


Sponsor name/site name Gentog Menu D 2022

Month and Year May 30-June 3, 2022

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 	<h1>Happy</h1>	Yogurt w/granola Toast (WW) Peaches Whole or 1% Milk	Breakfast Burrito (With eggs and sausage) Pineapple Whole or 1% Milk	Sandwich – (WW) English Muffin w/Sausage Applesauce Whole or 1% Milk	Cereal Toast (WW) Pineapple 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 		<h1>Memorial</h1>	English Muffins Melted Cheese	Triscuits Applesauce	String Cheese Pineapple
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods 	<h1>Day!</h1>		Ravioli Casserole (HM) (Italian Sausage & Cheese, pasta for grains) Tossed Salad w/Italian Dressing Bread Sticks Fruit Cocktail Whole or 1% Milk	Swedish Meatballs (Beef) (CP) Over Noodles Broccoli Bread (WG) Pineapple Tidbits Whole or 1% Milk	Chicken Enchiladas with Chicken, tortillas, cheese & sauce Corn Corn Bread 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 			Rice Cakes Orange Slices	Goldfish Crackers Raisins & Choc Chips	Bananas Graham Crackers

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.