

MENU– September 26th – 30th , 2022- 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 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)	CORN FLAKES	FRENCH TOAST	WAFFLES	PANCAKES	CHEERIOS
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)	WG CHICKEN NUGGETS, WG BROWN RICE, BAKED BEANS	PASTELON (PUERTO RICAN LASAGNA), W/ BEEF, PLANTAINS, WG CORNBREAD	CHICKEN FRIED RICE, WG BROWN RICE	WG POPCORN CHICKEN, WG BROWN RICE, SWEET POTATO TATER TOTS	WG: CHEESE PIZZA, BROCCOLI
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	KETCHUP FRUIT	PLANTAINS FRUIT	CARROTS FRUIT	TATER TOTS FRUIT	BROCCOLI FRUIT
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG: BROWN RICE	WG: FRENCH TOAST	WG BROWN RICE	WG: BROWN RICE	WG: PIZZA
1 serving milk	1% MILK	1% MILK	1% MILK	1% MILK	1% 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)	JELL-O 1% MILK	PINEAPPLE TIDBITS 1% MILK	SANDIES SHORTBREAD 1% MILK	TEDDY GRAHAMS 1% MILK	QUAKER CARAMEL POPPED RICE SNACKS 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, 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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