

INSTRUCTIONS: Return completed CYCLE CHANGE REQUEST form 240-53 monthly with MCPS form 240-54 MONTHLY INVOICE

Provider Name: \_\_\_\_\_ Vendor # \_\_\_\_\_ Phone Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Fruit, Vegetable or 100% Juice	PINEAPPLE	RAISINS	APPRICOTS	PLUM	CANTELOPE		
	Grain * Indicate Whole Grain with WG	MG CHEERIOS*	WG OATMEAL	WG TOAST	WG ENG MUFFIN	WG PITA BREAD		
	Meat /Meat Alternate **	YOGURT		EGGS		SAUSAGE		
<b>AM SNACK</b>	<b>Choose two of these four</b>							
	Milk	WATERMELON	MILK	CHERRIES	PUMPKIN	WG PRETZELS		
	Fruit or Vegetable							
	Meat/Meat Alternate	WG RITZ CRACKERS	MIXED NUTS	WG GOLD FISH	CRESENT ROLL	YOGURT *		
<b>LUNCH</b>	Fluid Milk	MILK	MILK	MILK	MILK	MILK		
	Meat/Meat Alternate	CHICKEN	RED BEANS	BEEF	COTTAGE CH	MOZ CHEESE		
	Vegetable	BRUS SPROUTS	PEPPERS	CAR, POT, CEL	BROCCOLI	TOSS SALAD		
	Fruit or Vegetable	BERRIES	MELON	ORANGES	PINEAPPLE	APPLE		
	Grain * Indicate Whole Grain with WG	STUFFING	WG RICE	WG ROLL	WG CRACKER	CRUST		
<b>PM SNACK</b>	<b>Choose two of these four</b>							
	Milk	MELON	WG RITZ	APPLE	CHEX MIX *	CARROTS AND CELERY		
	Fruit or Vegetable							
	Meat/Meat Alternate	CHEESE	VEGETABLE SOUP	PEANUT BUTTER	MILK	HUMMUS		
<b>SUPPER</b>	Fluid Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit or Vegetable							
	Grain * Indicate Whole Grain with WG							