


MENU- NOVEMBER 11 TO NOVEMBER 15, 2024 - CRISPUS ATTUCKS CHILDREN'S CENTER - 105 Crawford St.

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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
WG Wheat Waffles			WG Apple Cinnamon Muffins	WG Wheat Bagels with Cream Cheese	WG Reduced Sugar Cocoa Puffs Cereal
Fruit		Mandarin Orange Fruit Cups	Sliced Apples	Bananas	Oranges
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)		Chicken Cutlets WG Spaghetti, Tomato Sauce, Green Beans, Fluid Milk	Hamburgers, Beef Patties, American Cheese, WG Whole Wheat Buns, Sliced Carrots, Fluid Milk	WG French Toast Sticks, Tater Tots, Chicken Sausage, Fluid Milk	Cheese Pizza, Broccoli, Fluid Milk
Vegetable juice or vegetable		Green Beans	Carrots	Tater Tots	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 Pasta	WG Whole Wheat Buns	WG French Toast Sticks	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 1 serving 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 Cheddar Goldfish, Orange Juice	WG Graham Crackers, Apple Juice	WG Veggie Toasted 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

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