

MENU– MAY 5 TO MAY 9 2025 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford St.

USDA Child and Adult Care Food Program Meal Pattern					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 1 serving milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG Peach Oatmeal	Pancakes with Syrup	Bagels with Cream Cheese	WG Assorted Cereal	WG Banana Muffins
Fruit juice or juice	Apples	Fruit Cups	Bananas	Apple Slices	Strawberry and Blueberry Fruit Smoothies
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)	Spaghetti and Ground Beef with Tomato Sauce, Carrots, Fluid Milk	Chicken Tacos, Tortillas, Lettuce, Tomatoes, Fluid Milk	Beef and Broccoli, Rice, Fluid Milk	Sliced Turkey Sandwiches, WG Wheat Bread, Lettuce Tomatoes, Cheddar Cheese, Fluid Milk	Chicken Nuggets, Waffle Fries, Corn Bread, Fluid Milk
Vegetable juice or vegetable	Carrots	Lettuce & Tomatoes	Broccoli	Lettuce & Tomatoes	Waffle Fries
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	Spaghetti	Tortillas	Rice	WG Wheat Bread	Cornbread
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)	Animal Crackers, Orange Juice	WG Cheddar Goldfish, Apple Juice	WG Graham Crackers, Orange Juice	WG Wheat Thins, Apple Juice	WG Ritz Cheese Crackers, Orange Juice

- (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.

MENU C

Milk per service: 1-2 years: 4oz of Whole or Lactose Free Whole Milk; 3-6 years 6oz of Fat Free or Fat Free Lactose Free; 6 years: 8oz

"WG" - made with Whole Grains

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