

***MENU– DECEMBER 4 – DECEMBER 8, 2023 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street***

| <b>USDA Child and Adult<br/>Care Food Program<br/>Meal Pattern</b>                                                                                                                                                                                                                                                                                                                                                                                         |                                                             |                                                        |                                                               |                                            |                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------|---------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>MONDAY</b>                                               | <b>TUESDAY</b>                                         | <b>WEDNESDAY</b>                                              | <b>THURSDAY</b>                            | <b>FRIDAY</b>                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                             |                                                        |                                                               |                                            |                                                                     |
| <b>Breakfast</b><br>1 serving milk                                                                                                                                                                                                                                                                                                                                                                                                                         | 1% MILK                                                     | 1% MILK                                                | 1% MILK                                                       | 1% MILK                                    | 1% MILK                                                             |
| 1 serving juice, fruit &/or vegetable<br>(2)                                                                                                                                                                                                                                                                                                                                                                                                               | APPLE JUICE                                                 | ORANGE JUICE                                           | APPLE JUICE                                                   | ORANGE JUICE                               | APPLE JUICE                                                         |
| 1 serving bread or cornbread, biscuit,<br>roll or muffin or cold dry cereal or<br>hot cooked cereal or pasta, noodles<br>or grains (3)                                                                                                                                                                                                                                                                                                                     | <b>CROISSANTS W/<br/>JELLY</b>                              | <b>BLUEBERRY<br/>MUFFINS</b>                           | <b>WAFFLES W/ SYRUP</b>                                       | <b>BAGELS W/ CREAM<br/>CHEESE</b>          | <b>APPLE CINNAMON<br/>CHEERIOS</b>                                  |
| <b>Lunch</b><br>1 serving meat/poultry, fish, or<br>cheese or egg or cooked dry beans or<br>peas, or nuts and/or seeds, or peanut<br>or other nut or seed butters, or yogurt<br>(4,5 &6)                                                                                                                                                                                                                                                                   | <b>PHILLY CHEESE<br/>STEAKS ON HOAGIE<br/>ROLL, CARROTS</b> | <b>TURKEY TACOS,<br/>TORTILLA CORN<br/>CHIPS, CORN</b> | <b>CHEESE STUFFED<br/>SHELLS W/ TOMATO<br/>SAUCE, CARROTS</b> | <b>JAMAICAN BEEF<br/>PATTIES, BROCCOLI</b> | <b>CHICKEN NUGGETS<br/>W/ WAFFLE CUT<br/>SWEET POTATO<br/>FRIES</b> |
| 2 servings fruit/vegetable juice, fruit<br>and/or vegetable (2)                                                                                                                                                                                                                                                                                                                                                                                            | <b>APPLES<br/>CARROTS</b>                                   | <b>ORANGES<br/>CORN</b>                                | <b>APPLE SLICES<br/>CARROTS</b>                               | <b>BANANAS<br/>BROCCOLI</b>                | <b>APPLES<br/>SWEET POTATO</b>                                      |
| 1 serving bread or cornbread, biscuit,<br>roll or muffin or cold dry cereal or<br>hot cooked cereal or pasta, noodles<br>or grains (3)                                                                                                                                                                                                                                                                                                                     | <b>ROLL</b>                                                 | <b>CORN CHIPS</b>                                      | <b>SHELLS</b>                                                 | <b>PATTIES</b>                             | <b>NUGGETS</b>                                                      |
| 1 serving milk                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>MILK</b>                                                 | <b>MILK</b>                                            | <b>MILK</b>                                                   | <b>MILK</b>                                | <b>MILK</b>                                                         |
| <b>Afternoon Snack - choose 2 of 4</b><br><b>1 serving milk, 1 serving fruit/<br/>vegetable</b> juice, fruit and/or vegetable <b>1<br/>serving grains</b> bread or cornbread,<br>biscuit, roll or muffin, or cold dry cereal<br>or hot cooked cereal or pasta, noodles or<br>grains <b>1serving meat/meat alternative</b><br>meat, poultry, or fish, or cheese or egg or<br>cooked dry beans or peas, or seeds, or<br>seed butters or yogurt (2,3,4,5,6&7) | <b>MANDARIN ORANGLE<br/>SLICES</b><br><br>1% MILK           | <b>ANIMAL CRACKERS</b><br><br>1% MILK                  | <b>LORNA DOONES</b><br><br>1% MILK                            | <b>TROPICAL FRUIT CUPS</b><br><br>1% MILK  | <b>STRAWBERRY<br/>OATMEAL BARS</b><br><br>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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