

**MENU– November 28<sup>th</sup> – December 2<sup>nd</sup>, 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)	CINNAMON APPLE CHEERIOS	YOGURT W/ BUTTERED TOAST	WG BAGELS W/ CREAM CHEESE	CINNAMON APPLE MUFFINS	CORN FLAKES
<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)	CHEESY CHICKEN & RICE CASSEROLE, CARROTS, FRUIT	CHICKEN TACOS, WG TORTILLA, BLACK BEANS & CORN, FRUIT	CHICKEN PARM SANDWICH, WHOLE WHEAT BUN, BROCCOLI, FRUIT	BBQ CHICKEN, MAN & CHEESE, CARROTS, FRUIT	WG CHEESE PIZZA, GREEN BEANS W/ RED PEPPERS, FRUIT
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	CARROTS FRUIT	CORN FRUIT	BROCCOLI FRUIT	CARROTS FRUIT	GREEN BEANS FRUIT
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG RICE	WG TORTILLA	WG BUN	WG MAC & CHEESE	WG CHEESE PIZZA
1 serving milk	MILK	MILK	MILK	MILK	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>1serving 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)	CHEESE RITZ BITS  1% MILK	FRUIT COCKTAIL  1% MILK	VANILLA PUDDING W/ VANILLA WAFERS  1% MILK	DICED PEACHES FRUIT CUP  1% MILK	GOLDFISH  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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