

# SAMPLE CYCLE MENU GRADES K-5

	MON 1	TUES 1	WED 1	THURS 1	FRI 1
<b>MEAT/MA</b>	Turkey Corndog <sup>W</sup>	Sweet & Sour Chicken <sup>R</sup>	Turkey Sausage	Apple Cider Stew <sup>R</sup>	Turkey Sloppy Joe <sup>R,W</sup>
<b>GRAIN</b>		Brown Rice <sup>W</sup>	French Toast Sticks <sup>W,2 ea</sup>	Dinner Roll <sup>W</sup>	
<b>VEG</b>	Corn on the Cob	Broccoli	Roasted Squash <sup>R,L</sup>	Romaine Salad <sub>1c</sub>	Sweet Potato Fries
<b>VEG</b>	Marinated Black Bean Salad	Carrots	Sliced Cucumbers <sup>L</sup>		Celery Sticks
<b>FRUIT</b>	Watermelon Wedges <sup>L</sup>	Fresh Apple Slices <sup>L</sup>	Orange Juice	Orange Smiles	Juicy Pears
<b>CONDIMENTS</b>	Ketchup, Butter	Ranch, Yogurt Dip	Maple Syrup	Ranch, Butter	Hummus   Ketchup
	MON 2	TUES 2	WED 2	THURS 2	FRI 2
<b>MEAT/MA</b>	Cheese Pizza <sup>W</sup>	Hamburger on Bun <sup>W</sup>	Vegetarian   Chili <sup>R</sup>	Crunchy Chicken Wrap <sup>R,W</sup>	Fish Sandwich <sup>W</sup>
<b>GRAIN</b>			Cornbread		
<b>VEG</b>	Romaine Salad	Lettuce & Tomato		Potato Wedges	Carrot & Celery Sticks
<b>VEG</b>	Beets 'n' Sweets <sup>R,L</sup>	Fiesta Beans & Rice <sup>R,W</sup>	Fresh Broccoli		Creamy Coleslaw <sup>L</sup>
<b>FRUIT</b>	Juicy Pineapple	Ripe Red Grapes	Applesauce	Orange Smiles	Fresh Kiwi
<b>CONDIMENTS</b>	French dressing	Ketchup, Mayo	Ranch, Butter, Honey	Ketchup	Ketchup, Tartar Sauce
	MON 3	TUES 3	WED 3	THURS 3	FRI 3
<b>MEAT/MA</b>	Chicken Sandwich <sup>W</sup>	Chicken Gravy	Meatballs	Chicken Salad on Roll <sup>W</sup>	Cheese Quesadilla <sup>W</sup>
<b>GRAIN</b>		Dinner Roll <sup>W</sup>	Spaghetti & Breadstick <sup>W</sup>		
<b>VEG</b>	Leafy Spinach <sub>1/2 c</sub>	Mashed Potatoes	Tomato Sauce	Carrot & Jicama Sticks	Black Bean Salsa
<b>VEG</b>	Corn Edamame Salad <sup>R</sup>	Spring Salad Mix <sup>R</sup>	Green Beans	Roasted Chickpeas <sub>1/4 c</sub>	Broccoli
<b>FRUIT</b>	Fresh Strawberries	Crazy Mixed-Up Fruit	Golden Peaches	Fresh Pears	Fresh Banana
<b>CONDIMENTS</b>	BBQ Sauce, Ketchup	Butter	Parmesan, Butter	Ranch	Ranch

All serving sizes of fruit are 1/2 cup. Serving sizes of grains are 1-2 oz. Condiments are 1-2 Tbsp.

All serving sizes of vegetables are 1/2 cup (1 cup for leafy greens) unless noted in script.

All meals include skim or 1% white milk. Nutrient analysis available on the reverse side.

R = Recipe available at <http://z.umn.edu/NowWereCooking>.

L = Local food available in many regions of Minnesota

W = Whole grain-rich

Dark Green	Red/Orange
Legumes	Starchy



# SAMPLE CYCLE MENU GRADES K-5

## NUTRIENT ANALYSIS

	MON 1	TUES 1	WED 1	THURS 1	FRI 1	WEEKLY AVG 1
<b>Calories</b>	623	679	603	560	678	628
<b>Total Fat</b>	22.6%	25.5%	24.1%	34.6%	21.1%	25.3%
<b>Sat Fat</b>	8.3%	5.2%	7.3%	10.8%	5.5%	7.3%
<b>Sodium</b>	1,140 mg	1,056 mg	823 mg	1,100 mg	1,054 mg	1,035 mg
	MON 2	TUES 2	WED 2	THURS 2	FRI 2	WEEKLY AVG 2
<b>Calories</b>	747	674	548	668	552	638
<b>Total Fat</b>	38.4%	27.8%	26.1%	23.5%	26.3%	28.8%
<b>Sat Fat</b>	8.1%	8.4%	7.6%	6.5%	6.2%	7.4%
<b>Sodium</b>	1,303 mg	1,177 mg	1,196 mg	825 mg	1,168 mg	1,134 mg
	MON 3	TUES 3	WED 3	THURS 3	FRI 3	WEEKLY AVG 3
<b>Calories</b>	581	625	641	609	665	624
<b>Total Fat</b>	22.5%	28.1%	24.3%	27.0%	30.1%	26.5%
<b>Sat Fat</b>	6.1%	12.2%	10.1%	5.2%	7.5%	8.3%
<b>Sodium</b>	1,269 mg	571 mg	1,158 mg	1,131 mg	1,310 mg	1,088 mg

All meals include skim or 1% white milk (nutrient analysis assumed equal proportions).

Calories = Daily or weekly average

Total fat = Percent of calories from total fat

Sat Fat = Percent of calories from saturated fat

Sodium = Daily or weekly average

All menu items indicate zero grams trans fat.

Nutrient analysis done with NUTRIKIDS Menu Planning and Nutritional Analysis software.

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# SAMPLE CYCLE MENU GRADES 6-8

	MON 1	TUES 1	WED 1	THURS 1	FRI 1
<b>MEAT/MA</b>	Turkey Corndog <sup>W</sup>	Sweet & Sour Chicken <sup>R</sup>	Turkey Sausage	Apple Cider Stew <sup>R</sup>	Turkey Sloppy Joe <sup>R,W</sup>
<b>GRAIN</b>		Brown Rice <sup>W</sup>	French Toast Sticks <sup>W,2 ea</sup>	Dinner Roll <sup>W</sup>	
<b>VEG</b>	Corn on the Cob <sup>L</sup>	Broccoli	Roasted Squash <sup>R,L</sup>	Romaine Salad <sub>1c</sub>	Sweet Potato Fries
<b>VEG</b>	Marinated Black Bean Salad	Carrots	Sliced Cucumbers <sup>L</sup>		Celery Sticks
<b>FRUIT</b>	Watermelon Wedges <sup>L</sup>	Fresh Apple Slices <sup>L</sup>	Orange Juice	Orange Smiles	Juicy Pears
<b>CONDIMENTS</b>	Ketchup, Butter	Ranch, Yogurt Dip	Maple Syrup	Ranch, Butter	Hummus Ketchup
	MON 2	TUES 2	WED 2	THURS 2	FRI 2
<b>MEAT/MA</b>	Cheese Pizza <sup>W</sup>	Hamburger on Bun <sup>W</sup>	Vegetarian Chili <sup>R</sup>	Crunchy Chicken Wrap <sup>R,W</sup>	Fish Sandwich <sup>W</sup>
<b>GRAIN</b>			Cornbread		
<b>VEG</b>	Romaine Salad	Lettuce & Tomato		Potato Wedges	Carrot & Celery Sticks
<b>VEG</b>	Beets 'n' Sweets <sup>R,L</sup>	Fiesta Beans & Rice <sup>R,W</sup>	Fresh Broccoli		Creamy Coleslaw <sup>L</sup>
<b>FRUIT</b>	Juicy Pineapple	Ripe Red Grapes	Applesauce	Orange Smiles	Fresh Kiwi
<b>CONDIMENTS</b>	French dressing	Ketchup, Mayo	Ranch, Butter, Honey	Ketchup	Ketchup, Tartar Sauce
	MON 3	TUES 3	WED 3	THURS 3	FRI 3
<b>MEAT/MA</b>	Chicken Sandwich <sup>W</sup>	Chicken Gravy	Meatballs	Chicken Salad on Roll <sup>W</sup>	Cheese Quesadilla <sup>W</sup>
<b>GRAIN</b>		Dinner Roll <sup>W</sup>	Spaghetti & Breadstick <sup>W</sup>		
<b>VEG</b>	Leafy Spinach <sub>1/2 c</sub>	Mashed Potatoes	Tomato Sauce	Carrot & Jicama Sticks	Black Bean Salsa
<b>VEG</b>	Corn Edamame Salad <sup>R</sup>	Spring Salad Mix <sup>R</sup>	Green Beans	Roasted Chickpeas <sub>1/4 c</sub>	Broccoli
<b>FRUIT</b>	Fresh Strawberries	Crazy Mixed-Up Fruit	Golden Peaches	Fresh Pears	Fresh Banana
<b>CONDIMENTS</b>	BBQ Sauce, Ketchup	Butter	Parmesan, Butter	Ranch	Ranch

All serving sizes of fruit are 1/2 cup. Serving sizes of grains are 1-2 oz. Condiments are 1-2 Tbsp.

All serving sizes of vegetables are 1/2 cup (1 cup for leafy greens) unless noted in script.

All meals include skim or 1% white milk. Nutrient analysis available on the reverse side.

R = Recipe available at <http://z.umn.edu/NowWereCooking>.

L = Local food available in many regions of Minnesota

W = Whole grain-rich

Dark Green	Red/Orange
Legumes	Starchy



# SAMPLE CYCLE MENU GRADES 6-8

## NUTRIENT ANALYSIS

	MON 1	TUES 1	WED 1	THURS 1	FRI 1	WEEKLY AVG 1
<b>Calories</b>	623	679	603	560	678	628
<b>Total Fat</b>	22.6%	25.5%	24.1%	34.6%	21.1%	25.3%
<b>Sat Fat</b>	8.3%	5.2%	7.3%	10.8%	5.5%	7.3%
<b>Sodium</b>	1,140 mg	1,056 mg	823 mg	1,100 mg	1,054 mg	1,035 mg
	MON 2	TUES 2	WED 2	THURS 2	FRI 2	WEEKLY AVG 2
<b>Calories</b>	747	674	548	668	552	638
<b>Total Fat</b>	38.4%	27.8%	26.1%	23.5%	26.3%	28.8%
<b>Sat Fat</b>	8.1%	8.4%	7.6%	6.5%	6.2%	7.4%
<b>Sodium</b>	1,303 mg	1,177 mg	1,196 mg	825 mg	1,168 mg	1,134 mg
	MON 3	TUES 3	WED 3	THURS 3	FRI 3	WEEKLY AVG 3
<b>Calories</b>	581	625	641	609	665	624
<b>Total Fat</b>	22.5%	28.1%	24.3%	27.0%	30.1%	26.5%
<b>Sat Fat</b>	6.1%	12.2%	10.1%	5.2%	7.5%	8.3%
<b>Sodium</b>	1,269 mg	571 mg	1,158 mg	1,131 mg	1,310 mg	1,088 mg

All meals include skim or 1% white milk (nutrient analysis assumed equal proportions).

Calories = Daily or weekly average

Total fat = Percent of calories from total fat

Sat Fat = Percent of calories from saturated fat

Sodium = Daily or weekly average

All menu items indicate zero grams trans fat.

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# SAMPLE CYCLE MENU GRADES 9-12

	MON 1	TUES 1	WED 1	THURS 1	FRI 1
<b>MEAT/MA</b>	Turkey Corndog <sup>W</sup>	Sweet & Sour Chicken <sup>R</sup>	Turkey Sausage	Apple Cider Stew <sup>R</sup>	Turkey Sloppy Joe <sup>R,W</sup>
<b>GRAIN</b>		Brown Rice <sup>W, 1c</sup>	French Toast Sticks <sup>W, 4 ea</sup>	Dinner Roll <sup>W, 2 ea</sup>	
<b>VEG</b>	Corn on the Cob <sup>L, 2 ea</sup>	Broccoli	Roasted Squash <sup>R,L</sup>	Romaine Salad <sup>1c</sup>	Sweet Potato Fries
<b>VEG</b>	Marinated Black Bean Salad	Carrots	Sliced Cucumbers <sup>L</sup>		Celery Sticks
<b>FRUIT</b>	Watermelon Wedges <sup>L</sup>	Fresh Apple Slices <sup>L</sup>	Orange Juice	Orange Smiles	Juicy Pears
<b>CONDIMENTS</b>	Ketchup, Butter	Ranch, Yogurt Dip	Maple Syrup	Ranch, Butter	Hummus   Ketchup
	MON 2	TUES 2	WED 2	THURS 2	FRI 2
<b>MEAT/MA</b>	Cheese Pizza <sup>W</sup>	Hamburger on Bun <sup>W</sup>	Vegetarian   Chili <sup>R, 1c</sup>	Crunchy Chicken Wrap <sup>R,W</sup>	Fish Sandwich <sup>W</sup>
<b>GRAIN</b>			Cornbread <sup>2ea</sup>		
<b>VEG</b>	Romaine Salad	Lettuce & Tomato		Potato Wedges <sup>1c</sup>	Carrot & Celery Sticks
<b>VEG</b>	Beets 'n' Sweets <sup>R,L</sup>	Fiesta Beans & Rice <sup>R,W</sup>	Fresh Broccoli	Roasted Asparagus	Creamy Coleslaw <sup>L</sup>
<b>FRUIT</b>	Juicy Pineapple	Ripe Red Grapes	Applesauce	Orange Smiles	Frozen Strawberry Cup
<b>CONDIMENTS</b>	French dressing	Ketchup, Mayo	Ranch, Butter, Honey	Ketchup	Ketchup, Tartar Sauce
	MON 3	TUES 3	WED 3	THURS 3	FRI 3
<b>MEAT/MA</b>	Chicken Sandwich <sup>W</sup>	Chicken Gravy	Meatballs	Chicken Salad on Roll <sup>W</sup>	Cheese Quesadilla <sup>W</sup>
<b>GRAIN</b>		Dinner Roll <sup>W, 2 ea</sup>	Spaghetti & Breadstick <sup>W, 2 ea</sup>		
<b>VEG</b>	Spinach <sup>1/2 c</sup>   Red pepper	Mashed Potatoes	Tomato Sauce	Carrot & Jicama Sticks	Black Bean Salsa
<b>VEG</b>	Corn Edamame Salad <sup>R</sup>	Spring Salad Mix <sup>R</sup>	Green Beans	Roasted Chickpeas <sup>1/4 c</sup>	Cauliflower
<b>FRUIT</b>	Raisins <sup>1/2 c</sup>	Crazy Mixed-Up Fruit	Golden Peaches	Apple Juice	Fruit & Yogurt Parfait
<b>CONDIMENTS</b>	BBQ Sauce, Ketchup	Butter	Parmesan, Butter	Ranch	Ranch

All serving sizes of fruit are 1/2 cup. Serving sizes of grains are 1-2 oz. Condiments are 1-2 Tbsp.

All serving sizes of vegetables are 1/2 cup (1 cup for leafy greens) unless noted in script.

All meals include skim or 1% white milk. Nutrient analysis available on the reverse side.

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Dark Green	Red/Orange
Legumes	Starchy



# SAMPLE CYCLE MENU GRADES 9-12

## NUTRIENT ANALYSIS

	MON 1	TUES 1	WED 1	THURS 1	FRI 1	WEEKLY AVG 1
<b>Calories</b>	741	823	868	670	749	770
<b>Total Fat</b>	24.6%	22.1%	26.6%	36.2%	19.1%	25.1%
<b>Sat Fat</b>	10.2%	4.5%	7.4%	12.8%	5.0%	7.7%
<b>Sodium</b>	1,172 mg	1,061 mg	1,308 mg	1,263 mg	1,060 mg	1,173 mg
	MON 2	TUES 2	WED 2	THURS 2	FRI 2	WEEKLY AVG 2
<b>Calories</b>	817	714	818	793	755	779
<b>Total Fat</b>	35.1%	26.6%	25.6%	21.8%	19.2%	25.8%
<b>Sat Fat</b>	7.4%	8.0%	8.5%	5.9%	4.5%	6.9%
<b>Sodium</b>	1,313 mg	1,181 mg	1,608 mg	863 mg	1,173 mg	1,228 mg
	MON 3	TUES 3	WED 3	THURS 3	FRI 3	WEEKLY AVG 3
<b>Calories</b>	789	807	708	701	797	760
<b>Total Fat</b>	16.9%	27.7%	22.0%	25.3%	27.3%	23.9%
<b>Sat Fat</b>	4.6%	12.6%	9.1%	4.9%	7.1%	7.7%
<b>Sodium</b>	1,278	740 mg	1,164 mg	1,273 mg	1,425 mg	1,163 mg

All meals include skim or 1% white milk (nutrient analysis assumed equal proportions).

Calories = Daily or weekly average

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