

FALL - Week 7 MENU–November 22nd-26th, 2021 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street

USDA Child and Adult Care Food Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern					
Breakfast					
1 serving milk	1% MILK	1% MILK	1% MILK		
1 serving juice, fruit &/or vegetable (2)	ORNAGE JUICE	APPLE JUICE	ORANGE JUICE		
1 serving bread or combread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG: RICE KRISPIE CEREAL	WG BAGELS W/ CREAM CHEESE/JELLY	WG CHEERIOS		
Lunch				THANKSGIVING DAY	CLOSED
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; POPCORN CHICKEN BAKED BEANS ALLERGEN: FALAFEL W/ APPLE CHUTNEY	WG: BEEFY MAC AND CHEESE ALLERGEN: CHICKEN/ WHITE BEANS CHILI	WG SCHEESE LASAGNA W/ TURKEY ALLERGEN: SWEET AND SOUR CHICKEN		
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	FRUIT COCKTAIL BLEND VEGETABLES	PINEAPPLES VEGETABLE MEDLEY	FRUIT COCKTAIL BROCCOLI		
1 serving bread or combread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WG:BROWN RICE	WG PASTA	WG PASTA WG BROWN RICE		
1 serving milk	MILK	MILK	MILK		
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)	APPLES 1% MILK	PEARS 1% MILK	CRANBERRIES 1% MILK		

(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.