



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu F - 2020

Month and Year Nov 1-5, 2021

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 (Meat Alt) Orange Rolls Bananas Whole or 1% Milk	French Toast (WG) Applesauce Whole or 1% Milk	Cheerios (WW) Toast Bananas Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Toast (WW) Peaches Granola Whole or 1% Milk	WW English Muffins with Sausage Patties (WW) Grapes 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 Mandarin Oranges	Great Value Light Vanilla Low-fat Yogurt Blueberries	Peaches Cheese Sticks  <b>Seniors:</b> Mixed Nuts instead of cheese	Toasted WW English Muffins (WW) Cheese Slices	Cheese Slices Crackers
<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) Peaches Whole or 1% Milk	Corn Soup (HM) Ham Sandwiches (WW) 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 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>	Vegie Sticks Cheese Sticks	Oatmeal Scotchies Whole or 1% Milk	Quesadillas (Cheese Meat Alt)	Animal Crackers Raisins	Rice Cakes Orange 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.