

**MENU– MAY 22 – MAY 26, 2023 - CRISPUS ATTUCKS CHILDREN'S CENTER - 105 Crawford Street**

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b> 1 serving milk	1% MILK	1% MILK	1% MILK	1% MILK
1 serving juice, fruit &/or vegetable (2)	APPLE JUICE	ORANGE JUICE	APPLE JUICE	ORANGE JUICE	CLOSED
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	APPLE CINNAMON CHEERIOS	APPLE CINNAMON MUFFINS	FRENCH TOAST W/ SYRUP	CORN FLAKES	PROFESSIONAL DEVELOPMENT DAY
<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)	WHOLE GRAIN CHICKEN NUGGETS, BAKED BEANS, APPLESAUCE, MILK	CHEESEBURGER, WHOLE GRAIN HAMBURGER BUN, SWEET POTATO WEDGES, BANANA, MILK	JERK CHICKEN, WHOLE GRAIN CORNBREAD, MASHED POTATOS, APPLESAUCE, MILK	MEATBALL SUB, WHOLE GRAIN BUN, BROCCOLI, BANANA, MILK	SCHOOL CLOSED
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	BAKED BEANS, APPLESAUCE	SWEET POTATO, BANANA	POTATOS, APPLESAUCE	BROCCOLI, BANANA	PROFESSIONAL DEVELOPMENT DAY
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WHOLE GRAIN NUGGETS	WHOLE GRAIN BUN	WHOLE GRAIN CORNBREAD	WHOLE GRAIN BUN	
1 serving milk	MILK	MILK	MILK	MILK	SCHOOL CLOSED
<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)	APPLESAUCE  1% MILK	JELL-O  1% MILK	DICED PEACH FRUIT CUPS  1% MILK	LORNA DOONE SHORTBREAD COOKIES  1% MILK	PROFESSIONAL DEVELOPMENT DAY

(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.

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