



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog B – Spring 2019

Month and Year May 20-24, 2019

| Meal Patterns  | Monday Day  | Tuesday Day  | Wednesday Day  | Thursday Day   | Friday Day   |
|--|---|--|--|--|--|
| <b>Breakfast</b><br><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>    | Raisin Toast<br>First Street Rice Krispies<br>Banana<br>Whole or 1% Milk  | Great Value Light Vanilla<br>Low-fat Yogurt<br>(Meat Alt)<br>Peaches<br>Whole or 1% Milk     | Eggs (Meat Alt)<br>English Muffins (WG)<br>Ham<br>Grapes<br>Whole or 1% Milk   | Quaker Old Fashioned<br>Oatmeal (WG)<br>Raisins<br>Whole or 1% Milk  | Pancakes (HM)<br>Applesauce<br>Whole or 1% Milk  |
| <b>AM Snack</b><br>(Select two of these five components)<br><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> | English Muffins<br>Raisins  | Rice Cakes<br>Apple slices   | Banana Slices<br>Crackers<br><br><b>Seniors:</b><br>Mixed Nuts instead of Crackers   | Pretzels<br>Yogurt   | Pears<br>Cheese Sticks   |
| <b>Lunch</b><br><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>                  | Chef Salad (Ham, Eggs,<br>Turkey, Cheese,<br>Tomato, Bacon Bits,<br>& Lettuce (HM)<br>Bread (WG)<br>Pineapple<br>Whole or 1% Milk | Ground Beef Stroganoff<br>(HM)<br>Bread (WG)<br>Tossed Salad<br>Apricots<br>Whole or 1% Milk | Enchilada Soup (CP)<br>(Chicken & Vegetables)<br>Croissant Turkey<br>Sandwiches<br>Pickles<br>Fruit Cocktail<br>Whole or 1% Milk | Sausage & Potato<br>Casserole (HM)<br>Cooked Carrots<br>French Bread<br>Tropical Fruit Salad<br>Whole or 1% Milk | Spaghetti W/ Meat Sauce<br>(Hamburger) (HM)<br>Tossed Salad<br>Bread (WG)<br>Peaches<br>Whole or 1% Milk |
| <b>PM Snack</b><br>(Select two of these five components)<br><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> | Teddy Grahams<br>Orange Slices  | Ritz Crackers<br>Cheese  | Chocolate Chip Cookies<br>Whole or 1% Milk   | Apple Slices<br>Cheese Slices  | Fish Crackers<br>Grapes  |

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.