



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu F - 2020

Month and Year October 19-23, 2020

Meal Patterns	Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23
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	Cheerios (WW) Toast Bananas Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Toast (WW) Peaches Granola Whole or 1% Milk	WW English Muffins with Sausage Patties (WW) 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 	Graham Crackers Mandarin Oranges	Great Value Light Vanilla Low-fat Yogurt Blueberries	Peaches Cheese Sticks Seniors: Mixed Nuts instead of cheese	Toasted WW English Muffins (WW) Cheese Slices	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) Angel Hair Pasta Alfredo Bread (WG) Green Beans Applesauce Whole or 1% Milk	Beef Fajita Salad (HM) (Lettuce, Black Beans, Tomato, Cheese, Steak, and Corn) Dinner Rolls Peaches Whole or 1% Milk	Corn Soup (HM) Ham Sandwiches (WW) Pears Whole or 1% Milk	Turkey Tetrazzini (HM) (Turkey, 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 	Vegie Sticks Cheese Sticks	Quesadillas (Cheese Meat Alt)	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.