

MENU– MARCH 03 TO MARCH 07, 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 1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
Fruit juice or juice	Apple Slices	Strawberries	Oranges	Bananas	Diced Fruit Cups
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)	Steak and Cheese – Shaved Steak, American Cheese, Sub Rolls, Green Beans, Fluid Milk	Chicken Quesadillas Grilled Chicken, Tortillas, Cheese, Mixed Veggies, Fluid Milk	Chicken Fajita with Mexican Rice, Corn, Fluid Milk	Fish Cakes, Baby Carrots, Garlic Rolls, Fluid Milk	WG Cheese Raviolis, Marina Sauce, Green Beans, Fluid Milk
Vegetable juice or vegetable	Green Beans	Mixed Veggies	Corn	Baby Carrots	Green Beans
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	Sub Rolls	Tortillas	Rice	Garlic Rolls	Pasta
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 Animal Crackers, Apple Juice	WG Cheddar Goldfish, Orange Juice	WG Graham Crackers, Apple Juice	WG Wheat Thins, 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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