

October 28, 2013 - Week 1 - Fall Menu *Crispus Attucks Children's Center* **105 Crawford Street Dorchester**

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast 1 serving milk	MILK	MILK	MILK	MILK
1 serving juice, fruit &/or vegetable (2)	BANANA	ORANGE JUICE	APPLE JUICE	APPLE JUICE	STRAWBERRIES
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	KIX CEREAL	PANCAKES	CREAM OF WHEAT	CORN MUFFIN	FRENCH TOAST STICKS
Lunch 1 serving meat/poultry, fish, or cheese or egg or cooked dry beans or peas, or nuts and/or seeds, or peanut or other nut or seed butters, or yogurt (4,5 &6)	CHEESE PIZZA	RAVIOLI	SWEET + SOUR MEATBALLS	TURKEY SANDWICH	MACARONI + CHEESE
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	MIX VEGETABLES, APPLE SLICES	GREEN BEANS, PEARS	CARROTS, CORN	PEAS, PEACHES	BRUSSEL SPROUTS, APPLESAUCE
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	PIZZA CRUST	RAVIOLI	RICE	WHEAT BREAD	MACARONI
1 serving milk	MILK	MILK	MILK	MILK	MILK
Afternoon Snack - choose 2 of 4 1 serving milk, 1 serving fruit/ vegetable juice, fruit and/or vegetable 1 serving grains bread or cornbread, biscuit, roll or muffin, or cold dry cereal or hot cooked cereal or pasta, noodles or grains 1serving meat/meat alternative meat, poultry, or fish, or cheese or egg or cooked dry beans or peas, or seeds, or seed butters or yogurt (2,3,4,5,6&7)	PINEAPPLE BREAD APPLE JUICE WATER	CHEESE CRACKERS MILK WATER	ORANGE SLICES MILK WATER	HUMMUS + CRACKERS MILK WATER	CARROT STICKS W/ VANILLA YOGURT DIP WATER

- (2) fruit or vegetable juice must be full-strength. Juice cannot be counted as the second snack-item if the other snack-item is milk.
- (3) breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
- (4) a serving consists of the edible portion of cooked lean meat or poultry or fish.
- (5) nuts and seeds may comprise only half of a meat/meat alternative serving and must be combined with another meat/meat alternative to fulfill the lunch or supper requirement.
- (6) yogurts may be plain or flavored unsweetened or sweetened.
- (7) water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

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Infant Menu / Meal Attendance

Name of Classroom: _____ Child's Name _____

October 28, 2013 - FALL Menu - Week: 1

CRISPUS ATTUCKS CHILDRENS CENTER

105 Crawford Street Dorchester

	MONDAY	IN	TUESDAY	IN	WEDNESDAY	IN	THURSDAY	IN	FRIDAY	IN
A BIRTH THROUGH 03 MONTHS										
BRK 4-6fl. Oz. Iron Fortified Infant Formula or breast milk *	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.	
AM 4-6 fl. Oz. Iron Fortified Infant Formula or breast milk *	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.	
LUN 4-6 fl. Oz. Iron Fortified Infant Formula or breast milk *	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.	
PM 4-6 fl. Oz. Iron Fortified Infant Formula or breast milk *	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.	
B 04 MONTHS THROUGH 07 MONTHS										
BRK 4-8 fl. Oz. Iron Fortified Infant Formula or breast milk *, AND 0-3 Tbsp. Iron Fortified Infant Cereal **	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz. 7oz. 8oz.		INFANT FORMULA*** 4oz. 5oz. 6oz. 7oz. 8oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz. 7oz. 8oz.	
AM 4-6 fl. Oz. Iron Fortified Infant Formula or breast milk *	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.	
LUN 4-8 fl. Oz. Iron Fortified Infant Formula or breast milk * AND 0-3 Tbsp. Iron Fortified Infant Cereal ** AND 0-3 Tbsp. Fruit or Vegetable ** or Both	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz. 7oz. 8oz.		INFANT FORMULA*** 4oz. 5oz. 6oz. 7oz. 8oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz. 7oz. 8oz.	
PM 4-6 fl. Oz. Iron Fortified Infant Formula or breast milk *	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.	
C 08 MONTHS THOUGH 11 MONTHS										
BRK 6-8 fl. Oz Iron Fortified Infant Formula or breast milk * AND 2-4 Tbsp. Iron Fortified Infants Cereal AND 1-4 Tbsp. Fruit or Vegetable or both	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 6oz. 7oz. 8oz.		INFANT FORMULA*** 6oz. 7oz. 8oz.	
AM 2-4 fl. Oz Iron Fortified Infant Formula, breast milk * or Fruit juice 0-1/2 Slice Bread ** or 0-2 Crackers **	APPLE JUICE*** 2oz. 3 oz. 4oz.		APPLE JUICE*** 2oz. 3 oz. 4oz.		APPLE JUICE*** 2oz. 3 oz. 4oz.		APPLE JUICE*** 2oz. 3 oz. 4oz.		APPLE JUICE*** 2oz. 3oz. 4oz.	
LUN 6-8 fl Oz Iron Fortified Infant Formula or breast milk * AND 2-4 Tbsp. Iron Fortified Infant Cereal AND/OR 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or Peas, or 1/2 - 2 oz. cheese or 1-4 oz .Cottage Cheese or Cheese food or Cheese spread AND 1-4 Tbsp. Fruit or Vegetable or both	INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 4oz. 5oz. 6oz.		INFANT FORMULA*** 6oz. 7oz. 8oz.		INFANT FORMULA*** 6oz. 7oz. 8oz.	
PM 2-4 fl. Oz. Iron Fortified Infant Formula, or breast milk * or Juice AND 0-1/2 slice bread **or 0-2 crackers**	APPLE JUICE*** 2oz 3 oz. 4oz		APPLE JUICE*** 2oz. 3 oz. 4oz		APPLE JUICE*** 2oz. 3 oz. 4oz		ORANGE JUICE*** 2oz. 3oz. 4oz.		APPLE JUICE*** 2oz. 3oz. 4oz.	
	PINEAPPLE BREAD		CHEESE CRACKERS		ANIMAL CRACKERS		HUMMUS + CRACKERS		CRACKERS	

* OR PORTION OF BOTH ** WHEN DEVELOPMENTALLY READY TO ACCEPT *** CIRCLE AMOUNT

Children 12 months and older will receive the regular school lunch menu.

Teacher's Signature: _____

Supervisor: _____

Date: _____

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