



ODE CNP CACFP Menu Form



Sponsor name/site name Gentog – Menu X 2025

Month and Year September 29- October 3, 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	Cheeseburgers (meat, cheese, lettuce & tomato) French Fries Broccoli Pears Whole or 1% Milk	Lasagna w/meat Green Beans Bread (WW) Peaches Whole or 1% Milk	Chicken Macaroni & Cheese (HM) Broccoli Bread (WW) Applesauce Whole or 1% Milk	Carne Asada Quesadillas Refried Beans Cooked Corn Mandarin Oranges Whole or 1% Milk	Bowl of Chili French Fries 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.