



# ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu X 2025

Month and Year September 29<sup>th</sup> – October 3<sup>rd</sup>, 2025

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	Cereal Choice – Oatmeal or Cheerios 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>	Cheez It Crackers String Cheese	English Muffins Cheddar Cheese Slices	Raisin Toast Applesauce	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>	Cheeseburgers (meat, cheese, lettuce & tomato) French Fries Broccoli Pineapple Whole or 1% Milk	Lasagna w/meat Green Beans Bread (WW) Fruit Cocktail Whole or 1% Milk	Chicken Mac and Cheese (HM) Broccoli Bread (WW) Mandarin Oranges Whole or 1% Milk	Carne Asada Quesadillas Refried Beans Cooked Corn Mandarin Oranges Whole or 1% Milk	Beef Hot Dogs on Buns Cup of Chili French Fries Mixed Vegetables Pears 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>	Vanilla Wafers Banana Slices	Graham Crackers Apple Butter Dip	Ritz Crackers Cheese Slices	Goldfish Crackers Sliced Apples	Triscuits Orange 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.