



# ODE CNP CACFP Menu Form



**Sep 16-20, 2024**

**Sponsor name/site name** Gentog Menu C 2024

**Month and Year**

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
<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>	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 Peaches Whole or 1% Milk	Oatmeal Toast (WW) Mandarin Oranges 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>	String Cheese Cheeze Itz Crackers	English Muffins Melted Cheese	Applesauce Raisin Toast	Cottage Cheese Pineapple	Yogurt Pretzels
<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>	Lasagna w/meat Green Beans Bread (WW) Pineapple Tidbits Whole or 1% Milk	Pulled Pork Nachos (HM) Black Beans Cole Slaw Pears Whole or 1% Milk	Taco Salads w/ground beef, lettuce, tomatoes, cheese Refried Beans Corn Tortilla Chips Mandarin Oranges Whole or 1% Milk	Creamy Lemon Chicken Orzo w/Spinach Peas Bread (WW) Peaches Whole or 1% Milk	Sloppy Joe Sandwiches Cooked Carrots Pickles Corn Chips Fruit Cocktail Bread (WW) 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>	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.