

**WINTER – Week 5 – January 27, 2019 - CRISPUS ATTUCKS CHILDREN'S CENTER - 105 Crawford Street**

| USDA Child and Adult Care Food Program Meal Pattern  | MONDAY  | TUESDAY                      | WEDNESDAY                   | THURSDAY                                | FRIDAY                   |
|--|---|------------------------------|-----------------------------|---|--------------------------|
|  | <b>Breakfast</b><br>1 serving milk<br>1 serving juice, fruit &/or vegetable (2) | MILK<br><br>APPLE JUICE      | MILK<br><br>ORANGE JUICE    | MILK<br><br>APPLE JUICE                 | MILK<br><br>ORANGE JUICE |
| 1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)  | CORN MUFFINS  | CROISSANTS                   | CHEERIOS                    | CORN FLAKES                             | WAFFLES w/ SYRUP         |
| <b>Lunch</b><br>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 TERIYAKI  | TURKEY CHILI                 | CHICKEN POT PIE             | MEATBALL SUBS                           | CHICKEN PARM             |
| 2 servings fruit/vegetable juice, fruit and/or vegetable (2)   | BUTTERNUT SQUASH<br>DICED PEACHES   | CORN<br>PINEAPPLE            | GREEN BEANS<br>PEARS        | MIXED VEGETABLES<br>DICED STRAWBERRIES  | CARROTS<br>MANGO         |
| 1 serving bread or cornbread, biscuit, roll or muffin or cold dry cereal or hot cooked cereal or pasta, noodles or grains (3)  | RICE  | RICE                         | DINNER ROLLS                | ROLLS                                   | PASTA                    |
| 1 serving milk   | MILK  | MILK                         | MILK                        | MILK                                    | MILK                     |
| <b>Afternoon Snack</b> - choose 2 of 4<br>1 serving milk, 1 serving fruit/<br>vegetable juice, fruit and/or vegetable<br>1 serving grains bread or cornbread,<br>biscuit, roll or muffin, or cold dry cereal<br>or hot cooked cereal or pasta, noodles or<br>grains 1 serving meat/meat alternative<br>meat, poultry, or fish, or cheese or egg or<br>cooked dry beans or peas, or seeds, or<br>seed butters or yogurt (2,3,4,5,6&7) | ANIMAL CRACKERS<br><br>MILK   | SALTINE CRACKERS<br><br>MILK | GRAHAM CRACKERS<br><br>MILK | VANILLA YOGURT/<br>CRACKERS<br><br>MILK | BANANAS<br><br>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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