

MENU– JULY 21 TO JULY 25, 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 Cereals	WG Blueberry Muffins	Yogurt Parfait	Bagels with Cream Cheese	WG Cocoa Puffs
Fruit juice or juice	Apples	Tropical Fruit Cups	Oranges	Apple Slices	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)	Turkey Meatball Subs, Turkey Meatballs, Marinara Sauce, Sub Rolls, Carrots, Fluid Milk	Chicken Tacos, Tortillas, Shredded Cheese, Lettuce, Tomatoes, Fluid Milk	Steak & Cheese – Shaved Beef, American Cheese, Sub Roll, Corn, Fluid Milk	Moro de Guandules (Rice & Peas), Ground Beef, Mixed Veggies Fluid Milk	Pepperoni (Chicken & Beef) Cheese Pizza, Broccoli, Fluid Milk
Vegetable juice or vegetable	Carrots	Lettuce & Tomatoes	Corn	Mixed Vegetables	Broccoli
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	Sub Rolls	Flour Tortillas	Sub Rolls	Rice	Pizza Crust
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)	WG Graham Crackers, Orange Juice	WG Ritz Cheese Bits, Apple Juice	WG Apple Cinnamon Granola Bites, Orange Juice	WG Bunny Grahams, Apple Juice	WG Sunchips, 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 A

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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