



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog F – Fall 2019

Month and Year January 13-17, 2020

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>	Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Banana Muffins Pears Whole or 1% Milk	Tostitos Toasted Whole Grain Oat Cereal Toast (WG) Orange Juice Whole or 1% Milk	Raisin Toast (WG) Bananas Whole or 1% Milk	Pancakes (HM) Berries Whole or 1% Milk	English Muffin Egg Sandwiches (WG) Raisins 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>	String Cheese Apples	Grapes Cheese Slices	Rice Cakes Bananas	Applesauce Graham Crackers	Pear Slices Cheese Sticks
<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 Medallions (HM) Rice Green Beans Pineapple Bread (WG) Whole or 1% Milk	Meatloaf (Hamburger) (HM) Scalloped Potatoes Peas Bread Pears Whole or 1% Milk	Chicken Mac and Cheese (HM) Broccoli Bread (WG) Applesauce Whole or 1% Milk	Chili Con Carne (CP) (Hamburger & served with Cheese) Corn Bread Cooked Carrots Mandarin Oranges Whole or 1% Milk	Tuna Sandwiches (HM) (Tomato & Lettuce) Chips Peaches 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>	Baby Carrots Cherry Tomatoes Ranch Dressing	Wheat Thins Whole or 1% Milk	Cheese-it Crackers Whole or 1% Milk	Lemon Bars Whole or 1% Milk	Teddy Grahams Whole or 1% Milk

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.