



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu E 2020

Month and Year January 4-8, 2021

Meal Patterns	Monday Jan 4	Tuesday Jan 5	Wednesday Jan 6	Thursday Jan 7	Friday Jan 8
<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>	Oatmeal (WG) with Raisins Toast (WW) Orange Juice Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Banana Muffins Pears Whole or 1% Milk	Cheerios (WG) Raisin Toast Bananas Whole or 1% Milk	WW English Muffin Egg Sandwiches (WG) Raisins Whole or 1% Milk	Pancakes (HM) Berries 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>	String Cheese Apples	Grapes Cheese Slices	Cheese Its Whole or 1% Milk	Applesauce Graham Crackers	Pear Slices Cheese Sticks
<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) Rice Green Beans 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	Tuna Sandwiches with Lettuce & Tomato (HM) (WW) (Cheese Sandwich alternative) (WW) Chips 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>	Beef Stick Wheat Thins	Trailmix (Grains & Dried Fruit)	Rice Cakes Bananas	Lemon Bars Whole or 1% Milk	Teddy Grahams 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.