

MENU– MAY 29 – JUNE 2, 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	CLOSED	1% MILK	1% MILK	1% MILK
1 serving juice, fruit &/or vegetable (2)		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)	MEMORIAL DAY	CHEERIOS	SAUSAGE & HASH BROWNS	BAGELS W/ CREAM CHEESE	PANCAKES W/ SYRUP
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)	CLOSED	JAMAICAN BEEF PATTY, WHOLE GRAIN BROWN RICE, PLANTAINS, BANANA, MILK	CHILI MANGO CHICKEN, WHOLE GRAIN BROWN RICE, BROCCOLI, APPLESAUCE, MILK	CHEESEBURGER, WHOLE GRAIN BUN, BAKED BEANS, BANANA, MILK	WHOLE GRAIN POPCORN CHICKEN, WHOLE GRAIN BROWN RICE, SWEET POTATO WEDGES, ORANGE, MILK
2 servings fruit/vegetable juice, fruit and/or vegetable (2)		PLANTAINS, BANANA	BROCCOLI, APPLESAUCE	BAKED BEANS, BANANA	SWEET POTATO WEDGES, ORANGE
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	MEMORIAL DAY	WHOLE GRAIN BROWN RICE	WHOLE GRAIN BROWN RICE	WHOLE GRAIN BUN	WHOLE GRAIN BROWN RICE
1 serving 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)	CLOSED	DICED PEACHES FRUIT CUPS 1% MILK	STRAWBERRY AND APPLE OATMEAL BARS 1% MILK	CHEEZ-ITS 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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