

Winter == Week 1 MENU– January 3rd-7th, 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		1”5 MILK	1% MILK	1% MILK	1% MILK	1% MILK
1 serving juice, fruit &/or vegetable (2)		ORAMNGE JUICE	APPLE JUICE	ORANGE JUICE	APPLE 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)		WG CHEERIOS	WG MUFFINS	WG BAGEL	WG PANCAKES	WG CORN FLAKES
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)	CLOSED	WG: BEEF FAJITA ALLERGEN GARBANZO BESANS VEHGIRD BOWLS/ CARROTS	WG: CRISPYS CHICEKN SANDWICH / TATER TOTS ALLERGEN: ASIAN PEACH GLAZED CHICKEN WG: NOODLES	CHICKEN ALFREDO ALLERGEN: CARIBBEAN CHICKEN W/ PEPPERS	CHEESE PIZZA ALLERGEN: CURIED CHICKPEAS	WG: TURKEY PEPPERONI PIZZA ALLERGEN: SWEET POTATOBAN PATTY
2 servings fruit/vegetable juice, fruit and/or vegetable (2)		CORN /BLACK BEANS APPLE	PINEAPPLE VEGETABLE MEDLEY	FRUIT COCKTAIL BROCCOLI	MANDARINES MIXED VEGETABLES	MANDARINES MIXED VEGGIES
1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)		WG BROWN RICE	WG BUN	WG PASTA	WG PASTA /BROWN RICE	WG QUINOA
1 serving milk		1 % MILK	1% MILK	1% MILK	1% MILK	1% 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)		RED APPLE 1% MILK	GREEN APPLES 1% MILK	PEARS 1% MILK	PEACHES 1% MILK	GRAHAM CRACKERS 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.

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