

MENU– NOVEMBER 13 – NOVEMBER 17, 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 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	APPLE CINNAMON MUFFINS	BAGELS W/ CREAM CHEESE	FRENCH TOAST W/ SYRUP	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)	CHICKEN CUTLET, PASTA, MARINARA SAUCE, CARROTS	JAMAICAN BEEF PATTIES, GREEN BEANS	PASTA W/ GROUND TURKEY, SPAGHETTI SAUCE, BROCCOLI	BAKED STUFFED CHICKEN W/ BROCCOLI AND CHEESE	TURKEY SANDWICHES ON WHEAT BREAD, TOMATOES, CHEESE
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES CARROTS	APPLES GREEN BEANS	APPLE SLICES BROCCOLI	BANANAS BROCCOLI	BANANAS TOMATOES
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	PASTA	PATTIES	PASTA		WHEAT 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)	DICED PEACHES 1% MILK	CHEESE GOLDFISH 1% MILK	FIG NEWTONS 1% MILK	APPLE SAUCE 1% MILK	RITZ-BITZ 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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