



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu E 2024

Month and Year Sep 30-Oct 4, 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 Applesauce Whole or 1% Milk	Sandwich – (WW) English Muffin w/Sausage Peaches 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 Cheeze 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 	Beef Hot Dogs on buns French Fries Mixed Vegetables Pineapple Tidbits Whole or 1% Milk	Meatloaf (Hamburger) (HM) Scalloped Potatoes Green Beans Bread (WW) Pears Whole or 1% Milk	Chicken Mac and Cheese (HM) Broccoli Bread (WW) Mandarin Oranges Whole or 1% Milk	Chicken Stew (HM) with Chicken, tomato base, peas, carrots Rice Peaches Bread (WW) Whole or 1% Milk	Chicken Thighs and Broccoli Stir Fry Rice 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 Banana Slices	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.