

Worksheet for 5-day Cycle Menu Planning:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice (1 ea)	1. Fortified orange juice*	1. Apple juice	1. Fortified grapefruit juice*	1. Grape juice	1. Fortified cranberry juice*
Hot Cereal (1)	2. Included in Oatmeal 1. Oatmeal with blueberries	2. Included in Crepes 1. Grits	2. Apples 1. Oatmeal with ground flax seeds	2. Included in Quinoa 1. Quinoa with apples and cinnamon	2. Included in Pancakes 1. Oatmeal with figs
Entrees (2)	2. Asst. Cold Cereal 1. Buckwheat pancakes	2. Asst. Cold Cereal 1. Strawberry Crepes*	2. Asst. Cold Cereal 1. Whole wheat waffle	2. Asst. Cold Cereal 1. French Toast	2. Asst. Cold Cereal 1. Blueberry pancakes
Sides (3)	2. Scrambled eggs 1. Roasted potatoes	2. Poached eggs 1. Fresh melon fruit**	2. Tomato cheese scrambled eggs 1. Hash brown	2. Greek yogurt with honey 1. Fresh berries (strawberries, blueberries, raspberries)*	2. Hard boiled eggs 1. Bananas
Toast (1)	2. Cranberry scone	2. Banana nut muffin	2. Canadian bacon	2. Turkey ham	2. Chocolate chip muffins
Beverage (1)	3. Turkey sausage links 4. Asst. Toast C.T.M.	3. Smoked ham 4. Asst. Toast C.T.M.	3. Blueberry muffins 4. Asst. Toast C.T.M.	3. Banana nut bread 4. Asst. Toast C.T.M.	3. Turkey bacon 4. Asst. Toast C.T.M.
Lunch:					
Soup/Salad (1 ea)	1. Roasted vegetable soup	1. Split pea soup	1. Minestrone soup	1. Corn chowder	1. Chicken noodle soup
Entrees (2)	2. Macaroni salad 1. Lemon grilled tofu	2. Fruit salad 1. Whole wheat, grass fed beef burger	2. Kale salad with balsamic dressing 1. Mango chicken breast**	2. Tomato basil salad 1. Vegetable and beef shish kabobs	2. Cucumber salad 1. Beef Fajitas
Vegetables (2)	2. Broccoli beef saute 1. Included in veggie soup	2. Macaroni and cheese 1. Included in pea soup	2. Sun dried tomato pasta 1. Included in pasta	2. Seitan wheat sandwiches 1. Included in corn soup	2. Brussels sprout casserole 1. Grilled red, yellow, green peppers
Starch (2)	2. Steamed Carrots** 1. Brown rice	2. Steamed squash 1. Included in macaroni	2. Steamed baby spinach* 1. Included in pasta	2. Included in shish kabobs 1. Included in sandwich	2. Included in br 1. Included in noodle soup
Desserts (2)	2. Included in macaroni salad 1. Apple pie	2. Baked sweet potato fries** 1. Wholewheat banana bread	2. Beans and rice 1. Lemon bars*	2. Couscous 1. Oatmeal raisin cookies	2. Herbed potato salad 1. Flax seed cookies
Bread (1)	2. Chocolate chip cookies	2. Dark chocolate cupcake	2. Blueberry crisp bars	2. Carrot cake	2. Frozen yogurt with fruit
Beverage (1)	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.
Dinner:					
Soup/Salad (1 ea)	1. Chili soup	1. Clam chowder	1. Bean and lentil soup	1. Roasted butternut squash soup**	1. Miso soup with tofu
Entrees (2)	2. Cobb salad 1. Vegetable curry	2. Caesar salad 1. Vegetable lasagna	2. Avocado egg salad 1. Miso glazed salmon	2. Greek salad 1. Roasted Chicken	2. Garden salad 1. Vegetable beef stew
Vegetables (2)	2. Meatloaf 1. Included with curry	2. Mushroom onion quiche 1. Included in lasagna	2. Stuffed bell peppers 1. Steamed broccoli and cauliflower	2. Tomato mushroom marinara pasta 1. Steamed peas	2. Ratatouille 1. Included in beef stew
Starch (2)	2. Roasted eggplant 1. Basmati rice	2. Roasted asparagus 1. Mashed potatoes	2. Included in bell pepper 1. Included in bean soup	2. Included in pasta 1. Included in pasta	2. Included in Ratatouille 1. Baked potato
Desserts (2)	2. Scalloped potatoes 1. Peanut butter mousse	2. Sourdough bread 1. Low-fat cheesecake	2. Garlic quinoa 1. Dark chocolate brownies	2. Baked beans 1. Angel Food Cake	2. Included in rice dessert 1. Coconut brown rice pudding
Bread (1)	2. Dark chocolate covered strawberries	2. Banana pudding	2. Watermelon squares	2. Rose gelatin with berries	2. Roasted pears
Beverage (1)	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.

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

*Vitamin C-containing food **Vitamin A-containing food