

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

Adult Day Care Lesson Plans

R Barnett



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