

Worksheet for 5-day Cycle Menu Planning:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/Juice (1 ea)	1. Banana 2. pineapple Juice*	1. Orange* 2. Grapefruit Juice	1. Strawberries 2. Fortified Apple Juice*	1. Apple 2. orange Juice*	1. Cantaloupe 2. kiwi Juice*
Hot Cereal (1)	1. Multigrain Oatmeal^	1. Cream of Wheat^	1. Maple Sugar Oatmeal	1. Malt-O-Meal^	1. Apple Cinnamon Oatmeal^
Entrees (2)	1. French Toast^ 2. Swedish Crepes	1. Spinach-Cheddar Quiche 2. Denver Omelet	1. Multigrain Waffles^ 2. Zucchini Frittata	1. Spinach with mushroom Crepe** 2. blueberry pancake	1. strawberry Pancakes 2. Asparagus strata with sourdough
Sides (3)	1. Sausage 2. Strawberries yogurt 3. cream brulee 4. Asst. Toast	1. Raspberry Parfait 2. rice budding 3. blueberry Scone 4. Asst. Toast	1. Banana smoothie 2. Sausage (in scramble) 3. English Muffin 4. Asst. Toast	1. bacon 2. hash browns 3. Cheese Danish Pastry 4. Asst. Toast	1. grapes 2. Strawberry yogurt 3. Blueberry Muffin 4. Asst. Toast
Toast (1)	C.T.M.	C.T.M.	C.T.M.	C.T.M.	C.T.M.
Beverage (1)					
Lunch:					
Soup/Salad (1 ea)	1. French Onion Soup 2. Strawberry-Spinach Salad	1. Minestrone Soup 2. Greek Salad	1. Chicken Noodle Soup 2. Fruit Salad	1. Tomato Soup 2. Cucumber Salad	1. Japanese Miso Soup 2. Beet Salad
Entrees (2)	1. Roast Beef Sandwich^ 2. Cheese Quesadilla	1. Steamed Salmon with Butter 2. Portobello Mushroom Burger^	2. Pizza with Cheese and Mushroom^ 1. Roasted Carrots **	1. Turkey Chili 2. Vegan Tofurkey burger^	1. Bean & Cheese Burrito 2. BLT Club Sandwich^
Vegetables (2)	1. Roasted Bell Peppers 2 Steamed Cauliflower	1 Sautéed Soybean Sprouts 2. Roasted Asparagus	1. Parmesan Tomato Bread 2. Steamed White Rice	1. Steamed Broccoli 2. Sugar Snap Peas	1. Sautéed Spinach 2. Snow Pea Stir Fry
Starch (2)	1 Zucchini Chips 2. Corns	1. Roasted Garlic Potatoes 2. Breadsticks	1. Italian Supermarket Bread 2. Mango Jell-O	1. Bread from Sandwich^ 2. Banana Bread	1. Baked Sweet Potato** 2. Quinoa^
Desserts (2)	1. Mini Lemon Tarts 2. Oatmeal Cookie	1. Blackberry Trifle 2. Pumpkin Pie	1. Strawberry Tart 2. Asst. Bread	1. Cherry Pie 2. Rustic Peach Tart	1. Strawberry Parfait 2. Peanut Butter Cookie
Bread (1)	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread
Beverage (1)	C.T.M.	C.T.M.	C.T.M.	C.T.M.	C.T.M.
Dinner:					
Soup/Salad (1 ea)	1. Cobb Salad 2. Beef Tortilla Soup	1. Garden Salad 2. Clam Chowder Soup	1. Waldorf Salad 2. Korean Kimchi Soup	1. Caprese Salad 2. Split Pea Soup	1. Caesar Salad 2. Gazpacho Soup
Entrees (2)	1. Macaroni & Tomato source^	1. Grilled Cheese Sandwich^ 2. Mandarin orange Chicken	1. Grilled Cashew Salad 2. Tofu Stir-Fry	1. Chick Pea Spaghetti with Tomato sauce 2. Sweet & Sour Pork	1. Chicken Marsala 2. Creamy Avocado Pasta^
Vegetables (2)	2. Steak Burrito 1. Roasted Turnips	1. Sautéed Celery 2. Roasted Brussels Sprouts	2. Sautéed Kale 1. Steamed brown rice ^	2. Steamed Green Beans 2. Roasted Zucchini	1. Creamed Artichokes 2. Sweet and Sour Carrots**
Starch (2)	2. Sautéed eggplant 1. Sweet Potato Fries	1. Bread from sandwich^ 2. Fried Noodles	2. Mashed potatoes 1. Chocolate Éclair	1. Croissant 2 Whole grain bread^	1. Included in Pasta 2 Corn Bread
Desserts (2)	2. Included in Macaroni entree 1. Banana Pie	1. Apple Turnover 2. Fortune Cookie	2. Vanilla Mousse 1. Asst. Bread	1. Tiramisu 2. Green Tea Tart	1. Raspberry Cheesecake 2. Pizzelle Cookie
Bread (1)	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread
Beverage (1)	2. Chocolate Pudding 1. Asst. Bread	1. Asst. Bread	C.T.M.	C.T.M.	C.T.M.
	C.T.M.	C.T.M.			

C.T.M. = Coffee / Tea / Milk

*Vitamin C-containing food **Vitamin A-containing food ^Whole Grain Rich