

***MENU– MAY 20 – MAY 24, 2024 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street***

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b> 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)	<b>REDUXED SUGAR CINNAMON TOAST CRUNCH</b>	<b>WAFFLES AND SYRUP</b>	<b>APPLE CINNAMON MUFFINS</b>	<b>BAGELS WITH CREAM CHEESE</b>	<b>KIX CEREAL</b>
<b>Lunch</b> 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)	<b>GROUND BEEF TACOS, LETTUCE, TOMATO, CHEESE, TORTILLA CHIPS, BABY CARROTS</b>	<b>SPAGHETTI WITH GROUND TURKEY, TOMATO SAUCE, GREEN BEANS, PARMESAN</b>	<b>BURGERS, WHOLE WHEAT BUNS, CHEESE, WAFFLE FRIES</b>	<b>GRILLED CHICKEN, RICE &amp; BEANS, GREEN BEANS</b>	<b>CHEESE PIZZA, BROCCOLI</b>
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	<b>ORANGES CARROTS</b>	<b>APPLES GREEN BEANS</b>	<b>PINEAPPLE TIDBITS POTATO</b>	<b>APPLE SLICES GREEN BEANS</b>	<b>BANANA, BROCCOLI</b>
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	<b>TORTILLA CHIPS</b>	<b>SPAGHETTI</b>	<b>WHOLE WHEAT BUNS</b>	<b>RICE AND BEANS</b>	<b>PIZZA</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> 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)	<b>LORNA DOONES SHORTBREAD</b>  1% MILK	<b>CHEDDAR GOLDFISH</b>  1% MILK	<b>ANIMAL CRACKERS</b>  1% MILK	<b>DICED MANGO CUPS</b>  1% MILK	<b>CHOCOLATE PUDDING</b>  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.”*