



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu B 2020

Month and Year March 9-13, 2020

Meal Patterns	Monday Mar 9	Tuesday Mar 10	Wednesday Mar 11	Thursday Mar 12	Friday Mar 13
<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>	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
<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>	Pears Cheese sticks	Apple Slices Yogurt	Cheeze-Its Grapes	Banana Slices Graham Crackers	Applesauce Triscuits
<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>	Tomato Soup (CP) Grilled Cheese (WG) (Meat Alt) Pickles/Cucumbers 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) Apricots Whole or 1% Milk	Caesar Chicken Salad(HM) (Grilled Chicken, Roasted Corn, Tomato, Lettuce, & Parmesan Cheese) Bread (WG) Peaches Whole or 1% Milk	Fiesta Wrap w/ Ground Beef & Vegies Corn Chips (WG) Mandarin Oranges 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>	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.