



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog A - 2020

Month and Year January 18-22, 2021

Meal Patterns	Monday Jan 18	Tuesday Jan 19	Wednesday Jan 20	Thursday Jan 21	Friday Jan 22
<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>	Raisin Toast First Street Rice Krispies Banana Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Granola Peaches Whole or 1% Milk	Eggs (Meat Alt) English Muffins (WG) Ham Grapes Whole or 1% Milk	Quaker Old Fashioned Oatmeal (WG) Raisins Whole or 1% Milk	Pancakes (HM) Applesauce 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>	Whole Wheat English Muffins (WW) Mandarin Oranges	Ritz Crackers Cheese slices	Banana Slices Triscuits  <b>Seniors:</b> Mixed Nuts instead of Crackers	Pretzels Yogurt	Pears 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>	Chef Salad (Ham, Eggs, Turkey, Cheese, Tomato, Bacon Bits, & Lettuce) (HM) Bread (WG) Pineapple Whole or 1% Milk	Sweet & Sour Chicken with Rice & Vegies (HM) Bread (WG) Peas Pears Whole or 1% Milk	Croissant Turkey Sandwiches with Lettuce & Tomato Chicken Noodle Soup w/Carrots & Peas Pickles Fruit Cocktail Whole or 1% Milk	Sausage & Potato Casserole (HM) Cooked Carrots French Bread Tropical Fruit Salad Whole or 1% Milk	WW Spaghetti W/ Meatballs (HM) (WW) Tossed Salad Bread Sticks 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>	Teddy Grahams Orange Slices	Rice Cakes Apple Slices	Chocolate Chip Cookies Whole or 1% Milk	Apple Slices Cheese Slices	Fish Crackers 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.