



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu E 2022

Month and Year Jan 31 – Feb 4, 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	Pancakes 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	Cheese Its Fruit Cocktail	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 Stew (HM) with Chicken, tomato base, peas, carrots Rice Pineapple Bread (WG) Whole or 1% Milk	Meatloaf (Hamburger) (HM) Scalloped Potatoes Peas Bread (WG) Pineapple 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	Spaghetti and Meatballs Peas & Carrots Bread (WW) 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>	Sliced Apples Cheese Slices	Rice Cakes Orange Slices	Quesadillas (Tortillas w/Cheese)	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.