

Fall - Week 9 MENU – December 6th-10th, 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% MILK	1% MILK	1% MILK	1% MILK	1% 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)	YOGURT AND WG TOAST	WG MUFFINS	WG CORN FLAKES	WG PANCAKES	WG CHEERIOS
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; JAMAICAN BEEF PATTY ALLERGEN: CHICKEN SCAMPI	WG SPAGHETTI W/ METABALL ALLERGEN: GARBANZO BEANS AND VEGGIE BOWL	CHICKEN SLOPPY JO/ SWEET POTATO FRIES ALLERGEN: ASIAN PEACHED GALZED CHICKEN	TERIYAKI CHICKEN ALLERGEN: CARIBBEAN CHICKEN W/ PEPPERS	WG: CWG CHEESE PIZZA ALLERGEN: CURIED CHCIK PEAS
2 servings fruit/vegetable juice, fruit and/or vegetable (2)	FRUIT COCKTAIL BROCCOLI	PINEAPPLES VEGETABLE MEDLEY	PEACHES CARROTS	MANDARINES BROCCOLI	PEARS MIXED VEGETABLES
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	WG PASTA	WG BUN	WG NOODLES	WG BROWN RICE
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)	APPLES 1% MILK	PEARS 1% MILK	CRANBERRIES 1% MILK	PEACHES 1% MILK	ORANGES 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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