



Developing Cycle Menus and Accommodating Students with Special Dietary Needs

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Welcome!




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Objectives

- Explain the benefits of cycle menus.
- Summarize the steps to create cycle menus.
- Develop a recipe data bank to assist in cycle menu development.
- Describe best practices for modifying menus for students with special dietary needs.



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Professional Standards – Learning Codes

- Menu Planning (1100)
- Nutrition Education (1200)

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Cycle Menus



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Saves Time



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Control Food and Labor Costs



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Reduce Storage Cost



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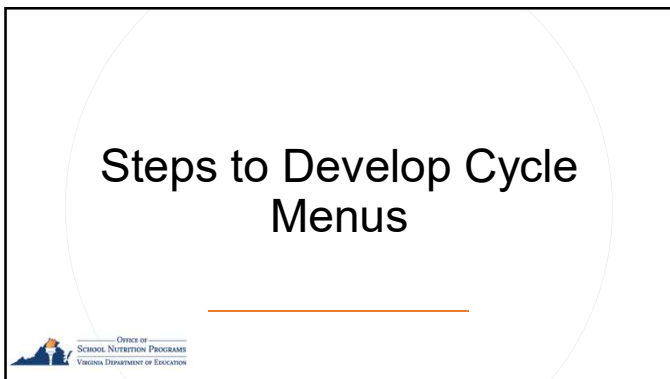
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Steps to Develop Cycle Menus

1. Gather necessary information
2. Create new recipes
3. Create a recipe bank
4. Determine cycle length
5. Write menus



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Step 1: Gather necessary information

- Meal pattern charts
- Ingredient labels
- Existing recipes



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Step 2: Identify new recipe needs

- Cultural Inclusiveness
- Scratch
- Local foods



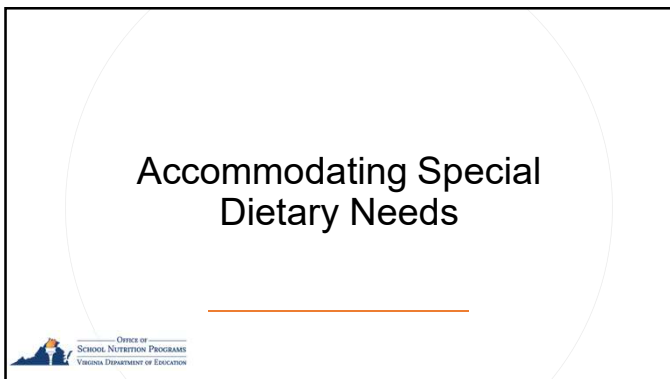
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Requirements

- Must accommodate if disability
- Medical statement






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Best Practices

1. Mimic regular menu
2. Reference ingredient list
3. Work closely with school nurse




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Example – Student with Wheat Allergy

WI	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Entree 1	Cheese (v) or Pepperoni Pizza	Bean Burrito (v)	BBQ Chicken Leg	Spaghetti and Meat Sauce	Turkey Burger
Hot Entree 2			Yoggi Chili (v)	Cheesy Baked Potato (v)	Fish Slacks
Cold Entree	Fruit and Yogurt Parfait (v)	Chicken Caesar Salad + WG Roll			
Grain (if applicable)		Spanish Brown Rice	WG Roll	WG Garlic Bread	Macaroni & Cheese
Vegetable	Roasted Carrots	Seasoned Black Beans (v)	Roasted Potato Wedges	Roasted Parmesan Broccoli	Cucumber Corn
Vegetable	Romaine Salad	Mexical Corn	Green Beans	Cherry Tomatoes	Lettuce, Tomato, Pickle
Vegetable		Lettuce & Pico			
Fruit	Red Apple Wedges	Orange Wedges	Banana	Fresh Pear	Green or Yellow Apples
Fruit	Canned Peas	Canned Pineapple	Baked Cinnamon Apples	Canned Peaches	Raisins
Condiments	Ranch Dressing, Vinaigrette	Salsa, Sour Cream, Shredded Cheese	Shredded Cheese	Sour Cream	Ketchup, Mustard
Condiments	Parmesan, Red Pepper Flakes	Caesar Salad Dressing		Ranch Dressing	Tartar Sauce, Ranch Dressing
Milk	Variety	Variety	Variety	Variety	Variety

An image of a menu with the following items highlighted that contain wheat: Cheese or Pepperoni Pizza (Monday), Fruit and Yogurt Parfait (Monday), Bean Burrito (Tuesday), Chicken Caesar Salad with Whole Grain Roll (Tuesday), Whole Grain Roll (Tuesday), (Wednesday), Spaghetti and Meat Sauce (Thursday), Whole Grain Garlic Bread (Thursday), Turkey Burger (Friday), Fish Slacks (Friday), and Macaroni and Cheese (Friday).



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