup*	4 Tbsp. Sun butter	2 slices deli lean roast beef <ul style="list-style-type: none"> • (optional low-fat, low sodium, low sugar dressing) 	Mediterranean Chicken salad <ul style="list-style-type: none"> • 3oz diced boneless skinless chicken breast • Fresh herbs • Pitted olives • Red onions 	1 slice deli chicken 1 slice deli turkey 1 slice deli ham	
	Vegetable	½ cup julienne carrots, bell peppers, cucumber slices	½ cup bell pepper strips	½ cup bell peppers Or 6 baby carrots	½ cup romaine lettuce ¼ cup diced tomatoes	½ cup romaine lettuce ¼ cup diced tomatoes	1/2 cup romaine lettuce
	Fruit	1 small orange	½ large banana	1 small apple or seasonal fruit	½ cup honey dew, watermelon or cantaloupe	Fruit kebab – grapes, pineapples, apples	
	Milk	Fat- free or 1% Milk	Fat- free or 1% Milk	Fat- free or 1% Milk	Fat- free or 1% Milk	Fat- free or 1% Milk	Fat- free or 1% Milk

*Creditable and satisfies the required meal component

**Providers should note nut and seed allergies

***Serving sizes should comply with children's energy needs.