

MENU– JUNE 10 – JUNE 14, 2024 - 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)	REDUCED SUGAR CINNAMON TOAST CRUNCH	WAFFLES WITH SYRUP	CINNAMON APPLE MUFFINS	BAGELS WITH CREAM CHESE	CORN FLAKES
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 STUFFED SHELLS, MARINARA SAUCE, WHOLE BABY CARROTS	DICED CHICKEN WITH POTATOES AND CORN	SANWICHES – SLICED TURKEY, WHOLE WHEAT BREAD, AMERICAN CHEESE, TOMATOES, LETTUCE	GRILLED CHICKEN STRIPS WITH RICE, GREEN BEANS	CHICKEN NUGGETS, CORNBREAD, FRENCH FRIES
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES BABY CARROTS	APPLES CORN	APPLES TOMATOES LETTUCE	BANANAS GREEN BEANS	PEARS POTATOES
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	SHELLS	POTATOES	WHOLE WHEAT BREAD	RICE	CORN BREAD
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 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)	STRAWBERRY OATMEAL BARS 1% MILK	LORNA DOONES 1% MILK	FRUIT CUPS 1% MILK	CHEDDAR GOLDFISH 1% MILK	VANILLA PUDDING 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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