



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu C 2020

Month and Year September 28-Oct 2

Meal Patterns	Monday Sep 28	Tuesday Sep 29	Wednesday Sep 30	Thursday Oct 1	Friday Oct 2
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 	English Muffins (WG) with Sausage Patties Apples Whole or 1% Milk	Cheerios (WG) Raisins Toast (WG) Whole or 1% Milk	Scrambled Egg (Meat Alt) Toast (WG) Orange Slices Whole or 1% Milk	Quaker Old Fashioned Oatmeal (WG) Raisins Whole or 1% Milk	Cooked Rice Bananas Toast (WG) 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 	Graham Crackers Cheese Slices	Great Value Light Vanilla Low-fat Yogurt Pretzels	Peaches English Muffins (WW)	Fruit Smoothies Graham Crackers	String Cheese Bananas
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods 	Pork Tenderloin Scalloped Potatoes Carrots & Peas Bread Mandarin Oranges Whole or 1% Milk	Cheeseburgers (Meat, Cheese, Lettuce & Tomatoes) French Fries Peas Pear Slices Whole or 1% Milk	Vegetable Soup (CP) Ham Sandwiches (WG) Applesauce Whole or 1% Milk	Chicken Pot Pie w/Mixed Vegetables (HM) Bread (WG) Fruit Cocktail Whole or 1% Milk	Hamburger Tacos/Taco Salad Corn Chips (WG) Refried Beans 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 	Ritz Crackers Cheese	Trailmix (Grains & Dried Fruit)	Cheese Its Grapes	Gold Fish Crackers Raisins & Choc Chips	Choc Chip Cookies 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.