


MENU– JULY 1 – 5, 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	<p style="text-align: center;">CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p> 
1 serving juice, fruit &/or vegetable (2)	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	WAFFLES AND SYRUP	CINNAMON APPLE MUFFINS		
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, ROLLS, CORN, FLUID MILK	DICED CHICKEN WITH POTATOES AND CARROTS, FLUID MILK	SANDWICHES – SLICED TURKEY, WHOLE WHEAT BREAD, AMERICAN CHEESE, TOMATOES, LETTUCE, FLUID MILK		
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES CORN	APPLES CARROTS	FRUIT CUPS TOMATOES, LETTUCE		
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	ROLLS	POTATOES	WHOLE WHEAT BREAD		
1 serving 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)	CHEDDAR GOLDFISH, ORANGE JUICE	GRAHAM CRACKERS, APPLE JUICE	PRETZELS, ORANGE JUICE		

- (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 of 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.

Milk per service: 1-2 years: 4oz; 3-5 years 6oz; 6 years: 8oz

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