

MENU– SEPTEMBER 25 – SEPTEMBER 29, 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)	CROISASANTS WITH JELLY	FRENCH TOAST WITH SYRUP	TURKEY SAUSAGE AND HASH BROWNS	BAGELS WITH CREAM CHEESE	KIX CEREAL
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)	DICED CHICKEN & RICE WITH PEAS & CARROTS	TURKEY TACOS IN TORTILLA WRAPS, GREEN BEANS	JAMAICAN BEEF PATTIES, CARROTS	POPCORN CHICKEN, WAFFLE FRIES	CHEESE PIZZA, BROCCOLI
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES PEAS & CARROTS	APPLES GREEN BEANS	BANANAS CARROTS	PEARS	APPLE SLICES BROCCOLI
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	RICE	TORTILLA WRAPS	PATTIES	POPCORN CHICKEN	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)	APPLE OATMEAL BARS 1% MILK	DICED PEAR CUPS 1% MILK	LORNA DOONS 1% MILK	CHEEZ-ITS 1% MILK	FIG NEWTONS 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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