

MENU–JULY 14 TO JULY 18, 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)	Chicken Sausage and Hashbrowns	French Toast with Syrup	Yogurt	WG Banana Muffins	WG Cinnamon Toast Crunch
Fruit juice or juice	Mango Fruit Cups	Strawberries	Oranges	Bananas	Apple Slices
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)	Cheeseburgers, Beef Patties. Waffle Fries, Sliced Cheese, WG Hamburger Buns, Fluid Milk	Turkey Tacos – Ground Turkey, Tortillas, Lettuce, Grated Cheese Tomatoes, Fluid Milk	Stewed Beef with Rice and Beans, Vegetable Medley, Fluid Milk	Chicken and Cheese Pastelitos, Corn, Fluid Milk	Fish Cakes, Garlic Knots, Tater Tots, Fluid Milk
Vegetable juice or vegetable	Waffle Fries	Lettuce and Tomatoes	Vegetable Medley	Corn	Tater Tots
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG Hamburger Buns	Tortillas	Rice	Pastry Dough	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 Bunny Grahams, Apple Juice	WG Cheddar Cheez-Its, Orange Juice	WG Animal Crackers, Apple Juice	WG Cheddar Sunchips, Orange Juice	WG Pretzel Goldfish, Apple 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 E

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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