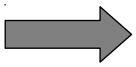
Using Cycle Menus

Lesson 8 Overview

Time

30 minutes



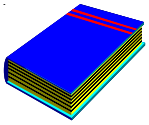
Purpose

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

CACFP Regulations and Policies of the National School Lunch Act, 7 C.F.R. § 226 (2005). Retrieved August 25, 2005, from http://www.fns.usda.gov/cnd/Care/Regs-Policy/226-2005.pdf.

Puckett, R. & Ninemeier, J. (1993). *Managing foodservice operations: A systems approach for health care and institutions*. Dubuque, IA: Kendall/Hunt Publishing.

Sullivan, C. F. & Atlas, C. A. (1998). *Health care food service systems*. New York: Aspen Publishing.

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.

Lesson 8 Content (cont.)

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

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Milk	Milk	Milk	Milk	Milk
Toast and Jelly	Toast and Jelly	Toast and Jelly	Toast and Jelly	Toast and Jelly
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Coffee	Coffee	Coffee	Coffee	Coffee
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Deli Meat Sandwiches	Deli Meat Sandwiches	Deli Meat Sandwiches	Deli Meat Sandwiches	Deli Meat Sandwiches
Lettuce/ Tomato	Lettuce/ Tomato	Lettuce/ Tomato	Lettuce/ Tomato	Lettuce/ Tomato
Fruit Cocktail	Fruit Cocktail	Fruit Cocktail	Fruit Cocktail	Fruit Cocktail
Milk	Milk	Milk	Milk	Milk

Handout 3

Menu B

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

Lesson Evaluation

Directions: 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.***