

## Sample Menus for DCS Providers

From the Provider Manual

- Facilities must create cycle menus, one which is planned for a specific period of time and rotated, to offer a wide variety of foods (See sample menus below from Appendix A #4).
- Facilities must have a Registered Dietitian approve the cycle menu or use the sample DCS approved menu to ensure that quality foods are served and the meal components are meeting recommended nutrition needs.
- Menus must be kept on file for a period of one year.
- Additional education and resources should be provided and available to staff and students to enhance nutrition education and food preparation knowledge.

### Appendix A #4: Weekly Sample Menu

Day of the Week	Breakfast	Lunch	Dinner
<b>Sunday</b>			
<b>Main Entrée</b>	2 Scrambled eggs	1 chicken patty	1 cup spaghetti w/meat sauce
<b>Vegetable</b>	None	½ cup green beans, condiments for sandwich	1-2 cups tossed salad with dressing
<b>Bread</b>	2 slices-whole wheat toast and jelly	Whole wheat bun	1- Whole wheat dinner roll
<b>Fruit</b>	½ cup peaches	1 apple or ½ cup applesauce	½ cup pears
<b>Beverage</b>	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	8 oz. fat-free/low-fat milk, 8 oz. beverage

**Monday**

<b>Main Entrée</b>	2 sausage patties	1-Turkey and cheese sandwich	4 oz. baked BBQ chicken breast
<b>Vegetable</b>	None	Carrot and celery sticks	½ cup green peas, ½ cup mashed potatoes
<b>Bread</b>	1 each-whole wheat biscuit	Whole wheat bread, baked chips	1 dinner roll with butter
<b>Fruit</b>	½ cup fruit cocktail	½ cup peaches	1-apple or ½ cup applesauce
<b>Beverage</b>	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	8 oz. fat-free/low-fat milk, 8 oz. beverage

**Tuesday**

<b>Main Entrée</b>	1 cup oatmeal	1-Fish patty or 5 fish nuggets	4 oz. baked ham or turkey
<b>Vegetable</b>	None	½ cup Mac-n-cheese, ½ cup broccoli	½ cup-1 cup mixed vegetables
<b>Bread</b>	Whole grain muffin	3-4 hushpuppies	1 slice garlic bread
<b>Fruit</b>	1 banana	1 orange or ½ cup orange slices	½ cup pears
<b>Beverage</b>	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	8 oz. fat-free/low-fat milk, 8 oz. beverage

Day of the Week	Breakfast	Lunch	Dinner
<b>Wednesday</b>			
<b>Main Entrée</b>	2 slices bacon and ½ cup scrambled eggs	2 hotdogs	4 oz. meatloaf
<b>Vegetable</b>	None	½ cup baked beans, condiments for hotdog	½ cup mashed potatoes, ½ cup green peas
<b>Bread</b>	1 slice-whole wheat toast with jelly	Whole wheat hotdog bun, baked chips	Whole wheat bread, butter
<b>Fruit</b>	Apple or applesauce	½ cup fruit cocktail	½ cup peaches
<b>Beverage</b>	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	8 oz. fat-free/low-fat milk, 8 oz. beverage
<b>Thursday</b>			
<b>Main Entrée</b>	2- Whole grain waffles with syrup	4-5 chicken fingers	4 oz. pork chop
<b>Vegetable</b>	None	1-2 cups tossed salad with dressing	½ cup green beans, ½ cup sweet potatoes
<b>Bread</b>	None	1 cup oven fries	1 dinner roll, butter
<b>Fruit</b>	½ cup pears	1 banana	1 orange or ½ cup orange slices
<b>Beverage</b>	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	8 oz. fat-free/low-fat milk, 8 oz. beverage
<b>Friday</b>			
<b>Main Entrée</b>	1 cup-Dry cereal	2 pizza pockets (whole grain)	2-3 beef tacos
<b>Vegetable</b>	None	1-2 cups tossed salad with dressing	Refried beans and condiments for tacos: lettuce, tomato, onion
<b>Bread</b>	Whole grain muffin	None	2-3 taco shells
<b>Fruit</b>	½ cup peaches	1 apple or ½ cup applesauce	½ cup pears
<b>Beverage</b>	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	8 oz. fat-free/low-fat milk, 8 oz. beverage

**Saturday**

<b>Main Entrée</b>	½ cup-Hash browns and 2 sausage patties	3-4 oz. hamburger patty	1 cup chicken stir-fry
<b>Vegetable</b>	None	Baked beans, condiments for burger	Oriental vegetables (beans, peppers, onions)
<b>Bread</b>	1 slice-whole wheat toast	Whole wheat hamburger bun	Brown rice
<b>Fruit</b>	½ cup fruit cocktail	1 banana	1 orange or ½ cup orange slices
<b>Beverage</b>	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	½ cup 100% fruit juice, 8 oz. Fat-free/low-fat milk	8 oz. fat-free/low-fat milk, 8 oz. beverage