

**MENU– SEPTEMBER 30 TO OCTOBER 04, 2024 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford St.**

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b> 1 serving milk	<b>Fluid Milk</b>	<b>Fluid Milk</b>	<b>Fluid Milk</b>	<b>Fluid Milk</b>
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	<b>WG Whole Wheat Waffles</b>	<b>Yogurt</b>	<b>WG Apple Cinnamon Muffins</b>	<b>WG Wheat Bagels with Cream Cheese</b>	<b>WG Cheerios</b>
Fruit juice or juice	<b>Plums</b>	<b>Oranges</b>	<b>Sliced Apples</b>	<b>Bananas</b>	<b>Pears</b>
<b>Lunch</b> 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)	<b>Barbecue Shredded Chicken, Rolls, Sliced Carrots, Fluid milk, Fluid Milk</b>	<b>Chicken Sausage, French Toast Sticks, Tater Tots, Fluid Milk</b>	<b>Turkey Burgers - 100% Turkey Patties, WG Whole Wheat Buns, Coleslaw, Fluid Milk</b>	<b>Philly Cheese Steak, Shaved Steak, Sub Rolls, Corn, Fluid Milk</b>	<b>Chicken Nuggets, Cornbread, Waffle Fries, Fluid Milk</b>
Vegetable juice or vegetable	<b>Sliced Carrots</b>	<b>Tatter Tots</b>	<b>Coleslaw</b>	<b>Corn</b>	<b>Waffle Fries</b>
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	<b>Rolls</b>	<b>French Toast Sticks</b>	<b>WG Whole Wheat Buns</b>	<b>Sub Rolls</b>	<b>Cornbread</b>
<b>Afternoon Snack</b> - choose 2 of 4 <b>1 serving milk, 1 serving fruit/vegetable</b> juice, fruit and/or vegetable <b>1 serving grains</b> bread or cornbread, biscuit, roll or muffin, or cold dry cereal or hot cooked cereal or pasta, noodles or grains <b>1serving meat/meat alternative</b> 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)	<b>WG Wheat Thins, Apple Juice</b>	<b>Crackers and Cheddar Cheese, Orange Juice</b>	<b>Animal Crackers, Apple Juice</b>	<b>Mixed Fruit Cups, Orange Juice</b>	<b>Pretzels, Apple Juice</b>

- (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.

**Milk per service: 1-2 years: 4oz of Whole or Lactose Free Whole Milk; 3-6 years 6oz of Fat Free or Fat Free Lactose Free; 6 years: 8oz "WG" - made with Whole Grains**

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