



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu E 2020

Month and Year October 12-16, 2020

Meal Patterns	Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16
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) Rice Green Beans 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	Tuna Sandwiches 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)	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.