

Worksheet for 5-day Cycle Menu Planning:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Fruit/juice (1 ea) Hot Cereal (1) Entrees (2) Sides (3) Toast (1) Beverage (1)	1. Cut cantaloupes ** 2. White Grape Juice 1. Hot Breakfast Couscous 2. Asst. Cold Cereal 1. Cinnamon French Toast (Whole Grain) 2. Spinach and Cheese Quiche 1. Breakfast Sausages 2. Blueberry Muffin 3. Poached egg 4. Asst. Toast C.T.M.	1. Fresh cut pineapple cubes * 2. Cranberry Juice 1. Oatmeal 2. Asst. Cold Cereal 1. Egg, Bacon, Lettuce, Tomato Breakfast Sandwich 2. Bagel and Low-Fat Cream Cheese 1. Cornbread Muffin 2. Turkey Bacon 3. Sweet Potato Pancakes 4. Asst. Toast C.T.M.	1. Honeydew slices 2. Orange Juice 1. Cream of Wheat (Whole Grain) 2. Asst. Cold Cereal 1. Ham and Cheese Quiche 2. Scrambled Eggs with Tomato 1. Apple Cinnamon Scones 2. Potato Pancakes * 3. Tapioca 4. Asst. Toast C.T.M.	1. Banana slices 2. Guava Juice 1. Sweet Breakfast Quinoa 2. Asst. Cold Cereal 1. Eggs benedict 2. Egg, lettuce, and Tomato Sandwich 1. Country Potatoes * 2. Sweet potato Pancakes ** 3. Whole Grain Pancakes 4. Asst. Toast C.T.M.	1. Freshly cut banana slices 2. Apple juice 1. Brown rice cereal 2. Asst. Cold Cereal 1. Ham and cheese bagel 2. Whole grain waffles 1. Vanilla yogurt and granola 2. Hard boiled egg 3. Sweet potatoes 4. Asst. Toast C.T.M.
Lunch: Soup/Salad (1 ea) Entrees (2) Vegetables (2) Starch (2) Desserts (2) Bread (1) Beverage (1)	1. Potato salad 2. Cream of tomato soup 1. Grilled turkey burger 2. Veggie Pot Pie 1. Cucumbers 2. Grilled asparagus slices 1. Scalloped potatoes 2. Baked potato 1. Éclair paste 2. Mixed fruit bowl 1. Asst. Bread C.T.M.	1. Wilted spinach and roasted pepper 2. Roasted veggie soup 1. Tuna and mayonnaise sandwich 2. Mushroom and chicken alfredo pasta 1. Asparagus with shitake mushrooms 2. Baked eggplant 1. Bread on sandwich entree 2. Pasta in pasta entree 1. Pear slices 2. Chocolate pudding 1. Asst. Bread C.T.M.	1. Italian bread salad with chopped tomatoes, leeks, and onions 2. Clam chowder 1. Bean and Cheese quesadilla 2. Grilled chicken burger 1. Carrots with ranch dressing 2. Pickles 1. Cheese quesadilla entree 2. Bun un burger entree 1. Grilled pineapple 2. Strawberry ice cream 1. Asst. Bread C.T.M.	1. Coleslaw 2. Cream of tomato soup 1. Grilled turkey burger 2. Meatball and alfredo pasta 1. Grilled portabella mushrooms 2. Stuffed artichokes with turkey sausage 1. Scalloped potatoes 2. Tortilla and quesadilla entree 1. Chocolate tiramisu with cream 2. French apple tart 1. Asst. Bread C.T.M.	1. Creamy chicken alfredo salad 2. New England clam Chowder 1. Chicken pot pie 2. BLT sandwich 1. Baked garlic squash 2. Chicken pizza 1. Baked potato wedges 2. Corn 1. Baked apple pie 2. Dark chocolate truffles 1. Asst. Bread C.T.M.

Dinner:					
Soup/Salad (1 ea)	1. Honey mustard chicken salad	1. Cranberry walnut salad with vinaigrette	1. Greek salad	1. Sante Fe Salad	1. Cobb Salad **
Entrees (2)	2. Minestrone soup	2. Chicken noodle soup	2. French onion soup	2. tortilla soup	2. Potato chowder
Vegetables (2)	1. Monte Cristo sandwich	1. Chicken teriyaki	1. Quinoa	1. Argula Panino	1. Hawaiian pizza
Starch (2)	2. Southwest grilled chicken wrap	2. Tofu teriyaki	2.Chicken pot pie	2. Chicken and cheese quesadilla	2. Mongolian beef
Desserts (2)	1. Maple-glazed carrots **	1. Pan-fried eggplant with tomato sauce	1. Collard greens	1. Grilled vegetable skewers	1. Roasted cauliflower with vinaigrette
Bread (1)	2. Roasted zucchini	2. Tempura vegetables	2. Roasted turnips	2. Arizona baked corn	2. Boiled broccoli in chicken stock
Beverage (1)	1. Bread on sandwich entree	1. Quinoa	1. Creamy polenta with wild mushrooms	1. Whole grain bread sandwich entree	1. Cheese pizza entree
	2. Spinach and Ricotta lasagna	2. White rice	2. Grits and cheddar soufflé	2. Whole grain tortilla quesadilla entree	2. White rice with Mongolian beef entree
	1. Oatmeal cookies	1. Apple slices	1. Grilled peaches with whipped cream	1. Bowl of mixed berries	1. Strawberries dipped in dark chocolate
	2. Strawberries with whipped cream	2. Classic spongecake	2. Cheesecake	2. Baked sweet potato fries	2. Fluffy angel food cake
	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	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