



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog F – Spring 2019

Month and Year Sep 9-13, 2019

| Meal Patterns | Monday Day | Tuesday Day | Wednesday Day | Thursday Day | Friday Day |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| 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 | Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Banana Muffins Pears Whole or 1% Milk | Tosteos Toasted Whole Grain Oat Cereal Toast (WG) Orange Juice Whole or 1% Milk | Raisin Toast (WG) Bananas Whole or 1% Milk | Pancakes (HM) Berries Whole or 1% Milk | English Muffin Egg Sandwiches (WG) Raisins 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 | Rice Cakes Bananas | 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 | Wacky Chicken (HM) Green Beans Cranberry Sauce Bread (WG) Whole or 1% Milk | Meatloaf (Hamburger) (HM) Scalloped Potatoes Peas Bread Pears 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 | Tuna Sandwiches (HM) (Tomato & Lettuce) 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 | Baby Carrots Cherry Tomatoes Ranch Dressing | Wheat Thins Whole or 1% Milk | Cheese-it Crackers Whole or 1% Milk | 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.