

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

CONTROL COSTS

Rotatating Menus means you can still serve some of the more costly items available but less often (once/week)



IMPROVE EFFICIENCIES

When your In-School Team members are familiar with repeat menus, the process becomes quicker over time

REDUCE WASTE

By serving the same items regularly you can gauge student consumption, so you can order and prepare accordingly



One of the best ways to encourage healthy eating is to offer a wide variety of nutrient-dense foods every week

MEET GUIDELINES

By having a regular list of rotating menu items that all meet MCCSS Nutrition Guidelines on hand, you can easily substitute an item to accommodate dietary restrictions





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

	FRUITS/VEG	PROTEIN	GRAIN	MISC
MONDAY	8-10 Baby Carro	ots 30 grams Hummus	1/2 - Whole grain pita	SK
TUESDAY	Banana	50 grams cheese cubes	6-10 Whole gra crackers	in
WEDNESDAY	Apple (small)	2 Cheddar cheese slice	1/2 - 12 Grain Baุ	gel
THURSDAY	10 Grapes	Yogurt	30 grams Whole grain Cereal	8
FRIDAY	1/2 cup English Cucumber	1 Hard boiled	egg 1 Whole grain toast	

Simplified Breakfast Menu Week 2

	FRUITS/VEG	PROTEIN	GRAIN	MISC
MONDAY	1/2 Orange	1 cup milk	1 Whole grain carrot muffin	mise.
TUESDAY	1/2 cup Sweet peppe	Cheese slice	1/2 - Whole wheat English muffin	
WEDNESDAY	1/2 cup Celery	50 grams Cheese cubes	6-10 Whole wheat crackers	
THURSDAY	Apple	Yogurt tube	1/2 Whole wheat bagel	ım cheese
FRIDAY	1/2 cup English Cucumber	1 Hard boiled eg	1/2 Whole wheat pita	8



Breakfast Menu Template

	FRUITS/VEG	PROTEIN	GRAIN	MISC
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				88