

2024-2025 Cyclic Menus



Breakfast Menu – Main Hot Option

CYCLE MENU

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24months Old – m/ma ½oz, fruit ¼c, grain ½oz, 4oz Plain Whole Milk

24months – 36months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain 1% Milk

3-5 Year Olds – m/ma ½ oz, fruit ½ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 1oz, fruit ½ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 WG Cheerios Fruit Milk	Day 2 Yogurt Fruit Milk	Day 3 WG Corn Muffin Fruit Milk	Day 4 Cinnamon Toast Crunch Fruit Milk	Day 5 WG French Toast Fruit Milk
Day 6 WG Rice Krispies Fruit Milk	Day 7 Yogurt Fruit Milk	Day 8 WG Apple Cinnamon Muffin Fruit Milk	Day 9 Trix Fruit Milk	Day 10 WG Pancake Fruit Milk
Day 11 Corn Flakes Fruit Milk	Day 12 Yogurt Fruit Milk	Day 13 WG Banana Muffin Fruit Milk	Day 14 Cheerios Fruit Milk	Day 15 Scrambled Egg Fruit Milk
Day 16 Kix Fruit Milk	Day 17 Yogurt Fruit Milk	Day 18 WG Blueberry Muffin Fruit Milk	Day 19 WG Rice Krispies Fruit Milk	Day 20 WG Waffle Fruit Milk
Day 21 WG Cheerios Fruit Milk				

WG = Whole Grain

Fruit options vary when in season, viable options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

All Cereals contain no more than 6 grams of sugar per dry ounce

All Yogurt contains no more than 23 grams of sugar per 6 ounce serving



**Main Lunch Menu
Cycle Menu**

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Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk *(menu modifications in italics)*

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 Egg and Cheese on WG Bagel Potatoes Fruit Milk <i>National Egg Day!</i>	Day 2 Turkey & Cheese Sandwich on WW Bread Carrot Sticks (Cooked Carrots) Mayonnaise Ranch Dressing Fruit Milk Cheese Sandwich on WW Bread	Day 3 Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk Tofu, Cheddar, Rice Bake	Day 4 Turkey Sausage String Cheese (3+ Only) WG French Toast Broccoli (Peeled and Diced Cucumbers) Fruit Milk WG Waffle and Veggie Sausage	Day 5 Taco Beef w/Cheddar Cheese WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Burrito
Day 6 Hamburger Slider w/Cheddar Cheese WG Bun Tater Tots Ketchup Fruit Milk Veggie Burger	Day 7 Swedish Meatballs WG Biscuit Green Beans Fruit Milk Veggie Meatballs	Day 8 Grilled Chicken WG Pita Bread Broccoli (Peas) Fruit Tzatziki Sauce Milk Tofu w/Tzatziki Sauce	Day 9 Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk	Day 10 Grilled Chicken w/Salsa Red Beans & Brown Rice Fruit Milk Veggie Nuggets
Day 11 WG Chicken Fingers Tater Tots Ketchup Fruit Milk Veggie Nuggets	Day 12 Turkey Burger WG Sandwich Roll Corn Fruit Milk Veggie Burger	Day 13 Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk	Day 14 WG Pasta w/Meat Sauce Broccoli (Mixed Vegetables) Fruit Milk Lentils w/Sauce	Day 15 WG Chicken Egg Roll String Cheese 3+ Green Beans (School Age) Fruit Milk Veggie Nuggets
Day 16 Grilled Chicken Pot Pie w/Mixed Vegetables WG Biscuit Fruit Milk Lentil Pot Pie	Day 17 Meatloaf w/Beef Gravy WG Dinner Roll Mashed Potatoes Pineapple Milk Veggie Burger	Day 18 Teriyaki Chicken Brown Rice Broccoli (Peas) Ranch Dressing Fruit Milk Teriyaki Tofu	Day 19 Beef BBQ WG Bun Corn Fruit Milk Veggie Burger	Day 20 Turkey and Cheese Wrap on WG Tortilla Carrot Sticks (Cooked Carrots) Ranch Dressing Mayonnaise Fruit Milk Cheese Sandwich on WW Bread
Day 21 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk				

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos



Snack Menu

Cycle Menu

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Approved by Haley Havighurst, RDN

Serving Sizes are as follows: 2 of the five components.

1-2 Year Olds – m/ma ½ oz, fruit ½ c, vegetable ½ c, grain ½ oz, 4oz Plain 1% Milk

3-5 Year Olds – m/ma ½ oz, fruit ½ c, vegetable ½ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 1oz, fruit ¾ c, vegetable ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 WG Dino Bites & String Cheese	Day 2 Cheez Its & Applesauce	Day 3 Carrot Sticks & Sunbutter	Day 4 WG Chat Snax & Yogurt	Day 5 Pretzel Goldfish and Orange Slices (Mandarins)
Day 6 WG Dino Bites & String Cheese	Day 7 Cheez Its & Applesauce	Day 8 Carrot Sticks & Sunbutter	Day 9 WG Chat Snax & Yogurt	Day 10 WG Pretzel w/Cheese Sauce
Day 11 WG Dino Bites & String Cheese	Day 12 Cheez Its & Applesauce	Day 13 Carrot Sticks & Sunbutter	Day 14 WG Chat Snax & Yogurt	Day 15 Pretzel Goldfish and Orange Slices (Mandarins)
Day 16 WG Dino Bites & String Cheese	Day 17 Cheez Its & Applesauce	Day 18 Carrot Sticks & Sunbutter	Day 19 WG Chat Snax & Yogurt	Day 20 WG Pretzel w/Cheese Sauce
Day 21 WG Dino Bites & String Cheese				

WG = Whole Grain

Fruit options vary when in season, and are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos