



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog A - 2022

Month and Year January 3-7, 2022

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 	Scrambled Eggs Toast (WW) Pears Whole or 1% Milk	Yogurt w/granola Toast (WW) Peaches Whole or 1% Milk	Pancakes Tropical Fruit Whole or 1% Milk	Sandwich – (WW) English Muffin w/Sausage Applesauce Whole or 1% Milk	Cereal Toast (WW) Pineapple 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 Raisins Whole or 1% Milk	English Muffins Melted Cheese	Raisin Toast Applesauce	String Cheese Pineapple	Yogurt Peaches
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods 	Sweet & Sour Chicken With Rice & Peas & Carrots(HM) Bread (WG) Pears Whole or 1% Milk	Chef Salad-Ham, Eggs, Chicken, Cheese, Tomato, Bacon, & Lettuce (HM) (Lambs' Alternate: Ravioli w/ Green Beans) Bread (WG) Pineapple Whole or 1% Milk	Salisbury Steak Mashed Potatoes Bread (WW) Carrots & Peas Fruit Cocktail Whole or 1% Milk	Chicken Taquitos Refried Beans 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
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Sliced Apples Cheese Slices	Rice Cakes Orange Slices	Beef Stick Wheat Thins	Bananas Graham Crackers	Ritz Crackers Cheddar Cheese 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.