



ODE CNP CACFP Menu Form



Sponsor name/site name Thomas Adult Center

Month and Year October 2017

Meal Patterns	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
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 					
AM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 					
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits/Veg • Grains • Other Foods 	chocolate milk grilled chicken steamed carrots kiwi WG roll	milk chili (HM) cooked broccoli cooked cauliflower WG toast	Dannon Light & Fit Greek strawberry yogurt English muffin pizza (HM) with WG English muffin carrot & celery sticks pears water	chocolate milk beef meat sauce (HM) green beans apple slices spaghetti	milk tuna sandwich (HM) with WG bread mixed vegetables peaches
PM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 	WG soft pretzel cheese sauce (extra) sliced apple water	cheese quesadilla (WG flour tortilla) carrots & celery water	apple slices Ritz crackers water	WG bagel with cream cheese Strawberries water	blueberry muffin broccoli & ranch water
Supper <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains • Other Foods 					

All milk served is non-fat

This institution is an equal opportunity provider.