



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu Z 2025

Month and Year November 3-7, 2025

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - 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 Mandarin Oranges Whole or 1% Milk	Cereal Choice – Oatmeal or Cheerios Toast (WW) Fruit Cocktail Whole or 1% Milk
AM Snack (Select two of these five components) - Fluid Milk - Meat or meat alternate - Vegetables - Fruits - Grains	Cheez It Crackers String Cheese	English Muffins Cheddar Cheese Slices	Raisin Toast String Cheese	Cottage Cheese Wheat Thins	Yogurt Pretzels
Lunch - Fluid Milk - Meat or meat alternate - Vegetables - Fruits/Veg - Grains - Other Foods	Grilled Cheese (WW) (Meat Alt) Tossed Salad Tomato Soup Pears Whole or 1% Milk	BBQ (Pork) Sandwiches (Buns) Chips Cole Slaw Peaches Whole or 1% Milk	Beef Stew w/carrots Potatoes & peas Bread (WW) Applesauce Whole or 1% Milk	Spaghetti & Meatballs Mixed Vegetables Bread (WW) Mandarin Oranges Whole or 1% Milk	Chicken Fingers (CP) Potato Wedges Bread (WW) Mixed Vegetables Fruit Cocktail Whole or 1% Milk
PM Snack (Select two of these five components) - Fluid Milk - Meat or meat alternate - Vegetables - Fruits - Grains	Vanilla Wafers Banana Slices	Graham Crackers Apple Butter Dip	Triscuits/Rice Cakes Orange Slices	Goldfish Crackers Sliced Apples	Ritz Crackers Summer Sausage

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.