

MENU– OCTOBER 07 TO OCTOBER 11, 2024 - 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
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG Strawberry Frosted Shredded Wheat	WG Wheat Pancakes	WG Blueberry Muffins	WG Wheat Bagels with Cream Cheese	WG Cinnamon Chex Cereal
Fruit	Peaches	Oranges	Sliced Apples	Bananas	Oranges
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 Tacos, Ground Turkey, WG Tortillas, Corn, Fluid Milk	WG Cheese Raviolis, Vegetable Blend, Fluid Milk	Salmon Burgers - Salmon Patties, WG Whole Wheat Buns, Green Beans, Fluid Milk	Turkey Meatball Subs, Italian Turkey Meatballs, Marinara Sauce, Sub Rolls, Corn, Fluid Milk	Cheese Pizza, Broccoli, Fluid Milk
Vegetable juice or vegetable	Corn	Yellow and Green Beans, Carrots	Green Beans	Corn	Broccoli
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG Tortillas	WG Pasta	WG Whole Wheat Buns	Sub Rolls	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 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)	WG Graham Crackers. Orange Juice	WG Cheddar Goldfish, Apple Juice	WG Cheddar Cheez-Its, Apple Juice	WG Veggie Toasted Chips, Orange Juice	Pretzels, 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.

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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