

MENU– MARCH 20 – MARCH 25, 2023 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast 1 serving milk	1% MILK	1% MILK	1% MILK	1% MILK
1 serving juice, fruit &/or vegetable (2)	APPLE JUICE	ORANGE JUICE	APPLE JUICE	ORANGE JUICE	APPLE JUICE
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	RICE CRISPIES	BLUEBERRY MUFFINS	PANCAKES WITH SYRUP	BAGELS WITH CREAM CHEESE	CHEERIOS
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)	TURKEY SAUSAGE, WHOLE GRAIN CINNAMON FRENCH TOAST, HOMEFRIES, APPLESAUCE	BEEF TACOS, WHOLE GRAIN TORTILLA WRAP, BLACK BEANS & CORN, BANANA	CHICKEN PARM SANDWICH, WHOLE WHEAT BUN, CARROTS, APPLESAUCE	ARROZ CON POLLO, WHOLE GRAIN BROWN RICE, MIXED VEGETABLES, BANANA	WHOLE GRAIN TURKEY PEPPERONI PIZZA, BROCCOLI, ORANGE
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	HOMEFRIES, TOAST	BLACK BEANS & CORN, BANANA	CARROTS, APPLESAUCE	MIXED VEGGIES, BANANA	BROCCOLI, ORANGE
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WHOLE GRAIN FRENCH TOAST	WHOLE GRAIN TORTILLA	WHOLE WHEAT BUN	WHOLE GRAIN BROWN RICE	WHOLE GRAIN PIZZA
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 1 serving 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)	CHEEZE RITZ BITES 1% MILK	DICED PEAR CUP 1% MILK	APPLE OATMEAL BAR 1% MILK	APPLE SAUCE 1% MILK	PRETZELS 1% MILK

(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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