

Fall - Week 2 MENU– September 13th - 17th , 2021 - CRISPUS ATTUCKS CHILDREN’S CENTER - 105 Crawford Street

USDA Child and Adult Care Food Program Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast 1 serving milk	MILK	MILK	MILK	MILK
1 serving juice, fruit &/or vegetable (2)	APPLE JUICE	ORANGE JUICE	APPLE JUICE	ORANGE JUICE	APPLE JUICE
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WAFFLES	CHEERIOS	BAGELS W/ CREAM CHEESE/JELLY	CORN FALKES	FRUIT CUP/TOAST
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 SCAMPI ALLERGEN: N/A	GARBANZO BEANS & VEGGIE BOWL ALLERGEN: N/A	ASIAN PEACH GLAZED CHICKEN RICE ALLERGEN: N/A	CARIBBEAN CHICKEN W/ PEPPERS ALLERGEN: N/A	CURRIED CHICKPEAS ALLERGEN: N/A
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	GREEN BEANS W PEPPERS FRESH FRUIT	CALIFORNIA BLEND VEGRATABLES FRESH FRUIT	BROCCOLI FRESH FRUIT	GREEN BEANS FRESH FRUIT	MIXED VEGETABLES FESH FRUIT
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)	WHOLE WHETA PASTA	WHOLE GRAIN BROWN RICE	WHOLE GRAI RICE	WHOLE GRAIN GRITS	WHOLE GRAIN BROWN N RICE
1 serving milk	MILK	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)	CRACKERS / CHEESE STICKS ALLERGEN: 2 CRACKERS MILK	ANIMAL CRACKERS MILK	CHEEZ ITS CRACKERS ALLERGEN: FRESH FRUIT MILK	APPLESLICES MILK	APPLESAUCE 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.

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