

MENU– APRIL 22 – APRIL 26, 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% 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)	CROISSANTS AND JELLY	APPLE CINNAMON MUFFINS	WAFFLES AND SYRUP	BAGELS WITH CREAM CHEESE	RICE CRISPIES
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)	BEEF RAVIOLI, MARINARA SAUCE, PARMESAN CHEESE, GREEN BEANS	CHICKEN SAUSAGE, FRENCH TOAST STICKS, TATER TOTS	SPAGHETTI WITH MEAT SAUCE, GREEN BEANS	PHILLY CHEESE STEAKS, SHAVED STEAK, AMERICAN CHEESE, SUB ROLL, PEAS	CHEESE PIZZA, BABY CARROTS
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES, GREEN BEANS	APPLES	DICED MANGOES, GREEN BEANS	BANANAS, PEAS	PEACH SLICES, BABY CARROTS
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	RAVIOLI	FRENCH TOAST	SPAGHETTI	SUB ROLL	PIZZA
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)	DICED PEAR CUPS 1% MILK	RITZ BITZ 1% MILK	APPLE OATMEAL BARS 1% MILK	APPLE SAUCE 1% MILK	CHOCOLATE 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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