



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu D 2020

Month and Year October 5-9, 2020

Meal Patterns	Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Friday Oct 9
<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>	Pancakes Blueberries Whole or 1% Milk	WW English Muffin/Egg Sandwich w/ Cheese(WW) Bananas Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (meat (alt) Berries Toast (WG) Whole or 1% Milk	Scrambled Eggs (Meat Alt) Cheesy Bread (WW) Oranges Whole or 1% Milk	Cheerios (WG) Orange Rolls Bananas 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>	WW English Muffin w/ Melted Cheese (WW) Bananas	Graham Crackers Little Cuties (Oranges)	Grapes Crackers	Apple Slices Cheddar Cheese	Raisin Toast 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>	Open Face Turkey Sandwich (WG) Stuffing Green Beans Pears Cranberry Sauce Whole or 1% Milk	Ravioli Casserole (HM) (Italian Sausage & Cheese, pasta for grains) Tossed Salad w/Italian Dressing Bread Sticks Fruit Cocktail Whole or 1% Milk	Swedish Meatballs (Beef) (CP) Over Noodles Broccoli Bread (WG) Pineapple Tidbits Whole or 1% Milk	Chicken & Fruit Salad – (HM – Grapes, Feta Cheese, Nuts, Lettuce, Rasp Vinaigrette) Corn Bread Peaches Whole or 1% Milk	BBQ (Pork) Sandwiches (Buns) Chips Cole Slaw Trop Fruit Salad 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>	Teddy Grahams Whole or 1% Milk	Cheese-Its Grapes	Veggie Straws Cheese Sticks	Hummus Pita Chips	Cheese Apple 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.