

**Springr == Week 3 MENU– May 16-20t, 2022- 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)	WG MUFFINS	WG: FRENCH TOAST STICKS	WG BOLIED EGGS AND TOAST	WG CEREAL	WG: BAGEL W/ CREAM CHEESE/JELLY
<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)	JAMAICAN BEEF PATTY <b>ALLERGEN</b> FALAFEL APPLE CHUTNEY	WG CHEESE RAVIOLI W/ RED SAUCE <b>ALLERGEN:</b> CHICKEN & WHITE BEANS CHILI /	WG CHCIKEN TENDERS SWEET POTATO TATERS <b>ALLERGEN:</b> SWEET /SOUR CHICKEN	BBQ PULLED CHICKEN SANDWICH <b>ALLERGEN</b> HOMEMADE TURKEY MEATBALLS	WG: MEATBALL PIZZA <b>ALLERGEN:</b> WG CRISPY CHICKEN
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	TUSCAN VEGETABLE PINEAPPLE	GREEN BEANS FRUIT COCKTAIL	PEAS APPLESAUCE	CARROTS MANDARINES	BROCCOLI PEACHES
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG: BROWN RICE	WG: PASTA  WG: GRITS	WG: PASTA	WG: BUN  WG PASTA	WG: QUINOA
1 serving milk	1% MILK	1 % MILK	1% MILK	1% MILK	1% MILK
<b>Afternoon Snack</b> - choose 2 of 4 <b>1 serving milk, 1 serving fruit/ vegetable</b> juice, fruit and/or vegetable <b>1 serving grains</b> bread or cornbread, biscuit, roll or muffin, or cold dry cereal or hot cooked cereal or pasta, noodles or grains <b>1 serving meat/meat alternative</b> 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)	PEARS 1% MILK	GRAHAM CRACKERS MILK	ORANGES 1% ,MILK	FRUIT CUPS 1% MILK	TEDDY GRAHAM CRACKERS 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, 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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