



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog A-Spring 2019

Month and Year August 5-9, 2019

| Meal Patterns | Monday Day | Tuesday Day | Wednesday Day | Thursday Day | Friday Day |
|--|--|---|--|---|--|
| Breakfast <ul style="list-style-type: none"> Grains, or meat/meat alternate (no more than 3 times per week) Vegetables or Fruits Fluid Milk Other Foods | Scrambled Eggs (Meat Alt) Orange Rolls Bananas Whole or 1% Milk | French Toast (WG) Applesauce Whole or 1% Milk | Tasteos Toasted Whole Grain Oat Cereal Toast Bananas Whole or 1% Milk | Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Peaches Granola Whole or 1% Milk | Scrambled Eggs (Meat Alt) Toast (WG) Grapes Whole or 1% Milk |
| AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains | Great Value Light Vanilla Low-fat Yogurt with Blueberries | Graham Crackers Mandarin Oranges | Peaches Whole or 1% Milk Seniors: Mixed Nuts | Toasted English Muffins Cheese Slices Whole or 1% Milk | Cheese Slices Crackers |
| Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods | Chicken Fingers (CP) Bread (WG) Corn Applesauce Whole or 1% Milk | Beef Fajita Salad (HM) (Lettuce, Black Beans, Tomato, Cheese, Steak, and Corn) Bread (WG) Peaches Whole or 1% Milk | Tortilla Soup (CP) Roast Beef Sandwiches Pears Whole or 1% Milk | Chicken Tetrazzini (HM) (Chicken, 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 |
| PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains | Quesadillas (Cheese Meat Alt) | Carrots & Cheese Sticks | Oatmeal Scotchies Whole or 1% Milk | 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.