

Section 2: Mississippi Cycle II Menus

Menus are the driving force in any foodservice operation. Many factors influence the menu: equipment in the kitchen, storage space (frozen and dry), number of staff, staff food production skills, student participation, student preferences, student ages, local food culture, and many more.

Nutrient Standards

The USDA Nutrient Standards for grades K-6 (Elementary Grades) and 7-12 (Secondary Grades) were used to develop the menus. Nutrient standards used are detailed in the table on page 5.

What is a cycle menu?

A cycle menu is a menu that repeats at a specific interval. If you write a cycle menu for four weeks or 20 days, the first day of the menu will begin to repeat on Day 21.

What are the benefits of using cycle menus?

MsC II is a cycle menu. Benefits include:

- ® Administrative Savings
- ® Accurate Forecasting
- ® Effective Purchasing
- ® Accurate Staffing
- ® Enhanced Production Skills
- ® Reduction in Food Waste
- ® Minimum Inventory
- ® Reduction in Food and Labor Costs
- ® Menu Flexibility

Mississippi Cycles II Menus

Elementary

Two elementary cycle menus were developed for students in grades K-6.

Elementary – Two Choices

This four-week cycle menu gives students two choices in each meal component:

- ☺ Two entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- ☺ Two vegetable choices are offered daily, and each serving is equivalent to at least 3/8 cup of vegetable.
- ☺ Two fruit choices are offered daily, and each serving is equivalent to at least 3/8 cup of fruit.
- ☺ Two bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.
- ☺ A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to one milk component.
- ☺ Desserts are offered to complement the menu.

Elementary – Three Choices

This four-week cycle menu gives students three choices in each meal component.

- ☺ Three entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- ☺ Three vegetable choices are offered daily, and each serving is equivalent to at least 3/8 cup of vegetable.

- ☺ Three fruit choices are offered daily, and each serving is equivalent to at least 3/8 cup of fruit.
- ☺ Three bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.
- ☺ A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to one milk component.
- ☺ Desserts are offered to complement the menu.

Secondary Menus

Two secondary cycle menus were developed for students in grades 7-12.

Secondary – Four Choices

This four-week cycle menu gives students four choices in entrees and three choices in other meal components. It gives students more choices in each meal component than the menu plan for elementary students.

- ☺ Four entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- ☺ Three vegetable choices are offered daily, and each serving is equivalent to at least 1/2 cup of vegetable.
- ☺ Three fruit choices are offered daily, and each serving is equivalent to at least 1/2 cup of fruit.
- ☺ Two bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.

- ☺ A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to 1 milk component.
- ☺ A dessert is offered to complement the menu.

Secondary – Six Choices

This four-week cycle menu gives students six choices in entrees and three choices in other meal components.

- ☺ Six entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- ☺ Three vegetable choices are offered daily, and each serving is equivalent to at least 1/2 cup of vegetable.
- ☺ Three fruit choices are offered daily, and each serving is equivalent to at least 1/2 cup of fruit.
- ☺ Two bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.
- ☺ A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to 1 milk component.
- ☺ A dessert is offered to complement the menu.

Menus and Nutrient Analysis of Menus

Menus and the Average Daily Nutrients for each week of the **MSC II** cycles are printed following page 5.

USDA NUTRIENT STANDARDS USED IN MISSISSIPPI CYCLES II

| Grade Level | Calories | Protein | Calcium | Iron | Vitamin A | Vitamin C |
|-------------------|----------|---------|---------|------|-----------|-----------|
| Elementary K-6 | 664 | 10.00 | 286 | 3.50 | 224 | 15.00 |
| Secondary 7-12 | 825 | 16.2 | 400 | 4.50 | 300 | 18.00 |

The chart above shows the minimum school week averages for nutrients except for fat and saturated fat. Fat should not exceed 30 percent of calories over a school week; and saturated fat should be less than 10 percent of calories over a school week. In addition be aware that for both total fat and saturated fat, the grams of fat may vary depending on the calorie level.¹ At the time of this printing, standards for carbohydrates, cholesterol, fiber and sodium had not been established. This data is calculated by nutrient analysis programs approved by USDA.

¹A Menu Planner for Healthy School Meals, USDA FNS, 1998, page 24.