

**MENU– JULY 29 – AUGUST 2, 2024 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street**

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b> 1 serving milk	1% MILK	1% MILK	1% MILK	1% MILK
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	<b>FRENCH TOAST W/ SYRUP</b>	<b>CHICKEN SAUSAGE W/ HASH BROWNS</b>	<b>WG BLUEBERRY MUFFINS</b>	<b>BAGELS WITH CREAM CHEESE</b>	<b>WG CHEERIOS</b>
Fruit juice or juice	<b>DICE PEACH CUPS</b>	<b>APPLE SLICES</b>	<b>MANGO FRUIT CUPS</b>	<b>BANANAS</b>	<b>PLUMS</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>CHEESE STUFFED SHELLS W/ GROUND BEEF, MARINARA SAUCE, BABY CARROTS, FLUID MILK</b>	<b>SANDWICHES – SLICED TURKEY, WG WHOLE WHEAT BREAD, AMERICAN CHEESE, TOMATOES, LETTUCE, FLUID MILK</b>	<b>SPAGHETTI WITH GROUND TURKEY, SPAGHETTI SAUCE, DICED ZUCCHINI, FLUID MILK</b>	<b>CHICKEN NUGGETS, CORN BREAD, PEAS, WAFFLE FRIES, FLUID MILK</b>	<b>FISH CAKES, ROASTED VEGETABLES, RICE, FLUID MILK</b>
Vegetable juice or vegetable	<b>BABY CARROTS</b>	<b>LETTUCE, TOMATO</b>	<b>DICED ZUCCHINI</b>	<b>PEAS</b>	<b>ROASTED VEGETABLES</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>SHELLS</b>	<b>WG WHOLE WHEAT BREAD</b>	<b>SPAGHETTI</b>	<b>CORN BREAD</b>	<b>RICE</b>
<b>Afternoon Snack</b> - 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)	<b>WG WHEAT THINS, APPLE JUICE</b>	<b>WG CHEDDAR GOLDFISH, ORANGE JUICE</b>	<b>WG ANIMAL CRACKERS, APPLE JUICE</b>	<b>CHEDDAR CHEESE STICK W/ CRACKERS, ORANGE JUICE</b>	<b>PIRATES BOOTY CORN AND RICE PUFFS, 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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