



# ODE CNP CACFP Menu Form



Sponsor name/site name Do Ra Mi Center

Month and Year October 2017

Meal Patterns	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<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>					
<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>					
<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>					
<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>	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
<b>Supper</b> <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> <li>• Other Foods</li> </ul>	chocolate milk chicken nuggets (CP) steamed carrots kiwi WG roll	milk chili (HM) cooked broccoli cooked cauliflower WG toast	chocolate milk English muffin pizza (HM) with WG English muffin carrot & celery sticks pears	milk beef meat sauce (HM) green beans apple slices spaghetti	milk tuna sandwich (HM) with WG bread mixed vegetables peaches

All milk served is non-fat milk.

This institution is an equal opportunity provider.