



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu C 2020

Month and Year November 9-13, 2020

Meal Patterns	Monday Nov 9	Tuesday Nov 10	Wednesday Nov 11	Thursday Nov 12	Friday Nov 13
<b>Breakfast</b> <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>	English Muffins (WG) with Sausage Patties Apples Whole or 1% Milk	Cheerios (WG) Raisins Toast (WG) Whole or 1% Milk	Cooked Rice Bananas Toast (WG) Whole or 1% Milk	Quaker Old Fashioned Oatmeal (WG) Raisins Whole or 1% Milk	Scrambled Eggs (Meat Alt) Toast (WG) Orange Slices Whole or 1% Milk
<b>AM Snack</b> (Select two of these five components) <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>	Graham Crackers Cheese Slices	Great Value Light Vanilla Low-fat Yogurt Pretzels	Peaches English Muffins (WW)	Fruit Smoothies Graham Crackers	String Cheese Bananas
<b>Lunch</b> <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>	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	Pancakes Scrambled Eggs Sausage Links Hash Browns 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
<b>PM Snack</b> (Select two of these five components) <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>	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.