



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog A - 2020

Month and Year Nov 8-12, 2021

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
<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  <i>Seniors:            Mixed Nuts instead of Crackers</i>	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>	Sweet & Sour Chicken With Rice & Peas & Carrots(HM) Bread (WG) Pears Whole or 1% Milk	Chef Salad (Ham, Eggs, Turkey, Cheese, Tomato, Bacon,& Lettuce (HM) <i>(Lambs' Alternate:            Ravioli w/ Green Beans)</i> Bread (WG) Pineapple Whole or 1% Milk	Croissant Turkey Sandwiches with Lettuce & Tomato Chicken Noodle Soup w/Carrots & Peas Pickles Fruit Cocktail Whole or 1% Milk	Quesadillas with Pork Carnitas (HM) Cooked Corn Tropical Fruit Salad Whole or 1% Milk	WW Spaghetti W/ Meatballs (HM) (WW) Tossed Salad (or peas) 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>	Rice Cakes Apple Slices	Teddy Grahams Orange 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.