



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu B 2022

Month and Year July 11-15, 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	Fried Rice w/veggies & egg Tropical Fruit Toast (WW) 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	Fruit Smoothies Graham Crackers	String Cheese Pineapple	Yogurt Pretzels
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	Spanish Rice w/ ground beef(HM) Peas & Carrots Corn Bread 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 	Sliced Apples Cheese Slices	Rice Cakes Orange Slices	Veggie Straws String Cheese	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.