



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog E – Spring 2019

Month and Year Sep 2-6, 2019

| Meal Patterns  | Monday Day     | Tuesday Day  | Wednesday Day  | Thursday Day   | Friday Day   |
|--|----------------|--|--|--|--|
| <b>Breakfast</b><br><ul style="list-style-type: none"> <li>• Grains, or meat/meat alternate (no more than 3 times per week)</li> <li>• Vegetables or Fruits</li> <li>• Fluid Milk</li> <li>• Other Foods</li> </ul>    | <b>Center</b>  | English Muffin/Egg Sandwich (WG)<br>Bananas<br>Whole or 1% Milk  | Eggs (Meat Alt)<br>Orange Rolls<br>Oranges<br>Whole or 1% Milk                                       | Great Value Light Vanilla Low-fat Yogurt (meat (alt)<br>Berries<br>Toast (WG)<br>Whole or 1% Milk                                | Tasteos Toasted Whole Grain Oat Cereal<br>Cheesy Bread (Meat Alt)<br>Bananas<br>Whole or 1% Milk |
| <b>AM Snack</b><br>(Select two of these five components)<br><ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Grains</li> </ul> | <b>Closed</b>  | Graham Crackers<br>Little Cuties (Oranges)   | Grapes<br>Crackers   | Apple Slices<br>Cheddar Cheese   | Raisin Toast<br>Cheese Sticks  |
| <b>Lunch</b><br><ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits/Veg</li> <li>• Grains</li> <li>• Other Foods</li> </ul>                  | <b>For</b>     | Ravioli Casserole (HM) (Italian Sausage & Cheese, pasta for grains)<br>Tossed Salad w/Italian Dressing<br>Bread Sticks<br>Fruit Cocktail<br>Whole or 1% Milk | Swedish Meatballs (Beef) (CP) Over Noodles<br>Broccoli<br>Bread (WG)<br>Apricots<br>Whole or 1% Milk | Chicken & Fruit Salad – (HM – Grapes, Feta Cheese, Nuts, Lettuce, Rasp Vinaigrette)<br>Corn Bread<br>Peaches<br>Whole or 1% Milk | BBQ (Pork) Sandwiches (Buns)<br>Chips<br>Cole Slaw<br>Trop Fruit Salad<br>Whole or 1% Milk       |
| <b>PM Snack</b><br>(Select two of these five components)<br><ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Grains</li> </ul> | <b>Holiday</b> | Cheese-Its<br>Whole or 1% Milk   | Veggie Straws<br>Whole or 1% Milk  | Hummus<br>Fresh Veggies  | Cheese<br>Apple Slices<br>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.