



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog A-Fall 2019

Month and Year December 9-13, 2019

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>	Scrambled Eggs (Meat Alt) Orange Rolls Bananas Whole or 1% Milk	French Toast (WG) Applesauce Whole or 1% Milk	Tasteos Toasted Whole Grain Oat Cereal Toast Bananas Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Peaches Granola Whole or 1% Milk	Scrambled Eggs (Meat Alt) Toast (WG) Grapes 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>	Great Value Light Vanilla Low-fat Yogurt with Blueberries	Graham Crackers Mandarin Oranges	Peaches Whole or 1% Milk  <b>Seniors:</b> Mixed Nuts	Toasted English Muffins Cheese Slices Whole or 1% Milk	Cheese Slices Crackers
<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>	Chicken Fingers (CP) Bread (WG) Corn Applesauce Whole or 1% Milk	Beef Fajita Salad (HM) (Lettuce, Black Beans, Tomato, Cheese, Steak, and Corn) Bread (WG) Peaches Whole or 1% Milk	Tortilla Soup Roast Beef Sandwiches Pears Whole or 1% Milk	Turkey Tetrazzini (HM) (Turkey, Noodles, Parmesan cheese, & Cream of Celery)  Cooked Carrots Bread (WG) Pineapple Whole or 1% Milk	Pepperoni Pizza (CP) Tossed Salad 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>	Quesadillas (Cheese Meat Alt)	Carrots Cheese Sticks	Oatmeal Scotchies Whole or 1% Milk	Animal Crackers Raisins	Rice Cakes Orange 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.