

Attachment K – 21 Day Menu Cycles

COLD BREAKFAST Menu - 21 Day Cycle*				
Mon	Tue	Wed	Thu	Fri
1 Cereal Other Bread Fresh Fruit	2 Bagel Cream Cheese Fresh Fruit	3 Fruit Muffin or Mini Loaf Fresh Fruit	4 Flavored Yogurt Granola Fresh Fruit	5 Cereal Other Bread Fresh Fruit
6 Cereal Other Bread Fresh Fruit	7 Bagel Cream Cheese Fresh Fruit	8 Fruit Muffin or Mini Loaf Fresh Fruit	9 Flavored Yogurt Granola Fresh Fruit	10 Cereal Other Bread Fresh Fruit
11 Cereal Other Bread Fresh Fruit	12 Bagel Cream Cheese Fresh Fruit	13 Fruit Muffin or Mini Loaf Fresh Fruit	14 Flavored Yogurt Granola Fresh Fruit	15 Cereal Other Bread Fresh Fruit
16 Cereal Other Bread Fresh Fruit	17 Bagel Cream Cheese Fresh Fruit	18 Fruit Muffin or Mini Loaf Fresh Fruit	19 Flavored Yogurt Granola Fresh Fruit	20 Cereal Other Bread Fresh Fruit
21 Cereal Other Bread Fresh Fruit				

NOTE TO ALL BIDDERS: All meals provided shall comply with the requirements of IFB# MS-2012.

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GRAB & GO BREAKFAST Menu - 21 Day Cycle*				
Mon	Tue	Wed	Thu	Fri
1 Cereal Other Bread Fresh Fruit	2 Bagel Cream Cheese Fresh Fruit	3 Fruit Muffin or Mini Loaf Fresh Fruit	4 Flavored Yogurt Granola Fresh Fruit	5 Cereal Other Bread Fresh Fruit
6 Cereal Other Bread Fresh Fruit	7 Bagel Cream Cheese Fresh Fruit	8 Fruit Muffin or Mini Loaf Fresh Fruit	9 Flavored Yogurt Granola Fresh Fruit	10 Cereal Other Bread Fresh Fruit
11 Cereal Other Bread Fresh Fruit	12 Bagel Cream Cheese Fresh Fruit	13 Fruit Muffin or Mini Loaf Fresh Fruit	14 Flavored Yogurt Granola Fresh Fruit	15 Cereal Other Bread Fresh Fruit
16 Cereal Other Bread Fresh Fruit	17 Bagel Cream Cheese Fresh Fruit	18 Fruit Muffin or Mini Loaf Fresh Fruit	19 Flavored Yogurt Granola Fresh Fruit	20 Cereal Other Bread Fresh Fruit
21 Cereal Other Bread Fresh Fruit				

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HOT BREAKFAST Menu - 21 Day Cycle				
Mon	Tue	Wed	Thu	Fri
1 Breakfast Sandwich on Wheat Fresh Fruit	2 Whole Grain Waffles or Pancakes Fresh Fruit	3 Variety Omelet Fresh Fruit	4 French Toast Fresh Fruit	5 Breakfast Burrito Fresh Fruit
6 Breakfast Sandwich on Wheat Fresh Fruit	7 Whole Grain Waffles or Pancakes Fresh Fruit	8 Variety Omelet Fresh Fruit	9 French Toast Fresh Fruit	10 Breakfast Burrito Fresh Fruit
11 Breakfast Sandwich on Wheat Fresh Fruit	12 Whole Grain Waffles or Pancakes Fresh Fruit	13 Variety Omelet Fresh Fruit	14 French Toast Fresh Fruit	15 Breakfast Burrito Fresh Fruit
16 Breakfast Sandwich on Wheat Fresh Fruit	17 Whole Grain Waffles or Pancakes Fresh Fruit	18 Variety Omelet Fresh Fruit	19 French Toast Fresh Fruit	20 Breakfast Burrito Fresh Fruit
21 Breakfast Sandwich on Wheat Fresh Fruit				

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SNACK Menu - 21 Day Cycle				
Mon	Tue	Wed	Thu	Fri
1 Grain or Bread 6 oz Juice	2 Grain or Bread 6 oz Juice	3 Grain or Bread 6 oz Juice	4 Grain or Bread 6 oz Juice	5 Grain or Bread 6 oz Juice
6 Grain or Bread 6 oz Juice	7 Grain or Bread 6 oz Juice	8 Grain or Bread 6 oz Juice	9 Grain or Bread 6 oz Juice	10 Grain or Bread 6 oz Juice
11 Grain or Bread 6 oz Juice	12 Grain or Bread 6 oz Juice	13 Grain or Bread 6 oz Juice	14 Grain or Bread 6 oz Juice	15 Grain or Bread 6 oz Juice
16 Grain or Bread 6 oz Juice	17 Grain or Bread 6 oz Juice	18 Grain or Bread 6 oz Juice	19 Grain or Bread 6 oz Juice	20 Grain or Bread 6 oz Juice
21 Grain or Bread 6 oz Juice				

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LUNCH Menu - 21 Day Cycle*				
Mon	Tue	Wed	Thu	Fri
1 Vegetarian Entrée	2 Beef Entrée	3 Chicken Entrée	4 Sandwich Entrée (Hot or Cold)	5 Salad Entrée (Reimbursable)
6 Vegetarian Entrée	7 Beef Entrée	8 Chicken Entrée	9 Sandwich Entrée (Hot or Cold)	10 Salad Entrée (Reimbursable)
11 Vegetarian Entrée	12 Beef Entrée	13 Chicken Entrée	14 Sandwich Entrée (Hot or Cold)	15 Salad Entrée (Reimbursable)
16 Vegetarian Entrée	17 Beef Entrée	18 Chicken Entrée	19 Sandwich Entrée (Hot or Cold)	20 Salad Entrée (Reimbursable)
21 Vegetarian Entrée				

* Bidders shall submit the bid information regarding detailed menu, ingredients lists, and nutritional analyses for the LUNCH menu, 21 Day Cycle, as required in Section 53(D) (“21 Day Menu Cycle; Ingredients Lists; Nutritional Analysis”), with no salad bar as indicated in such Section 53(D), but shall provide pricing for all salad bar options as detailed in Section 53(G) (“Bid Scenarios”).

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