



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu F - 2022

Month and Year February 7-11, 2022

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grains, or meat/meat alternate (no more than 3 times per week)</li> <li>Vegetables or Fruits</li> <li>Fluid Milk</li> <li>Other Foods</li> </ul>	Scrambled Eggs Toast (WW) Pears Whole or 1% Milk	Yogurt w/granola Toast (WW) Peaches Whole or 1% Milk	French Toast (WW) Applesauce Whole or 1% Milk	Sandwich – (WW) English Muffin w/Sausage Applesauce Whole or 1% Milk	Cereal Toast (WW) Pineapple Whole or 1% Milk
<b>AM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> <li>Grains</li> </ul>	Graham Crackers Raisins Whole or 1% Milk	English Muffins Melted Cheese	Goldfish Crackers String Cheese	String Cheese Pineapple	Yogurt Peaches
<b>Lunch</b> <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits/Veg</li> <li>Grains</li> <li>Other Foods</li> </ul>	Chicken Fingers (CP) Angel Hair Pasta Alfredo Bread (WG) Green Beans Applesauce Whole or 1% Milk	Beef Fajita Quesadillas (Tortilla, Beef, Cheese) Salad (Lettuce, Tomato) Carrot Sticks Peaches Whole or 1% Milk	Corn Soup (HM) Ham Sandwiches (WW) Tomatoes & Lettuce Pears Whole or 1% Milk	Turkey Tetrazzini (HM) (Turkey, Noodles, Parmesan cheese, & Cream of Celery) Cooked Carrots Bread (WG) Pineapple Whole or 1% Milk	Pepperoni Pizza (CP) Tossed Salad Peas Mandarin Oranges Whole or 1% Milk
<b>PM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> <li>Grains</li> </ul>	Sliced Apples Cheese Slices	Rice Cakes Orange Slices	Hummus Pita Bread Veggies	Bananas Graham Crackers	Ritz Crackers Cheddar Cheese Slices

Children 12-23 months of age must be served whole milk. Non-fat or 1% milk must be served to participants over age two. Record WG next to whole grain-rich items, WW next to whole wheat items.

This institution is an equal opportunity provider.