



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog Menu F - 2022

Month and Year January 23-27, 2023

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	Yogurt w/granola Toast (WW) Peaches Whole or 1% Milk	French Toast (WW) Applesauce Whole or 1% Milk	Sandwich – (WW) English Muffin w/Sausage Applesauce Whole or 1% Milk	Cereal Toast (WW) Pineapple 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 	Hard Boiled Egg Club Crackers	English Muffins Melted Cheese	Goldfish Crackers String Cheese	String Cheese Pineapple	Yogurt Pretzels
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods 	Chicken Fingers (CP) Tater Tots Bread (WG) Green Beans Applesauce Whole or 1% Milk	Beef Fajita Quesadillas (Tortilla, Beef, Cheese) Salad (Lettuce, Tomato) Cooked Carrots Peaches Whole or 1% Milk	Corn Soup (HM) Ham Sandwiches (WW) Tomatoes & Lettuce Pears Whole or 1% Milk	Turkey Tetrazzini (HM) (Turkey, Noodles, Parmesan cheese, & Cream of Celery) Cooked Carrots Bread (WG) Pineapple Whole or 1% Milk	Chili Con Carne (CP) (hamburger & cheese) Corn Bread Peas Mandarin Oranges 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 	Sliced Apples Cheese Slices	Rice Cakes Orange Slices	Hummus Pita Bread Veggies	Bananas Graham Crackers	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.