

MENU– JUNE 17 – JUNE 21, 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	CLOSED	1% MILK	1% MILK
1 serving juice, fruit &/or vegetable (2)	APPLE JUICE	ORANGE JUICE	IN OBSERVANCE OF JUNETEENTH	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	FRENCH TOAST WITH SYRUP	CLOSED	BAGELS WITH CREAM CHEESE	FROSTED MINI WHEATS
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)	PULLED BARBEQUE CHICKEN, ROLLS, CORN	CHICKEN CUTLETS, RICE, CARROTS, PARMESAN, CHEESE	IN OBSERVANCE OF JUNETEENTH	CHEESEBURGERS, BEEF PATTIES, WHOLE WHEAT BUNS, AMERICAN CHEESE, BROCCOLI	FISH CAKES, ROASTED VEGETABLES, ROASTED POTATOES
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	ORANGES CORN	APPLES CARROTS	CLOSED	BANANAS BROCCOLI	PLUMS, ROASTED VEGETABLES
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	ROLLS	RICE	IN OBSERVANCE OF JUNETEENTH	WHEAT BUNS	POTATOES
1 serving milk	MILK	MILK	CLOSED	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 MANGO CUPS 1% MILK	ANIMAL CRACKERS 1% MILK	IN OBSERVANCE OF JUNETEENTH	GRAHAM CRACKERS 1% MILK	STRAWBERRY JELLO 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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