

SAMPLE CYCLE LUNCH MENUS

Sample Cycle Lunch Menu 1

The following is a sample 4-week lunch cycle menu from the Institute of Child Nutrition. You may change any of the meals shown, rearrange the order, or make substitutions within a meal. Be sure each new menu offers all the required food components in the SFSP meal pattern. Note the variety of foods, hot and cold food items, and culturally diverse menu suggestions. These sample menus are primarily for on-site preparation. Variations of the suggestions can be used for off-site service at playgrounds or campsites.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Bean & cheese burrito on whole grain tortilla Mexicali corn Fresh strawberries Low-fat or fat-free milk	Sweet and sour chicken Brown rice Fresh snap sugar peas Mandarin oranges Low-fat or fat-free milk	Whole grain tortilla rollup with hummus and veggies Romaine salad Orange slices Low-fat or fat-free milk	Spaghetti casserole Mixed spinach and green salad Fresh cantaloupe Low-fat or fat-free milk	Oven baked parmesan chicken Whole grain bread stick Sweet potatoes Fresh watermelon Low-fat or fat-free milk
WEEK 2	Black bean taco Fresh sliced cucumber and tomatoes Fresh peaches Low-fat or fat-free milk	Tuna sandwich on whole grain bread Fresh broccoli and cauliflower Fresh blueberries Low-fat or fat-free milk	Pork stir fry Brown rice Sliced oranges Steamed broccoli Low-fat or fat-free milk	Chicken and vegetable soup Whole grain crackers Fresh plums Sweet potato strips Low-fat or fat-free milk	Mexican pizza on whole grain tortilla Sliced peppers Canned peaches Low-fat or fat-free milk
WEEK 3	Sloppy joes on whole grain bun Broccoli salad Fresh fruit salad Low-fat or fat-free milk	Turkey burrito on whole grain tortilla Refried beans Fresh honeydew Low-fat or fat-free milk	Minestrone soup Whole grain roll Fresh apples Low-fat or fat-free milk	Ham and cheese sandwich on whole grain bread Three bean salad Fresh watermelon Low-fat or fat-free milk	Taco salad Baby carrots Canned pears Low-fat or fat-free milk
WEEK 4	Meatloaf Whole grain roll Yellow squash Frozen raspberries Low-fat or fat-free milk	Turkey and cheese on whole grain bread Vegetable soup Fresh bananas Low-fat or fat-free milk	Vegetable chili Corn muffins Fresh kiwi Low-fat or fat-free milk	Oven baked chicken Brown rice Stir fry vegetables Frozen peaches Low-fat or fat-free milk	BBQ pork sandwich on whole grain bun Steamed zucchini Mixed fruit Low-fat or fat-free milk

Sample Cycle Lunch Menu 2

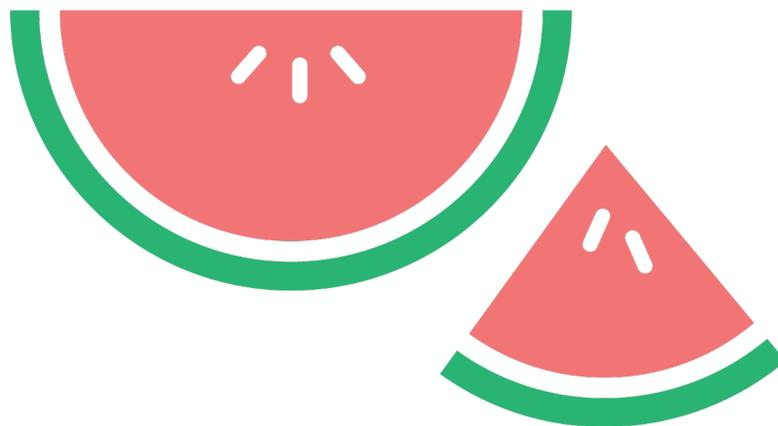
This cycle menu was developed by the Milton Town School District's Food Service Director. The Director taps into summer's bounty in northern Vermont, and serves locally sourced items whenever possible. These meals can be served at a variety of sites, including libraries and Park and Recreation Departments. Take some inspiration from the menu to add local foods to your menus!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Turkey and cheese sandwich	Ham and cheese on whole-wheat bun	Garden fresh chef salad with turkey and Swiss	Santa Fe chicken wrap Bean and veggie salad	SFSP Carnival (spike event) with barbecue, games, and more
	Carrot sticks and dip	Veggie sticks and dip	Fruit selection Whole wheat roll	Fresh fruit salad	
	Local apples	Fruit selection			
	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	
WEEK 2	Turkey and cheese sandwich	Local grilled chicken Chef's salad on local greens and veggies	Ham and cheese on whole-wheat bun	Chicken tenders Rice pilaf	Cheese and pepperoni pizza
	Carrot sticks and dip		Local veggie sticks	Glazed carrots	Local garden salad
	Local apples	Fruit selection Whole wheat roll	Fruit selection	Fruit selection	Watermelon
	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk
WEEK 3	Turkey and cheese sandwich	Soft serve taco with local beef and cheese	Ham and cheese on whole-wheat bun	Local chicken salad on local harvest greens	Holiday (site closed)
	Carrot sticks and dip	Beans and rice	Local veggie sticks	Bread sticks	
	Local apples	Fruit selection	Fruit selection	Fresh strawberries	
	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	
WEEK 4	Turkey and cheese sandwich	Cheeseburger on bun Potato puffs	Garden fresh chef salad with turkey and Swiss	Local chicken and local Caesar salad wrap	Cheese and pepperoni pizza
	Carrot sticks and dip	Italian beans	Fruit selection Whole wheat roll	Fresh fruit cup	Local garden salad
	Local apples	Fruit selection		Chocolate chip cookie	Watermelon
	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk
WEEK 5	Turkey and cheese sandwich	Popcorn chicken	Ham and cheese on whole-wheat bun	Beef nachos with salsa	Cheese and pepperoni pizza
	Carrot sticks and dip	Seasoned sweet potato cubes	Local veggie sticks	Spanish rice	Local garden salad
	Local apples	Fresh steamed broccoli	Fruit selection	Fruit selection	Watermelon
	Low-fat or fat-free milk	Fruit selection Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk	Low-fat or fat-free milk

SUMMER MENU IDEAS

Make a plan to incorporate a variety of fruits, vegetables, and whole grains into your menu!

	FOOD ITEMS			MENU IDEAS
FRUITS	Apples	Grapes	Pears	• Apples and peanut butter
	Apricots	Honeydew	Pineapple	• Fresh fruit and oatmeal breakfast
	Bananas	Kiwi fruit	Plums	• Fruit and yogurt parfait
	Blackberries	Mangoes	Raisins	• Fruit salad (fresh, frozen, & canned)
	Blueberries	Nectarines	Raspberries	• Green, leafy salad with fruit (canned pineapple or sliced strawberries; serve with balsamic vinaigrette dressing)
	Cantaloupe	Oranges	Strawberries	• Smoothie (with low-fat or fat-free milk and/or yogurt)
	Cherries	Papaya	Tangerines	
	Grapefruit	Peaches	Watermelon	



	FOOD ITEMS			MENU IDEAS
VEGETABLES, DRY BEANS, AND PEAS	Dark Green:	Red/Orange:	Other:	<ul style="list-style-type: none"> • Ants on a log (celery sticks topped with raisins and peanut butter) • Bean dip or hummus with vegetable sticks • Chana Masala (spiced chickpea dish) • Cold pasta salad • Egg casserole with veggies and cheese • Greek salad (cucumber, tomato, olives, feta, and low-fat Greek dressing) • Grilled veggie sandwich/panini • Loaded veggie pizza with whole grain-rich crust • Mexican rice and beans • Mixed greens salad • Whole-wheat pasta or lasagna with summer squash • Salsa with whole grain-rich tortilla chips • Soup, stew, or chili • Stuffed peppers with seasoned quinoa or brown rice filling • Summer veggie skewers • Sweet potato and chili boats • Three bean salad • Vegetable stir-fry • Veggie burrito or quesadilla • Veggie roll-up (veggies in a whole grain-rich tortilla with hummus/dressing) • Veggie sticks with low-fat dip
	Bok choy	Carrots	Artichoke	
	Broccoli	Pumpkin	Asparagus	
	Greens:	Red Peppers	Avocado	
	• Collard	Tomatoes	Bean sprouts	
	• Mustard		Beets	
	• Turnip		Brussels sprouts	
	• Kale	Squash:	Cabbage	
	• Spinach	Acorn	Cauliflower	
	• Watercress	Butternut	Celery	
	Dry beans and peas:	Hubbard	Cucumbers	
	Black beans	Sweet potatoes	Eggplant	
	Black-eyed peas		Green beans	
	Chickpeas	Starchy:	Green peppers	
	Kidney beans	Cassava	Iceberg lettuce	
	Lentils	Corn	Mushrooms	
	Navy beans	Green peas	Okra	
	Pinto beans	Green lima beans	Onions	
Soy beans	Plantains	Parsnips		
Split peas	Potatoes	Turnips		
White beans	Taro	Wax Beans		
	Water chestnuts	Zucchini		

WHOLE GRAINS	Amaranth	Whole corn:	Whole rye	<ul style="list-style-type: none"> • Breakfast dishes: Oatmeal with fruit or whole-grain cereal and yogurt parfait • Brown rice salad • Kangaroo pocket (whole grain pita pocket with veggies and fillings) • Sandwich (whole grain bread) • Stuffed peppers with seasoned quinoa or brown rice filling • Tabbouleh salad (bulgur, tomatoes, mint, parsley, lemons, and olive oil) • Whole-grain barley stew • Wild rice casserole
	Brown Rice	Tortillas	Wild rice	
	Buckwheat			
	Bulgur	Whole grain:		
	Millet	Barley		
	Oatmeal	Bread/buns		
	Whole-grain cereal	Cornmeal		
	Rolled oats	Crackers		
	Quinoa	Noodles		
		Pitas, Rolls		
		Tortillas		

AFFORDABLE, HEALTHY MEALS

Serving healthy meals does not have to be expensive! Below are three days' worth of affordable meals* (breakfast, snack, and lunch or supper) that are filled with whole grains, fruits and vegetables.

DAY ONE

Breakfast Item	Serving Size	Cost
Whole Grain French Toast Sticks	4 sticks	\$0.34
Banana	½ cup	\$0.22
Low-Fat (1%) Milk	8 oz.	\$0.18
		Total: \$0.74 (per serving)

Snack Item	Serving Size	Cost
Low Fat Cheese Stick	1 oz.	\$0.24
Apple slices with cinnamon	¾ cup	\$0.63
		Total: \$0.87 (per serving)

Lunch/Supper Item	Serving Size	Cost
Chicken wrap:		
Whole grain tortilla	1 tortilla	\$0.21
Chicken	2 oz.	\$0.46
Spinach	¼ cup	\$0.07
Low-Fat (1%) Milk	8 oz.	\$0.18
Carrot sticks:	½ cup	\$0.22
		Total: \$1.14 (per serving)

DAY TWO

Breakfast Item	Serving Size	Cost
Whole Wheat Bagel	1 slice	\$0.39
Fruit Kabob:		
Grapes	¼ cup	\$0.24
Strawberries	¼ cup	\$0.27
Sliced Banana	¼ cup	\$0.11
Low-Fat (1%) Milk	8 oz.	\$0.18
		Total: \$1.19 (per serving)

*Actual prices may vary depending on location

Snack Item	Serving Size	Cost
Low-fat yogurt dip	4 oz.	\$0.52
Carrot and Celery Sticks	¾ cup	\$0.36
		Total: \$0.88 (per serving)

Lunch/Supper Item	Serving Size	Cost
Turkey Pita:		
Sliced turkey	2 oz.	\$0.48
Whole Wheat Pita	1 pita	\$0.18
Cucumber	¼ cup	\$0.12
Hummus	2 Tbsp.	\$0.25
Low-Fat (1%) Milk	8 oz.	\$0.18
Sliced Pear with Cinnamon	½ cup	\$0.42
		Total: \$1.63 (per serving)

DAY THREE

Breakfast Item	Serving Size	Cost
Whole Grain Cereal	¾ cup	\$0.20
Banana	½ cup	\$0.22
Low-Fat (1%) Milk	8 oz.	\$0.18
		Total: \$0.60 (per serving)

Snack Item	Serving Size	Cost
Whole Grain Graham Crackers	3 crackers	\$0.33
Low-Fat (1%) Milk	8 oz.	\$0.18
		Total: \$0.51 (per serving)

Lunch/Supper Item	Serving Size	Cost
Grilled Cheese with Tomato & Avocado:		
Tomato	¼ cup	\$0.38
Avocado	¼ cup	\$0.21
Low-fat cheese	2 oz.	\$0.38
Whole Grain Toast	2 slices	\$0.40
Grapes	¼ cup	\$0.16
Low-Fat (1%) Milk	8 oz.	\$0.18
		Total: \$1.71 (per serving)

*Actual prices may vary depending on location

SAMPLE RECIPES

The following recipes are from the USDA Recipes for Healthy Kids Cookbook for Homes, which contains the top 30 recipes from the Recipes for Healthy Kids competition. These recipes were created by teams of students, school nutrition professionals, chefs, parents and guardians, and community members. Each of the recipes features foods children and adults should consume more often: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar, and sodium. To access the full cookbook, go to: <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>.

Oodles of Noodles

This whole-wheat pasta dish is bright and fun!

Preparation time: 15 minutes

Cooking time: 20 minutes

Makes: six 1-cup servings

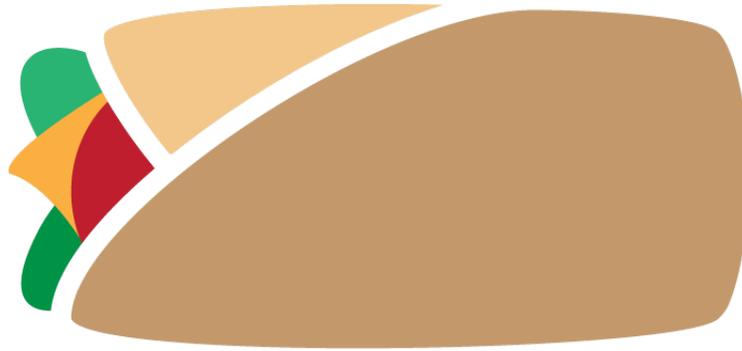
Ingredients:

- 2 3/4 cups** Penne pasta, whole-wheat, dry (11 oz.)
- 1 1/2 Tbsp** Extra virgin olive oil
- 2 1/4 cups** Fresh grape tomatoes, halved
- 1 1/4 tsp** Dried basil
- 3/4 tsp** Sea salt
- 1/4 tsp** Ground black pepper
- 1 Tbsp** Fresh garlic, minced (or 1 tsp garlic powder)
- 3 Tbsp** Whole-wheat flour
- 2 1/3 cups** Low-sodium vegetable broth
- 4 cups** Fresh Swiss chard, stems removed, chopped (or spinach)

Directions:

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well.
2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skin soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to boil and then immediately reduce to low heat.
4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.





Crunchy Hawaiian Chicken Wrap

This appealing wrap combines seasoned chicken, sweet pineapples, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

Preparation time: 20 minutes

Makes: 6 wraps

Ingredients:

3/4 cup Light mayonnaise

1/8 cup White vinegar

1/4 cup Sugar

1 tsp Poppy seeds

1 1/2 tsp Garlic powder

1 1/2 tsp Onion powder

1 1/2 tsp Chili powder

2 cups Fresh broccoli, chopped

1 1/2 cups Fresh carrots, peeled, shredded

1/4 cup Canned crushed pineapple, in 100% juice, drained

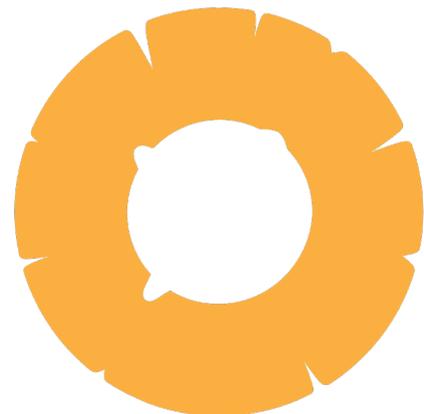
1 cup Fresh baby spinach, chopped

3 cups Cooked diced chicken, 1/2" pieces (12 oz.)

6 Whole-wheat tortillas, 10"

Directions:

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.
3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam down. Cut diagonally. Serve immediately.



Eagle Pizza

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Preparation time: 20 minutes

Cooking time: 10 minutes

Makes: 6 Tostada Pizzas

Ingredients:

1/2 cup Fresh spinach, julienne cut
"shoestring strips"

1/2 cup Fresh romaine lettuce, julienne cut
"shoestring strips"

2 1/4 tsp Salt-free chili-lime seasoning

1 3/4 cups Canned low-sodium refried beans, fat-free

3/4 cup Fresh green bell pepper, seeded, diced

3/4 cup Fresh onions, peeled, diced

1 1/4 cups Canned low-sodium corn, drained, rinsed

6 Whole-grain tostada shells

6 Tbsp Reduced-fat Mexican cheese blend,
shredded (1 oz.)

1 cup Fresh carrots, peeled, shredded

1/2 cup Low-sodium salsa, mild

1/2 cup Fat-free sour cream

Directions:

1. Preheat oven to 350°F.
2. Combine spinach and lettuce in bowl and set aside.
3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
5. For each pizza, place 1/4 cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.
6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.
7. Remove tostadas from oven.
Top each tostada with:
About 1 Tbsp spinach/lettuce mixture
About 2 1/2 Tbsp carrots
About 1 Tbsp salsa
About 1 Tbsp sour cream

Serve immediately.

*If desired, use 2 1/4 tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

SALT-FREE TACO SEASONING

1 tsp dried onion
1 tsp chili powder
1/2 tsp ground cumin
1/2 tsp crushed red pepper

1/2 tsp garlic powder
1/4 tsp oregano
1/2 tsp cornstarch

Combine all ingredients. If using immediately do not add cornstarch. Store in airtight container.

