



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog E – Fall 2019

Month and Year January 6-10, 2020

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <ul style="list-style-type: none"> • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods 	Pancakes Blueberries Whole or 1% Milk	English Muffin/Egg Sandwich (WG) Bananas Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (meat (alt) Berries Toast (WG) Whole or 1% Milk	Eggs (Meat Alt) Orange Rolls Oranges Whole or 1% Milk	Tasteos Toasted Whole Grain Oat Cereal Cheesy Bread (Meat Alt) Bananas Whole or 1% Milk
AM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 	English Muffin Bananas	Graham Crackers Little Cuties (Oranges)	Grapes Crackers	Apple Slices Cheddar Cheese	Raisin Toast Cheese Sticks
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Other Foods 	Open Face Turkey Sandwich (WG) Stuffing Green Beans Cranberry Sauce Whole or 1% Milk	Ravioli Casserole (HM) (Italian Sausage & Cheese, pasta for grains) Tossed Salad w/Italian Dressing Bread Sticks Fruit Cocktail Whole or 1% Milk	Swedish Meatballs (Beef) (CP) Over Noodles Broccoli Bread (WG) Apricots Whole or 1% Milk	Chicken & Fruit Salad – (HM – Grapes, Feta Cheese, Nuts, Lettuce, Rasp Vinaigrette) Corn Bread Peaches Whole or 1% Milk	BBQ (Pork) Sandwiches (Buns) Chips Cole Slaw Trop Fruit Salad Whole or 1% Milk
PM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 	Teddy Grahams Whole or 1% Milk	Cheese-Its Whole or 1% Milk	Veggie Straws Whole or 1% Milk	Hummus Fresh Veggies	Cheese Apple Slices 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.