

Sample 2 Week Cycle Menu

A cycle menu is a menu for a set amount of time that can be repeated over and over again to simplify menu planning. All the recipes in the menu below are Food \$ense recipes and can be found on the Food \$ense website.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Week 1	-Whole Wheat toast (or English muffin) with peanut butter and a banana	- Create your own Omelet (or try the Ranch style omelet filling).	-Granola, yogurt and fresh fruit	-Oatmeal with flaxseed milk and fruit	-Oatmeal Pancakes with fresh fruit	-Breakfast Burrito	Scrambled Eggs -Whole Wheat Toast -
	- Fruit and Chicken Salad	-Vegetable Quesadilla's	- ½ tuna sandwich containing lettuce, tomato, bell pepper, diced apple (use Lettuce from wraps) -Honey Glazed Chicken with brown rice and in season vegetables on the side (use leftover Vegetables)	Fried Rice and chickpeas	- Easy Minestrone Soup	-Chicken on a stick	- Leftovers for lunch
	-Casserole (Make extra to freeze the leftovers)	-Cheesy Potato Soup		Leftover Night	Taco Salad (use leftovers from Quesadilla's)	-Spaghetti with in season vegetables on the side	-Polynesian Skillet with Awesome Oatmeal Cookies
Week 2	-Hard-boiled egg and cherry tomatoes	-Yogurt with cereal mixed in	-Trail mix with cereal, sunflower seeds, peanuts, raisins dried fruit, and soy nuts	- Apple slices and peanut butter	-Create your own omelet (Or Mexican style omelet filling)	-Yogurt smoothie	- Rice cake with peanut butter and sliced bananas on top
	- Philly-style Wrap	- Tuna or chicken salad and crackers	- Italian Potato Salad	- Baked sweet potato	- ½ turkey sandwich with cut up veggies and fruit	- Burrito – bean or cheese or veggie or egg or rice or combo	Leftovers for Lunch!
	Stir Fry	-Skillet Macaroni and cheese	Leftover Night	- Chicken and Rice soup	-Quick and easy fettuccini with Oven-roasted Vegetables	-Skillet Penne with Veggies -Green Salad with Citrus	Mexican Spicy Bean Pizza