

MENU– SEPTEMBER 08 TO SEPTEMBER 12, 2025 - CRISPUS ATTUCKS CHILDREN'S CENTER - 105 Crawford St.

USDA Child and Adult Care Food Program Meal Pattern					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 1 serving milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG Assorted Cereal	Pancakes with Syrup	Bagels with Cream Cheese	Yogurt	WG Blueberry Muffins
Fruit juice or juice	Pineapple Tidbits Cup	Oranges	Apple Slices	Strawberries	Bananas
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)	Pasta Bolognese, Ground Beef, Tomato Sauce, Cheese, Carrots, Fluid Milk	Turkey Tacos – Ground Turkey, Tortillas, Grated Cheese, Lettuce & Tomatoes, Fluid Milk	Beef with Broccoli – Shredded Beef, Broccoli, Rice, Fluid Milk	Cheeseburgers – Beef Patties, American Cheese, Hamburger Buns, Fries, Fluid Milk	Chicken Nuggets, Fries, Cornbread, Fluid Milk
Vegetable juice or vegetable	Carrots	Lettuce & Tomatoes	Broccoli	Fries	Fries
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	Pasta	Tortillas	Rice	Hamburger Buns	Cornbread
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)	Animal Crackers, Orange Juice	WG Cheddar & Pretzel Goldfish, Apple Juice	WG Graham Crackers, Orange Juice	Apple Pie with Whipped Cream, Apple Juice	WG Cheez-Its, Orange Juice

- (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.

MENU C

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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