



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
Breakfast 1 serving 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)		Waffles and Syrup	Yogurt	Bagels with Cream Cheese	
Fruit juice or juice		Mango Fruit Cups	Apple Slices	Oranges	
Lunch 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)		Beef Tacos - Ground Beef, Tortillas, Grated Cheese, Lettuce & Tomatoes, Fluid Milk	Barbecue Chicken Subs, Shredded Chicken, Barbecue Sauce, Sub Rolls, Green Beans, Fluid Milk	Fish Cakes, French Fries, Garlic Knots, Fluid Milk	
Vegetable juice or vegetable		Lettuce & Tomatoes	Green Beans	French Fries	
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)		Tortillas	Sub Rolls	Garlic Knots	
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 Cheez-Its, Orange Juice	WG Animal Crackers, Apple Juice	WG Cheese Ritz-Bits 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 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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