

MENU– FEBRUARY 24 TO FEBRUARY 28, 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)	Cinnamon Oatmeal	Bagels with Cream Cheese	Yogurt	Honey Cheerios	Blueberry Muffins
Fruit juice or juice	Pineapple Tidbits Fruit Cups	Apple Slices	Tropical Fruit Cups	Bananas	Banana & Strawberry 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)	WG Cheese Raviolis, Marinara Sauce, Corn, Fluid Milk	Beef Tacos – Ground Beef, Tortillas, Lettuce and Tomatoes, Fluid Milk	Chicken Nuggets, French Fries, Cornbread, Fluid Milk	Grilled Chicken, Rice and Beans, Mixed Veggies Fluid Milk	Cheese Pizza, Broccoli, Fluid Milk
Vegetable juice or vegetable	Corn	Lettuce and Tomatoes	French Fries	Mixed Veggies	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	Tortillas	Cornbread	Rice	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 Cheddar Goldfish, Orange Juice	WG Veggie Chips, Apple Juice	Pretzels, Orange Juice	WG Graham Crackers, Apple Juice	WG Cheddar Sun Chips, Orange 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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