



# Menu Cycling



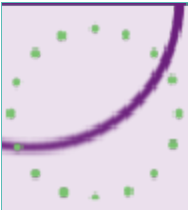
One of the best ways to simplify your program (and keep to your budget) is to cycle your menus. Cycle menus are planned for a specific time period (for example 5 menus in a school week makes a cycle that is repeated every week).

Select approved food items and create a weekly menu. Students will love the variety and the opportunity to try new things throughout the cycle. It helps manage food-buying costs, improves staff efficiency and allows flexibility for appropriate meals students will enjoy.

And remember – nothing is set in stone!! Swap out items from your menu cycle for seasonal produce as it becomes more available and affordable!!

## Benefits of Menu Cycling





## Emergency Menu Planning for your School Breakfast-Snack Program



It is important to keep your breakfast program well-stocked especially during the winter months. Bad weather can impede timely food deliveries or one's ability to shop for groceries. As well, program coordinators may have to miss days of work due to colds and flu.

By following these simple steps, you can avoid any disruption to your breakfast program.

1. Always have a team in place to avoid uninterrupted delivery of your breakfast program.
2. Ensure that you have a reserve of food to last one week.

You may wish to include these "long-lasting" healthy staples:

**Pantry - Cereal, canned fruit, applesauce, crackers, pancake mix, muffin mix, dried fruit, jam, peanut butter (soy butter), granola bars**

**Fridge - Cheese, yogurt, margarine, apples, oranges, clementines**

**Freezer - Frozen fruit, bagels, bread, muffins**

► **supplies (napkins, cutlery, plates, etc)**



# Simplified Breakfast Menu

## Week 1



**MONDAY**

FRUITS/VEG	PROTEIN	GRAIN	MISC
8-10 Baby Carrots	30 grams Hummus	1/2 - Whole grain pita	


**TUESDAY**

Banana	50 grams cheese cubes	6-10 Whole grain crackers	
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**WEDNESDAY**

Apple (small)	2 Cheddar cheese slice	1/2 - 12 Grain Bagel	
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**THURSDAY**

10 Grapes	Yogurt	30 grams Whole grain Cereal	
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**FRIDAY**

1/2 cup English Cucumber	1 Hard boiled egg	1 Whole grain toast	
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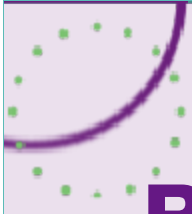


# Simplified Breakfast Menu

## Week 2



	FRUITS/VEG	PROTEIN	GRAIN	MISC
<b>MONDAY</b>	1/2 Orange	1 cup milk	1 Whole grain carrot muffin	
<b>TUESDAY</b>	1/2 cup Sweet pepper	2 Cheddar Cheese slice	1/2 - Whole wheat English muffin	
<b>WEDNESDAY</b>	1/2 cup Celery	50 grams Cheese cubes	6-10 Whole wheat crackers	
<b>THURSDAY</b>	Apple	Yogurt tube	1/2 Whole wheat bagel	Cream cheese
<b>FRIDAY</b>	1/2 cup English Cucumber	1 Hard boiled egg	1/2 Whole wheat pita	



# Breakfast Menu Template



FRUITS/VEG

PROTEIN

GRAIN

MISC

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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