

MENU– MARCH 18 – 22, 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)	BLUEBERRY MUFFINS	PANCAKES WITH SYRUP	CORN FLAKES	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)	BEEF BURGERS, AMERICAN CHEESE, WHOLE WHEAT HAMBURGER BUNS, CORN NIBBLES	CHICKEN NUGGETS, WAFFLE FRIES, BARBEQUE SAUCE	PASTA WITH GROUND BEEF, SPAGHETTI SAUCE, PEAS	TURKEY TACOS, LETTUCE, TOMATOES, CHEDDAR CHEESE	TURKEY PEPPERONI CHEESE PIZZA, BABY CARROTS
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGE, CORN	APPLES, POTATO	APPLE SLICES, PEAS	BANANAS, LETTUCE, TOMATOES	PEACH SLICES, BABY CARROTS
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WHOLE WHEAT BUNS	NUGGETS	PASTA	TACOS	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 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)	MANGO FRUIT CUPS 1% MILK	ANIMAL CRACKERS 1% MILK	FIG NEWTONS 1% MILK	GRAHAM CRACKERS 1% MILK	CHOCOLATE 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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