



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu E 2020

Month and Year August 2-6, 2021

| Meal Patterns | Monday August 2 | Tuesday August 3 | Wednesday August 4 | Thursday August 5 | Friday August 6 |
|--|---|--|---|---|---|
| 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 | Oatmeal (WG) with Raisins Toast (WW) Orange Juice Whole or 1% Milk | Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Banana Muffins Pears Whole or 1% Milk | Cheerios (WG) Raisin Toast Bananas Whole or 1% Milk | WW English Muffin Egg Sandwiches (WG) Raisins Whole or 1% Milk | Pancakes (HM) Berries 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 | String Cheese Apples | Grapes Cheese Slices | Cheese Its Whole or 1% Milk | Applesauce Graham Crackers | Pear Slices Cheese Sticks |
| Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods | Chicken Stew (HM) with Chicken, tomato base, peas, carrots Rice Pineapple Bread (WG) Whole or 1% Milk | Meatloaf (Hamburger) (HM) Scalloped Potatoes Peas Bread (WG) Pineapple Whole or 1% Milk | Chicken Mac and Cheese (HM) Broccoli Bread (WG) Applesauce Whole or 1% Milk | Chili Con Carne (CP) (Hamburger & served with Cheese) Corn Bread Cooked Carrots Mandarin Oranges Whole or 1% Milk | Roast Beef Sandwich with Lettuce & Tomato (HM) (WW) (Cheese Sandwich alternative) (WW) Chips 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 | Beef Stick Wheat Thins | Trailmix (Grains & Dried Fruit) Lambs alternate – Ritz crackers and Oranges | Rice Cakes Bananas | Lemon Bars Whole or 1% Milk | Teddy Grahams Whole or 1% Milk |

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.