


MENU– OCTOBER 14 TO OCTOBER 18, 2024 - 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) Fruit juice or juice 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) Vegetable juice or vegetable 1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3) 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)		Fluid Milk	Fluid Milk	Fluid Milk
Yogurt			WG Apple Cinnamon Muffins	WG Wheat Bagels with Cream Cheese	WG Cheerios
Oranges			Sliced Apples	Bananas	Pears
Barbecued Chicken, Shredded Chicken, Barbecue Sauce, Rolls, Carrots, Fluid Milk			Turkey Burgers - 100% Turkey Patties, WG Whole Wheat Buns, Coleslaw, Fluid Milk	Philly Cheese Steak, Shaved Steak, Sub Rolls, Corn, Fluid Milk	Chicken Nuggets, Cornbread, Waffle Fries, Fluid Milk
Carrots			Coleslaw	Corn	Waffle Fries
Rolls			WG Whole Wheat Buns	Sub Rolls	Cornbread
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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