



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog B – Fall 2019

Month and Year November 4-8, 2019

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 	Raisin Toast First Street Rice Krispies Banana Whole or 1% Milk	Great Value Light Vanilla Low-fat Yogurt (Meat Alt) Peaches Whole or 1% Milk	Eggs (Meat Alt) English Muffins (WG) Ham Grapes Whole or 1% Milk	Quaker Old Fashioned Oatmeal (WG) Raisins Whole or 1% Milk	Pancakes (HM) Applesauce 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 	English Muffins Raisins	Rice Cakes Apple slices	Banana Slices Crackers Seniors: Mixed Nuts instead of Crackers	Pretzels Yogurt	Pears Cheese Sticks
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods 	Chef Salad (Ham, Eggs, Turkey, Cheese, Tomato, Bacon Bits, & Lettuce (HM) Bread (WG) Pineapple Whole or 1% Milk	Sweet & Sour Chicken with Rice (HM) Bread (WG) Tossed Salad Apricots Whole or 1% Milk	Croissant Turkey Sandwiches Chicken Noodle Soup Pickles Fruit Cocktail Whole or 1% Milk	Sausage & Potato Casserole (HM) Cooked Carrots French Bread Tropical Fruit Salad Whole or 1% Milk	Spaghetti W/ Meatballs (Hamburger) (HM) Tossed Salad Bread (WG) 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 	Teddy Grahams Orange Slices	Ritz Crackers Cheese	Chocolate Chip Cookies Whole or 1% Milk	Apple Slices Cheese Slices	Fish Crackers Grapes

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.