

MENU– APRIL 29 – MAY 3, 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% 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)	REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL	FRENCH TOAST WITH SYRUP	BLUEBERRY MUFFINS	BAGELS WITH CREAM CHEESE	KIX CEREAL
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)	PULLED BARBEQUE CHICKEN SANDWICH ROLL, PEAS	GRILLED CHICKEN BREAST WITH RICE AND BEANS, CORN	GROUND BEEF TACOS, LETTUCE, TOMATO, CHEESE, TORTILLA CHIPS, CARROTS	CHICKEN NUGGETS, WAFFLE FRIES, GREEN BEANS	CHEESE PIZZA, TURKEY PEPPERONI, BROCCOLI
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES PEAS	APPLES CORN	APPLE SLICES CARROTS	BANANAS GREEN BEANS	PEARS BROCCOLI
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	ROLL	RICE	TORTILLA CHIPS	WAFFLE FRIES	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)	LORNA DOONES SHORTBREAD 1% MILK	CHEDDAR GOLDFISH 1% MILK	CHEEZ-ITS 1% MILK	DICED MANGO CUPS 1% MILK	VANILLA PUDDING 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.

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