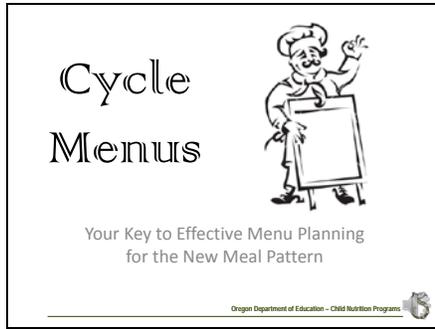
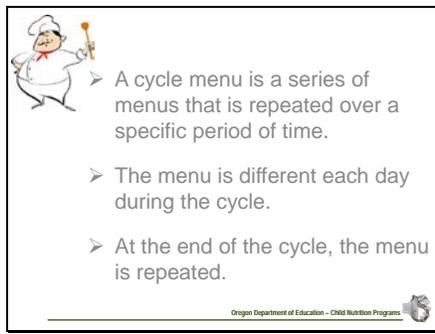


Slide 1



Cycle Menus are your key to effective menu planning for the New Meal Pattern. With the additional documentation that is required to assure compliance with the New Meal Pattern, cycle menus will help you save time and make the paper work process easier, allowing you more time to prepare great meals for the students.

Slide 2

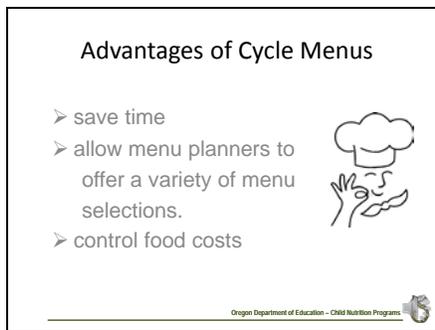


A cycle menu is a series of menus that is repeated over a specific period of time, such as 4 weeks.

The menu is different each day during the cycle.

And, At the end of the cycle, the menu is repeated.

Slide 3



Using cycle menus in school nutrition has many advantages. Cycle menus save time and allow menu planners to offer a variety of menu selections. Cycle menus can control food costs in a number of ways.

Slide 4

Save Time and Labor Costs

- Save Time
 - ➔ gathering information
 - ➔ planning menus
 - ➔ developing specifications
 - ➔ costing
- Purchasing Procedures Standardized
- Standard Grocery List
- Efficient Production
- Saved Time can be used for Nutrition Education and Training.

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Save time and labor costs.

- Cycle menus save time in gathering information, planning menus, developing specifications, and costing.
- Purchasing procedures are standardized and take less time.
- A standard grocery list for a cycle menu helps prevent extra orders, saving you time.
- As menu items are repeated, staff members become more familiar with the recipes and more efficient in producing them.
- The time you save by using cycle menus can be used for nutrition education and training.

Slide 5

Control Food Costs.

- Project the Right Amount of Product to Purchase
- Easier to Buy Regularly Used Items in Bulk
- Take Advantage of Seasonal Foods.

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Cycle menus can help control food costs.

- It is easier to project the right amount of product to purchase when you have previous production records for menus.
- Cycle menus make it easier to buy regularly used items in bulk.
- Cycle menus can also help you take advantage of seasonal foods.

Slide 6

Reduce Storage Costs.



- Project the Right Amount of Product to Purchase
- Help Keep Stock at Appropriate Levels

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Cycle menus reduce storage costs.

- Since cycle menus help project the right amount of product to purchase, they help keep stock at appropriate levels.

Slide 7

Reduce Food Waste



- Menus are Prepared Repeatedly
- Easier to Project Food Quantity to Prepare

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Cycle menus reduce food waste.

- As menus are prepared repeatedly, it is easier to project how much of each menu item you will need to make.

Slide 8

Steps in Planning Cycle Menus

1. Gather Menu Planning Resources
2. Decide on Length of the Cycle
3. Plan the Main Dishes First
 - Plan a different main dish every day
 - Vary the meat/meat alternate
4. Add Foods that go with the Main Dish



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Here are some Steps for Planning Cycle Menus

1. Gather menu planning resources, such as recipes, product information and the National School Lunch Program Meal Pattern requirements.
2. Decide on the length of the cycle. The cycle menu should be at least 3 weeks to promote variety.
3. Plan the main dishes first.
 - Try to include a different main dish for each day of the cycle.
 - Vary the meat/meat alternate from day to day. For example, serve Vegetable Beef Soup on Monday, Fish Nuggets on Tuesday, and Chicken and Rice on Wednesday.

4. Add foods to go with and complement the main dish. Check the New Meal Pattern requirements to be sure all requirements have been met.

Slide 9

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Wheat Bun	Sweet Onions Chicken with Brown Rice	Cheese Pizza Slices with Marinara Sauce	Vegetable Tacos	Chicken Nuggets
Week 2	Grilled Chicken Sandwich	Crunchy Sesame Fish & Chips	Ravio' Rotini & Meat Sauce	Beefy Bean Burrito	Toasted Cheese Sandwich
Week 3	Mac & Cheese	Chicken Broccoli Bowl with Oriental Noodles	Pepperoni Pizza	Quicky Quesadilla	Shuppy Joe
Week 4	BBQ Chicken with a Wheat Roll	Mini Meatball Sub	Teriyaki Turkey with Brown Rice	Taco Salad in a Tortilla Bowl	Harbor Fish Sandwich
Week 5	Cheesy Chili	Sweet and Sour Chicken with Brown Rice	Mexican Pizza	Chicken Alfredo with a Twist	Delicious Deli

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Let's take a look at what this could look like.

We have collected all the documentation for crediting all of the main dishes that we plan on using. We are using recipes with Appendix A, MPFS, CN Labels along with the Food Buying Guide.

Then week by week – not day by day we begin to plan the menu by choosing a variety of entrees that make a week's menu. Be sure to check that each week has the correct balance for the weekly minimums and maximums for grains and meat/meat alternates.

Then take a look at the total monthly menu for balance and variety.

Slide 10

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Wheat Bun Oven Baked Potato Wings Fresh Crunchy Apple Milk	Sweet Sesame Chicken with Brown Rice Garden-Grown Salad Apricots Milk	Cheese Pizza Sticks with Marinara Sauce Rice & Cauli Salad Fresh Oregon Pear Milk	Walking Tacos Marinated Black Bean Salad Savory Salsa Grapes Milk	Chicken Nuggets Fabulous Finger Squash Wonderful Watermelon Milk
Week 2	Grilled Chicken Sandwich 3 Bean Salad Peach Cup Milk	Crunchy Sesame Fish & Chips 3 Color Apple Basket Milk	Roastin' Potatoes & Meat Sauce Steamed Bok Choy Blond Potatoes Milk	Beefy Bean Burrito Great Greens & Tomatoes Orange Slices Milk	Tuna and Cheese Sandwich Fresh Crispy Vegetables Oregon Strawberries Milk
Week 3	Milk & Cheese Popover Salad Fresh Farm Tomatoes Great Oregon Apples Milk	Chicken Broccoli Bowl with Oriental Noodles Edamame Pineapple Milk	Pepperoni Pizza Oven Roasted Vegetables Applesauce Milk	Quinoa Quesadilla Vegeta Salsa & Salsa Dip Peaches Milk	Sticky Ice Marshmallow Pretzels Kiwi & Strawberries Milk
Week 4	BBQ Chicken with a Wheat Roll Baked Beans Cherry Croustade Milk	Mini Meatball Sub Oregon Green Beans Fresh From the Farm Fall Apples Milk	Turkey Turkey with Brown Rice Great Greens Mandarin Oranges Milk	Tuna Salad in a Tortilla Bowl Tropical Fruit Mix Milk	Harbor Fish Sandwich Sweet Potato Fries Favorite Fruit Bar Milk
Week 5	Cheesy Chili Garlic Bread Zucchini Bake Fresh Apple Milk	Sweet & Sour Chicken with Asian Brown Rice Cheerful Vegetable Mix Pineapple Chunks Milk	Mexican Pizza Carnival Corn Fresh Peas Milk	Chicken Alfredo with a Twist Fresh Garden Vegetable Salad Orange Wedges Milk	Delicious Deli Sandwich Baby Carrots & Hummus Strawberry Cup Milk

*Selections include a choice of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) milk.

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The next step is to add all of the additional items to make each days menu reimbursable and to meet the weekly requirements for the vegetable sub-groups. Add milk to your menu defining the choices that are available. Be sure to follow the basic principles of good menu planning. (Go to next slide)

Slide 11



5. Remember basic meal planning guidelines:

- Include a variety of foods.
- Include familiar foods as well as new foods
- Include different shapes, colors, textures, tastes, and temperatures of food.
- Balance higher-cost and lower-cost foods throughout the week.
- Along with the traditional menu items, try something new!

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Remember basic meal planning guidelines.

- Include a variety of foods. Try not to repeat the same main dish in a menu cycle.
- Include familiar foods as well as foods that may be new to students.
- Include different shapes, colors, textures (soft, crunchy), tastes (sweet, salty, spicy, mild) and temperatures of food.
- Balance higher-cost and lower-cost foods throughout the week.
- And along with the traditional menu items, try something new at least once in every cycle.

(Go back to previous slide and take a look to see if this menu planner followed the meal planning guidelines)

Slide 12

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Wheat Bun Oven Baked Potato Wings Fresh Crunchy Apple Milk	Sweet Sesame Chicken with Brown Rice Garden-Grown Salad Apricots Milk	Cheese Pizza Sticks with Marinara Sauce Egg & Half Salad Fresh Oregon Pear Milk	Walking Taco Marinated Black Bean Salad Savory Salsa Organic Grapes Milk	Chicken Nuggets Fabulous Finger Squash Wonderful Watermelon Milk
Week 2	Grilled Chicken Sandwich 3 Bean Salad Peach Cup Milk	Crunchy Sesame Fish & Chips 3 Color Apple Basket Milk	Rainy! Raisin & Meat Sauce Steamed-Raisin Veggie Blend Peaches Milk	Beefy Bean Burrito Great Greens & Tomatoes Orange Slices Milk	Tunaed Cheese Sandwich Fresh Crispy Vegetables Oregon Strawberries Milk
Week 3	Milk & Cheese Popover Salad Fresh Farm Tomatoes Great Oregon Grapes Milk	Chicken Broccoli Bowl with Oriental Noodles Edamame Pineapple Milk	Pepperoni Pizza Oven Roasted Vegetables Applesauce Milk	Quilty Quesadilla Vegeta Salsa & Salsa Dip Peaches Milk	Sticky Ice Marshmallow Protein Kit & Strawberries Milk
Week 4	BBQ Chicken with Wheat Roll Baked Beans Cherry Crumble Milk	Mini Mouthful Sub Oregon Green Beans Fresh From the Farm Fall Apples Milk	Turkey Turkey with Brown Rice Great Greens Mandarin Oranges Milk	Taco Salad in a Tortilla Bowl Tropical Fruit Mix Milk	Harbor Fish Sandwich Sweet Potato Fries Favorite Fruit Bar Milk
Week 5	Cheesy Chili Garlic Bread Quiche Bake Fresh Apple Milk	Sweet & Sour Chicken with Asian Brown Rice Cheerful Vegetable Mix Pineapple Chunks Milk	Mexican Pizza Carnival Corn Fresh Peas Milk	Chicken Alfredo with a Twist Fresh Garden Vegetable Salad Orange Wedges Milk	Delicious Deli Sandwich Baby Carrots & Hummus Strawberry Cup Milk

*Selections include a choice of Low-Fat (unflavored) or Full-Fat (unflavored or flavored) milk.

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The next step is to add all of the additional items to make each days menu reimbursable and to meet the weekly requirements for the vegetable sub-groups. Add milk to your menu defining the choices that are available. Be sure to follow the basic principles of good menu planning. (Go to next slide)

Slide 13



Flexibility

Remember that cycle menus can be flexible to allow variations for holidays, seasonal fruits and vegetables, special items, and the use of USDA Foods

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Remember that cycle menus can be flexible to allow variations for holidays, seasonal fruits and vegetables, special items, and the use of USDA Foods (Commodity)

Slide 14

Tips

- Vary the preparation methods in a day's menu so equipment will not be overloaded.
- Consider the season
- Include raw and cooked vegetables.
- Include a variety of foods so students get a wide range of nutrients.
- Consider when fresh foods will arrive and how long they will last.
- Consider delivery times and storage capacities of freezers and refrigerators.



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Here are some tips for successful Cycle Menus

- Vary the preparation methods in a day's menu so equipment, such as ovens, will not be overloaded.
- Consider the season and include foods that are in season.
- Include raw and cooked vegetables.
- Include a variety of foods so students get a wide range of nutrients.
- Consider when fresh foods will

arrive and how long they will last.

- Consider delivery times and storage capacities of freezers and refrigerators.

Slide 15

Samples of Cycle Menus

Menu that Move

<http://education.ohio.gov/GD/Templates/Pages/ODE/ODEDetail.aspx?page=3&TopicRelationID=8288&ContentID=131143&Content=132509>

Menu that Move is a set of seasonal cycle menus to help schools serve tasty meals that fit within the United States Department of Agriculture's (USDA) new meal guidelines. Each seasonal cycle menu contains five weekly menus that have been entered into the USDA Menu Certification Worksheet and meet both the required meal components and also nutrient standards that have been entered into a USDA-approved software.

http://www.nationaldairycouncil.org/SiteCollectionDocuments/child_nutrition/nutrition_in_schools/Sample_School_Lunch_Menu_K-5.pdf

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Slide 16

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