



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog A - 2022

Month and Year Jan 30, 2023 – Feb 3, 2023

| Meal Patterns  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|--|---|
| <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>    | Scrambled Eggs<br>Toast (WW)<br>Pears<br>Whole or 1% Milk  | Yogurt w/granola<br>Toast (WW)<br>Peaches<br>Whole or 1% Milk                | Pancakes<br>Tropical Fruit<br>Whole or 1% Milk   | Sandwich – (WW)<br>English Muffin w/Sausage<br>Applesauce<br>Whole or 1% Milk                | Cereal<br>Toast (WW)<br>Pineapple<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> | Hard Boiled Egg<br>Club Crackers   | English Muffins<br>Melted Cheese   | Raisin Toast<br>Applesauce   | String Cheese<br>Pineapple   | Yogurt<br>Pretzels  |
| <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>                  | Sweet & Sour Chicken<br>With Rice & Peas &<br>Carrots(HM)<br>Bread (WG)<br>Pears<br>Whole or 1% Milk | Lasagna w/meat<br>Green beans<br>Bread (WG)<br>Pineapple<br>Whole or 1% Milk | Salisbury Steak<br>Mashed Potatoes<br>Bread (WW)<br>Carrots & Peas<br>Fruit Cocktail<br>Whole or 1% Milk | Chicken Taquitos<br>Refried Beans<br>Cooked Corn<br>Tropical Fruit Salad<br>Whole or 1% Milk | WW Spaghetti W/<br>Meatballs (HM) (WW)<br>Peas<br>Bread Sticks<br>Peaches<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> | Sliced Apples<br>Cheese Slices   | Rice Cakes<br>Orange Slices  | Beef Stick<br>Wheat Thins  | Bananas<br>Graham Crackers   | Ritz Crackers<br>Cheddar Cheese Slices  |

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.