


MENU– JANUARY 20 TO JANUARY 24, 2025 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford St.

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast 1 serving milk 1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3) Fruit 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) Vegetable juice or vegetable 1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3) 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)		Fluid Milk	Fluid Milk	Fluid Milk
WG Corn Flakes			WG Apple Cinnamon Muffins	Bagels with Cream Cheese	WG Oatmeal
Oranges			Sliced Apples	Fruit Cups	Bananas
WG French Toast Sticks, Chicken Sausage, Tater Tots, Fluid Milk			Beef with Broccoli, WG Brown Rice, Fluid Milk	Turkey Tacos – Ground Turkey, WG Tortilla Wraps, Tomatoes, Lettuce, Fluid Milk	Chicken Nuggets, Waffle Fries, Cornbread, Fluid Milk
Tater Tots			Broccoli	Tomatoes, Lettuce	Waffle Fries
WG French Toast Sticks			WG Spaghetti	WG Tortilla Wraps	Corn Bread
WG Cheddar Goldfish, Orange Juice	WG Graham Crackers, Apple Juice	WG Cheddar Sun Chips, Orange	Pretzels, Apple 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 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.

Milk per service: 1-2 years: 4oz of Whole or Lactose Free Whole Milk; 3-6 years 6oz of Fat Free or Fat Free Lactose Free; 6 years: 8oz "WG" - made with Whole Grains

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