

**MENU– FEBRUARY 12 – FEBRUARY 16, 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 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)	<b>KIX CEREAL</b>	<b>FRENCH TOAST WITH SYRUP</b>	<b>BLUEBERRY MUFFINS</b>	<b>BAGELS WITH CREAM CHEESE</b>	<b>CINNAMON APPLE CHEERIOS</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>SLICED TURKEY ON WHEAT BREAD, AMERICAN CHEESE, TOMATOES, LETTUCE, MAYONNAISE</b>	<b>CHICKEN CUTLETS, MARINARA SAUCE, WAFFLE SWEET POTATO FRIES, PARM CHEESE</b>	<b>ELBOW MACARONI AND CHEESE, PEAS</b>	<b>TACOS – GROUND TURKEY WITH TACO SEASONING, TORTILLA SCOOP CHIPS, CHEDDAR CHEESE, TOMATOES, LETTUCE</b>	<b>JAMAICAN BEEF PATTIES, CARROTS</b>
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	<b>ORANGE, LETTUCE, TOMATOES</b>	<b>PEARS, SWEET POTATO</b>	<b>BANANAS, PEAS</b>	<b>APPLE SLICES, TOMATOES, LETTUCE</b>	<b>BANANAS, CARROTS</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>WHEAT BREAD</b>	<b>SWEET POTATO</b>	<b>MACARONI</b>	<b>TORTILLA SCOOPS</b>	<b>PATTIES</b>
1 serving milk	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>
<b>Afternoon Snack - choose 2 of 4</b> 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>DICED PEACH CUPS</b>  1% MILK	<b>STRAWBERRY OATMEAL BARS</b>  1% MILK	<b>STRAWBERRY JELLO</b>  1% MILK	<b>CHEESE RITZ BITS</b>  1% MILK	<b>PRETZELS</b>  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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