



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu B 2022

Month and Year June 27-July 1, 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.