

**MENU– SEPTEMBER 01 TO SEPTEMBER 05, 2025 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford St.**

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> 1 serving milk		<b>Fluid Milk</b>	<b>Fluid Milk</b>	<b>Fluid Milk</b>	<p><b>CLOSED</b></p> <p>For</p> <p><b>PROFESSIONAL DEVELOPMENT DAY</b></p>
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)		<b>Waffles and Syrup</b>	<b>Yogurt</b>	<b>Bagels with Cream Cheese</b>	
Fruit juice or juice		<b>Mango Fruit Cups</b>	<b>Apple Slices</b>	<b>Oranges</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 other nut or seed butters, or yogurt (4,5 &6)		<b>Beef Tacos - Ground Beef, Tortillas, Grated Cheese, Lettuce &amp; Tomatoes, Fluid Milk</b>	<b>Barbecue Chicken Subs, Shredded Chicken, Barbecue Sauce, Sub Rolls, Green Beans, Fluid Milk</b>	<b>Fish Cakes, French Fries, Garlic Knots, Fluid Milk</b>	
Vegetable juice or vegetable		<b>Lettuce &amp; Tomatoes</b>	<b>Green Beans</b>	<b>French Fries</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>Tortillas</b>	<b>Sub Rolls</b>	<b>Garlic Knots</b>	
<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 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>WG Cheez-Its, Orange Juice</b>	<b>WG Animal Crackers, Apple Juice</b>	<b>WG Cheese Ritz-Bits Orange Juice</b>		

- (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 B

**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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