

**MENU– NOVEMBER 04 TO NOVEMBER 08, 2024 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford St.**

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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)	Yogurt	WG Wheat Pancakes	WG Blueberry Muffins	WG Wheat Bagels with Cream Cheese	Rice Crispiers Cereal
Fruit	Pineapple Tidbits Fruit Cups	Oranges	Sliced Apples	Bananas	Oranges
<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)	Barbecue Shredded Chicken, Barbecue Sauce, Roll, Corn, Fluid Milk	WG Cheese Raviolis, Marinara Sauce, Green Beans, Fluid Milk	Turkey Sandwiches – Sliced Turkey, WG Whole Wheat Bread, American Cheese, Lettuce, Tomatoes, Fluid Milk	Turkey Meatball Subs, Italian Turkey Meatballs, Marinara Sauce, Sub Rolls, Corn, Fluid Milk	Chicken Nuggets, Cornbread, Sweet Potato Tater Nugget, Fluid Milk
Vegetable juice or vegetable	Corn	Green Beans	Lettuce & Tomatoes	Corn	Sweet Potato
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	Rolls	WG Pasta	WG Whole Wheat Bread	Sub Rolls	Cornbread
<b>Afternoon Snack</b> - 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 Animal Crackers. Orange Juice	WG Cheddar Goldfish, Apple Juice	WG Cheddar Cheez-Its, Orange Juice	WG Wheat Thins, 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.

**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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