

MENU– JANUARY 13 TO JANUARY 17, 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
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 Pancakes and Syrup	WG Blueberry Muffins	WG Cinnamon Toast Crunch – Reduced Sugar	WG Wheat Bagels with Cream Cheese
Fruit juice or juice	Apple Slices	Oranges	Bananas	Sliced Apples	Banana Strawberry 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)	Beef Tacos, Ground Beef, WG Tortilla Wraps, Lettuce, Tomatoes, Fluid Milk	Turkey Burgers - 100% Turkey Patties, WG Whole Wheat Buns, Peas, Fluid Milk	Teriyaki Beef, Green Beans, WG Rice, Fluid Milk	Turkey Meatball Subs – Turkey Meatballs, Sub Rolls, Mashed Potatoes, Fluid Milk	Cheese Pizza, Broccoli, Fluid Milk
Vegetable juice or vegetable	Lettuce & Tomatoes	Peas	Green Beans	Mashed Potatoes	Broccoli
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG Flour Tortillas	WG Whole Wheat Buns	WG Brown Rice	Sub Rolls	Pizza Crust
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)	WG Bunny Grahams, Apple Juice	WG Wheat Thins, Orange Juice	WG Animal Crackers, Apple Juice	Mixed Tropical Fruit Cups, 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 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.

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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