



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu B 2020

Month and Year October 4-8, 2021

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
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 	French Toast (WG) Blueberries Whole or 1% Milk	Breakfast Burritos (Tortillas, Eggs, Sausage and Cheese) Oranges Whole or 1% Milk	Oatmeal (WG) Bananas Whole or 1% Milk	Granola Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Pineapple Whole or 1% Milk	Banana Bread Cheerios (WG) Peaches 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 	Pears Cheese sticks	Apple Slices Yogurt	Cheeze-Its Grapes	Banana Slices Graham Crackers	Applesauce Triscuits (Ritz for Lambs)
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods 	Tomato Soup (CP) Grilled Cheese (WG) (Meat Alt) Pickles Tropical Fruit Cocktail Whole or 1% Milk	BBQ Chicken Potato Salad (HM) Whole Wheat Dinner Rolls (WG) Green Beans Pineapple Whole or 1% Milk	Pot Roast (Beef) Mashed Potatoes Cooked Carrots Bread (WG) Pears Whole or 1% Milk	Chicken Chow Mein(HM) (Grilled Chicken, Green peppers, carrots, Onions, cabbage, noodles) Bread (WG) Peaches Whole or 1% Milk	Fiesta Wrap w/ Ground Beef & Vegies Corn Chips (WG) 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 	Crackers Beef Stick Cheese Slices	Ritz Crackers Cheese slices	Veggie Straws Fruit Cocktail	Rice Cakes Lil Cuties (Oranges)	Apple Slices Animal Crackers

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.