Using Cycle Menus
Lesson 8 Overview

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>30 minutes</td>
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**Purpose**
To introduce the concept of a cycle menu for the Adult Day Care Food Program (CACFP)

**Objectives**
At the conclusion of this lesson, employees will be able to:
- State the advantages of a cycle menu
- Describe how a cycle menu is incorporated into a food service operation

**Definitions**
*Cycle Menu:* A menu that is different every day and repeats itself after a number of days or weeks

**Materials**
- Menus of the adult day care center (one cycle menu and one menu that repeats every day)
- Flipchart and markers
- Handout 1: Icebreaker
- Handout 2: Menu A
- Handout 3: Menu B
- Lesson Evaluation
- Answer key for Lesson Evaluation
Lesson 8 Overview (cont.)

Activities

**Activity 1:** Icebreaker. The purpose of the icebreaker is to introduce the concept of a cycle menu. A 1-week menu that repeats every day and a 1-week cycle menu are included in this lesson plan in Handouts 2 and 3. Use either the menus in Handouts 2 and 3, adult day care center menus, or other sample menus. If using adult day care center or other menus, include one cycle menu and one menu that repeats every day. Ask employees to review the menus and answer the questions on Handout 1.

Evaluation

Use the Lesson Evaluation to assess the employees’ knowledge of the concepts presented in this lesson.

References


Lesson 8 Content

Activity 1: Icebreaker

**Note:** The materials needed for Activity 1 are copies of Handouts 1, 2, and 3 for every employee. Copies of adult day care center or other menus may be used instead of Handouts 2 and 3. If adult day care center or other menus are used, they must include one cycle menu and one menu that repeats every day. The purpose of Activity 1 is to introduce the concept of a cycle menu.

**Tell:** Review the menus and then answer the questions on Handout 1.

**Discuss:** The employees’ responses. Answers will vary.

**Introduction**

**Ask:** What is a cycle menu?

**Tell:** A cycle menu is one which is planned for a specified period of time.

- A short cycle would be 1 to 2 weeks.
- A longer cycle would be 3 to 4 weeks.
- Then the menus are repeated.
- The menus can be used over and over.

**Short Cycle Menus**

**Tell:** Short cycle menus are usually designed for food service operations that serve individuals for a short period of time.

- For example, hospital food service might use a 1 to 2 week cycle menu.
- Patients typically stay in the hospital for a week or less.

**Longer Cycle Menus**

**Tell:** Longer cycle menus are designed for food service operations that serve individuals for an extended period of time.

- For example, a residential facility might use a 3 to 4 week cycle.
- Residents who live at the residential facility eat most meals in the dining room.
Longer Cycle Menus (cont.)

Tell: The length of the cycle menu depends on the food service operation.
- While children may enjoy a shorter cycle of fewer foods, adults usually like more variety.
- One of the problems facing adult day care is encouraging participants to eat. Offering a wide variety of foods each day is one way to increase food intake.

Advantages of a Cycle Menu

Note: if necessary, use a flipchart and markers when covering the following points.

Tell: The advantages of a cycle menu are:
- It reduces menu planning time.
- It streamlines purchasing procedures.
- It helps standardize food production.
- It helps the food service become more efficient.
- It serves as a training tool.
- It aids in evaluating food service.

The adult day care operator must control the cycle menu to ensure that quality foods are served and that the meal components meet CACFP requirements.

Advantages of a Cycle Menu for Unitized Meals

Note: if necessary, use a flipchart and markers when covering the following points.

Tell: The advantages of a cycle menu for unitized meals are:
- It gives the control of menu planning to the adult day care provider.
- It reduces menu planning time.
- It streamlines purchasing procedures.
- It aids in evaluating food service.
Lesson 8 Content (cont.)

Lesson Evaluation

Note: The material needed is a copy of the Lesson Evaluation for each employee. Go over the directions with the employees before having them answer the questions.

Discuss: Employees’ responses.
Handout 1
Icebreaker

**Directions:** Review Menu A in Handout 2 and Menu B in Handout 3 or menus that your instructor gives you. Then, answer the following.

1. Identify features you like about each menu.

2. Identify features you do not like about each menu.

3. Identify features participants would like about each menu.

4. Identify features participants would not like about each menu.

5. Would a cycle menu or a menu that is the same daily be best for adult day care?
# Handout 2

## Menu A

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td><strong>Toast and Jelly</strong></td>
<td>Toast and Jelly</td>
<td>Toast and Jelly</td>
<td>Toast and Jelly</td>
<td>Toast and Jelly</td>
<td>Toast and Jelly</td>
</tr>
<tr>
<td><strong>Orange Juice</strong></td>
<td>Orange Juice</td>
<td>Orange Juice</td>
<td>Orange Juice</td>
<td>Orange Juice</td>
<td>Orange Juice</td>
</tr>
<tr>
<td><strong>Coffee</strong></td>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
</tr>
<tr>
<td><strong>Lettuce/Tomato</strong></td>
<td>Lettuce/Tomato</td>
<td>Lettuce/Tomato</td>
<td>Lettuce/Tomato</td>
<td>Lettuce/Tomato</td>
<td>Lettuce/Tomato</td>
</tr>
<tr>
<td><strong>Fruit Cocktail</strong></td>
<td>Fruit Cocktail</td>
<td>Fruit Cocktail</td>
<td>Fruit Cocktail</td>
<td>Fruit Cocktail</td>
<td>Fruit Cocktail</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
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</tbody>
</table>
## Handout 3
### Menu B

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td><strong>Toast and Jelly</strong></td>
<td>Pancake with Syrup</td>
<td>Muffin</td>
<td>Hot cereal</td>
<td>Biscuit and Jelly</td>
<td></td>
</tr>
<tr>
<td><strong>Orange Juice</strong></td>
<td>Apple Juice</td>
<td>Cranapple Juice</td>
<td>Orange Juice</td>
<td>Apple Juice</td>
<td></td>
</tr>
<tr>
<td><strong>Coffee</strong></td>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
<td>Coffee</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Filet</strong></td>
<td>Beef Patty</td>
<td>Meat Sauce</td>
<td>Macaroni and Cheese</td>
<td>Fish Filet</td>
<td></td>
</tr>
<tr>
<td><strong>Mashed Potatoes</strong></td>
<td>Hamburger Bun</td>
<td>Spaghetti Noodles</td>
<td>Pinto Beans</td>
<td>Hush Puppies</td>
<td></td>
</tr>
<tr>
<td><strong>Green Beans</strong></td>
<td>Lettuce/ Tomato</td>
<td>Lettuce/ Tomato salad</td>
<td>Turnip Greens</td>
<td>Slaw</td>
<td></td>
</tr>
<tr>
<td><strong>Roll</strong></td>
<td>Potato Wedges</td>
<td>Melon Wedge</td>
<td>Carrots</td>
<td>Seasonal Fruit</td>
<td></td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
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Lesson Evaluation

Directs: Answer the following question with a short answer.

1. List three advantages of a cycle menu.

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Lesson Evaluation: Answer Key

**Directions:** Answer the following question with a short answer.

1. List three advantages of a cycle menu.

   - *Reduces menu planning time.*
   - *Streamlines purchasing procedures.*
   - *Helps standardize food production.*
   - *Helps the food service become more efficient.*
   - *Serves as a training tool.*
   - *Gives the control of menu planning to the adult day care provider.*
   - *Aids in evaluating food service.*