



Continent
of the day



South America

Around the World Sample Cycle Menu to help you plan a themed menu with creditable recipes. Remember to check with your sponsor or state agency in case there may be additional restrictions to your menu planning beyond the federal regulations.

Africa

Asia & Oceania

North America

Europe

		MONDAY - DAY 1	TUESDAY - DAY 2	WEDNESDAY - DAY 3	THURSDAY - DAY 4	FRIDAY - DAY 5
BREAKFAST	Milk	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)
	Fruit/Vegetable	Refried Beans	Sweet Potato Hash Sweet Potato	Star Fruit	Strawberry Parfait Strawberries	Apple Slices
	Grain/Meat*	WGR Tortilla	Sweet Potato Hash Eggs	WGR Naan	Strawberry Parfait Yogurt	Soft Boiled Egg
LUNCH	Milk	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)
	Fruit / Vegetable*	Guava	Watermelon	Kiwi	Grapes	Apricots
	Vegetable	TN Red Beans & Rice Onion & Bell Pepper	TN Chicken/Veggie Couscous Carrots, Onion, Olives	Asian Chicken Wraps Cabbage, Carrots, Lettuce	Celery	TN Beef Goulash Onions
	Grain	TN Red Beans & Rice Brown Rice	TN Chicken/Veggie Couscous WGR Couscous	Asian Chicken Wraps WGR Tortilla	TN Creamy Wild Rice Brown & Wild Rice	TN Beef Goulash WGR Egg Noodles
	Meat/Meat Alternate	TN Red Beans & Rice Dark Red Kidney Beans	TN Chicken/Veggie Couscous Chicken	Asian Chicken Wraps Chicken	TN Creamy Wild Rice Turkey	TN Beef Goulash Beef Round
SNACK	Milk					
	Fruit	TN Batatas & Apples Apples	Orange Wedges	Samurai Banana Sushi Roll Bananas	Cantaloupe	Cucumber Slices
	Vegetable	TN Batatas & Apples Sweet Potatoes	TN Veggie Mash Up Swiss Chard, Potato, Peas, Corn			
	Grain			Samurai Banana Sushi Roll WGR Tortilla		Rye Bread
	Meat/Meat Alternate				TN Squash Casserole Egg & Cheese	
SUPPER	Milk	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)
	Fruit / Vegetable*	Mango Slices	Peach Passion Fruit Juice	Green Beans	Apple Slices	Plum Slices
	Vegetable	TN Beef Picadillo Tomato, Onion, Bell Pepper	TN Chickpeas & Tomatoes Tomato & Onion	TN Tabbouleh Cucumber & Tomato	Pizza Wheels Mushrooms	TN Turkey Tzatziki Burgers Spinach, Tomato, Cucumber
	Grain	TN Beef Picadillo Brown Rice	WGR Pita Pockets	TN Tabbouleh Bulgur	Pizza Wheels WGR Tortilla	TN Turkey Tzatziki Burgers WGR Pita Pockets
	Meat/Meat Alternate	TN Beef Picadillo Ground Beef	TN Chickpeas & Tomatoes Garbanzo Beans	Grilled Fish	Pizza Wheels Mozzarella Cheese	TN Turkey Tzatziki Burgers Ground Turkey
		DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	Milk	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)
	Fruit/Vegetable	Big Bird's Sunrise Smoothie Pineapple	Avocado	Tangerines	Peaches	Blueberries
	Grain/Meat*	Big Bird's Sunrise Smoothie Yogurt	Whole Wheat Toast	Hawaiian Bread	WGR Oatmeal	WGR French Toast
LUNCH	Milk	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)
	Fruit / Vegetable*	Mandarin Oranges	Bananas	Kumquats	Mashed Potatoes	Spinach Salad
	Vegetable	TN Baked Cod Ole Tomato & Onion	TN Greens & Beans Soup Greens, Sweet Potato, Onion	TN Stir-Fry Pork Broccoli, Carrots, Onion	Corn	Monster's Marinara Meal Tomatoes
	Grain	WGR Brown Rice	WGR Couscous	TN Stir-Fry Pork WGR Brown Rice	Dinner Roll	Monster's Marinara Meal Spaghetti
	Meat/Meat Alternate	TN Baked Cod Ole Cod Fillet	TN Greens & Beans Soup Garbanzo Beans	TN Stir-Fry Pork Pork	Meatloaf	Monster's Marinara Meal Turkey
SNACK	Milk		Whole (age 1) or Low/Fat Free Milk (ages 2-5)		Whole (age 1) or Low/Fat Free Milk (ages 2-5)	
	Fruit			Grapefruit		
	Vegetable	Acorn Squash	Baked Eggplant Sticks			Cherry Tomatoes
	Grain	Quinoa		TN Savory Rice Pilaf Enriched Rice	Graham Crackers	
	Meat/Meat Alternate					Mozzarella Cheese Balls
SUPPER	Milk	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)	Whole (age 1) or Low/Fat Free Milk (ages 2-5)
	Fruit / Vegetable*	Papaya Slices	Okra	Honeydew Melon	Pears	Raisins
	Vegetable	TN Black Beans/Plantains Tomato & Onion	Jollof Rice Tomato, Onion, Carrots, Peas	TN Baked Egg Rolls Carrots & Green Cabbage	TN Great Garden Soup Vegetable Medley	TN Mediterranean Tuna Salad Peas, Carrots, Cucumbers
	Grain	TN Black Beans/Plantains WGR Brown Rice	Jollof Rice Enriched Rice	TN Baked Egg Rolls Wonton Wrappers	Dinner Roll	TN Mediterranean Tuna Salad WGR Pita Pockets
	Meat/Meat Alternate	TN Black Beans/Plantains Black Beans	Baked Chicken	TN Baked Egg Rolls Ground Turkey	TN Great Garden Soup Kidney Beans	TN Mediterranean Tuna Salad Tuna