

MENU– SEPTEMBER 18 – SEPTEMBER 22, 2023 - 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)	YOGURT	WAFFLES WITH SYRUP	APPLE CINNAMON MUFFINS	BAGELS WITH CREAM CHEESE	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)	CHEESE PIZZA, BROCCOLI, MILK	POPCORN CHICKEN, SWEET POTATO WAFFLE FRIES, MILK	MANGO CHICKEN, RICE, CARROTS, MILK	CHEESEBURGERS, CRINKLE CUT FRIES, MILK	CHEESE RAVIOLI, TOMATO SAUCE, GREEN BEANS, MILK
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	APPLES BROCCOLI	ORANGES SWEET POTATO	BANANAS CARROTS	PINEAPPLE POTATO	APPLE SLICES, GREEN BEANS
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	PIZZA	POPCORN CHICKEN	RICE	BUN	RAVIOLI
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)	CHEEZ-ITS 1% MILK	DICED MANGO CUPS 1% MILK	VANILLA PUDDING 1% MILK	CHEESE RITZ-BITS 1% MILK	PRETZELS 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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