

Benefits of a Cycle Menu

Cycle menus are developed for a certain length of time and repeated on a periodic basis. For example, menus can be planned for four to six weeks and repeated during the school year.

Using a cycle menu has many advantages. Cycle menus save time, control food costs, and allow menu planners to offer a variety of menu selections.

Cycle menus save time and labor costs.

- Cycle menus save time in gathering information, planning menus, developing specifications, and costing.
- Purchasing procedures are standardized and take less time.
- As menu items are repeated, staff members become more familiar with the recipes and more efficient in producing them.

Cycle menus can help control food costs.

- It is easier to project the correct amount of product to purchase when you have a history of previous production records.
- Cycle menus make it easier to buy regularly used items in bulk.
- Cycle menus can take advantage of seasonal foods.

Cycle menus reduce storage costs.

- Since cycle menus help project the right amount of product to purchase, they help keep inventory at appropriate levels.

Cycle menus reduce food waste.

- As menus are prepared repeatedly, it is easier to project how much of each menu item you will need to make.

