



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu B 2024

Month and Year Sep 9-13, 2024

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 	Scrambled Eggs Toast (WW) Pears Whole or 1% Milk	Light Vanilla NF Yogurt (w/granola for seniors) Toast (WW) Peaches Whole or 1% Milk	Pancakes Tropical Fruit Whole or 1% Milk	Sandwich – (WW) English Muffin w/Sausage Fruit Cocktail Whole or 1% Milk	Oatmeal Toast (WW) Mandarin Oranges 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 	String Cheese Cheese Itz Crackers	English Muffins Melted Cheese	Applesauce Raisin Toast	Cottage Cheese Pineapple	Yogurt Pretzels
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods 	Grilled Cheese (WG) (Meat Alt) Tossed Salad Pickles Pineapple Whole or 1% Milk	BBQ Chicken Potato Salad (HM) Whole Wheat Dinner Rolls (WG) Green Beans Pears Whole or 1% Milk	Pot Roast (Beef) Mashed Potatoes Cooked Carrots Bread (WG) Mandarin Oranges Whole or 1% Milk	Chicken Chow Mein(HM) (Grilled Chicken, Green peppers, carrots, Onions, cabbage, noodles) Bread (WG) Peaches Whole or 1% Milk	Carne Asada Quesadillas Refried Beans Cooked Corn Fruit Cocktail 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 	Orange Slices Triscuits	Graham Crackers Apple Butter Dip	Vanilla Wafers Sliced Bananas	Goldfish Crackers Sliced Apples	Ritz Crackers 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.