

Cycle Menus Training Quiz

1. True or False: A cycle menu is one that is planned for a specified period of time and repeats itself after a number of days or weeks.
2. True or False: An advantage of cycle menus is that they allow purchasing procedures to be streamlined.
3. It is important to take time to plan cycle menus. Please match the following planning steps with the appropriate definition:

Planning Step	Definition
_____ Gather information	a. Usually the most expensive item and planned as base of the menu.
_____ Determine the length of the cycle menu	b. Honor ethnic and cultural preferences.
_____ Plan the main dish	c. Ensure current recipes and labels are available and follow USDA guidelines.
_____ Complete the menu	d. Incorporate different ways to serve items: baking, broiling, steaming, textures, and shapes.
_____ Think about variety	e. Add all other components or sides to main dish, ensuring standards are being met.
_____ Look at the population	f. Food, labor and utilities that are used to prepare food.
_____ Calculate the cost of menus	g. Short (1-3 weeks) or long (4-8 weeks).

4. What are some advantages to using cycle menus:
 - reduces time for menu planner
 - efficiency
 - streamlines purchasing procedures
 - reduces food waste
 - all of the above
5. True or False: Using cycle menus and repeating menu items will help staff members become familiar with recipes and preparation techniques.

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6. When using cycle menus it is important to use a variety of _____ & _____.
- prices & cooking methods
 - cooking methods & textures
 - textures & prices
7. True or False: The more variety and cooking styles you use the more buy in you will have from students.

Put your name and school on the top of the quiz.

Fax completed quiz to 801-538-7883
Subject: Cycle Menus Training
Attn: Child Nutrition Programs