

**MENU– AUGUST 12 – AUGUST 16, 2024 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street**

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b> 1 serving milk	1% MILK	1% MILK	1% MILK	1% MILK
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	YOGURT	WG WAFFLES & SYRUP	WG BLUEBERRY MUFFINS	WG BAGELS WITH CREAM CHEESE	WG APPLE JACKS APPLE CINNAMON REDUCED SUGAR CEREAL
Fruit juice or juice	PEARS	DICED MANGO FRUIT CUPS	APPLE SLICES	BANANAS	ORANGES
<b>Lunch</b> 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 CUTLETS, RICE, CORN, PARMESAN CHEESE, FLUID MILK	WG SPAGHETTI W/ GROUND TURKEY MEAT SAUCE, PARMESAN, SLICED CARROTS, FLUID MILK	CHEESEBURGERS – BEEF PATTIES, WG BUNS, AMERICAN CHEESE, GREEN BEANS, FLUID MILK	CHICKEN NUGGETS, CORN BREAD, GREEN PEAS, FRIES, FLUID MILK	FISH CAKES, ROASTED VEGETABLES, GARLIC ROLL, FLUID MILK
Vegetable juice or vegetable	CORN	SLICED CARROTS	DICED ZUCCHINI	GREEN PEAS	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)	RICE	WG SPAGHETTI	WG BUNS	CORN BREAD	GARLIC ROLLS
<b>Afternoon Snack</b> - 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)	WG BUNNY GRAHAM CRACKERS, APPLE JUICE	RITZ BITS, ORANGE JUICE	MANDARIN ORANGE FRUIT CUP, APPLE JUICE	CRACKERS W/ CHEDDAR CHEESE SLICES, ORANGE JUICE	PRETZELS, APPLE 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 of 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.

**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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