



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog C – Spring 2019

Month and Year Sep 30 – Oct 4, 2019

Meal Patterns	Monday Day	Tuesday Day	Wednesday Day	Thursday Day	Friday Day
<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>	French Toast (WG) Strawberries Whole or 1% Milk	Eggs (Meat Alt) Tasteos Toasted Whole Grain Oat Cereal Oranges Whole or 1% Milk	Tasteos Toasted Whole Grain Oat Cereal Toast (WG) Bananas Whole or 1% Milk	Granola Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Grapes Whole or 1% Milk	Banana Bread Tasteos Toasted Whole Grain Oat Cereal Peaches 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>	Apple Slices Yogurt	Banana Slices Cheese sticks	Pear Slices Crackers	Banana Slices Graham Crackers	Applesauce Triscuits
<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>	Tomato Soup (CP) Grilled Cheese (WG) (Meat Alt) Pickles Tropical Fruit Cocktail Whole or 1% Milk	BBQ Chicken Potato Salad (CP) Dinner Rolls Sliced Cucumbers Pineapple Whole or 1% Milk	Pot Roast (Beef) Mashed Potatoes Cooked Carrots Bread (WG) Apricots Whole or 1% Milk	Caesar Chicken Salad(HM) (Grilled Chicken, Roasted Corn, Tomato, Lettuce, & Parmesan Cheese) Bread (WG) Peaches Whole or 1% Milk	Ham/Hash Brown Casserole (HM) Bread (WG) 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>	Crackers Beef Stick Cheese Slices	Ritz Crackers Cheese slices Whole or 1% Milk	Veggie Straws Whole or 1% Milk	Rice Cakes Whole or 1% Milk	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.