

MENU– FEBRUARY 03 TO FEBRUARY 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	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 Reduced Sugar Apple jacks	Waffles and Syrup	WG Blueberry Muffins	Bagels with Cream Cheese	WG Honey Cheerios
Fruit juice or juice	Bananas	Oranges	Sliced Apples	Mango Fruit Cups	Apples
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 Meat Sauce – Ground Turkey, WG Spaghetti, Spaghetti Sauce, Sliced Carrots, Fluid Milk	Chicken Cutlets, Green Beans, Dinner Roll, Fluid Milk	Ground Beef, Rice and Beans, Mixed Vegetables, Fluid Milk	Steak Tips, Mashed Potatoes, Garlic Rolls, Fluid Milk	Fish Cakes, Broccoli, Pasta Salad, Fluid Milk
Vegetable juice or vegetable	Sliced Carrots	Green Beans	Mixed Vegetables	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 Spaghetti	Dinner Roll	Rice	Garlic Rolls	Pasta Salad
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 Graham Crackers, Apple Juice	WG Wheat Thins, Orange Juice	WG Animal Crackers, Apple Juice	WG Sun Chips, 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

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer." Full Non-Discrimination Statement: <https://www.usda.gov/non-discrimination-statement>