

MENU– MAY 6 – MAY 10, 2024 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast 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	APPLE JUICE
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	YOGURT	WAFFLES AND SYRUP	APPLE CINNAMON MUFFINS	BAGELS WITH CREAM CHEESE	FROSTED MINI WHEATS
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)	BURGERS, AMERICAN CHEESE, WHOLE WHEAT BUNS, GREEN BEANS	SPAGHETTI WITH GROUND TURKEY, TOMATO SAUCE, DICED ZUCCHINI	CHICKEN SAUSAGE, FRENCH TOAST STICKS, TATER TOTS	BEEF RAVIOLI, MARINARA SAUCE, PARMESAN, CORN	CHEESE PIZZA, BABY CARROTS
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES GREEN BEANS	APPLES ZUCCHINI	DICED PINEAPPLE POTATO	APPLE SLICES CORN	PEARS CARROTS
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WHEAT BUNS	SPAGHETTI	FRENCH TOAST STICKS	RAVIOLI	PIZZA
1 serving milk	MILK	MILK	MILK	MILK	MILK
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)	GRAHAM CRACKERS 1% MILK	STRING CHEESE AND CRACKERS 1% MILK	ANIMAL CRACKERS 1% MILK	FIG NEWTONS 1% MILK	STRAWBERRY JELLO 1% MILK

- (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.

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.”