



# Crispus Attucks Children's Center

105 Crawford Street, Dorchester MA 02121

## National CACFP Week



Visit our Website

# Weekly Menu March 16, 2026 to March 20, 2026

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables/Fruits	1/4 cup	1/2 cup	Bananas	Diced Pears Fruit Cups	Diced Peach Fruit Cups	Baked Tater Tots	Diced Pineapple Fruit Cups
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Cheerios	Blueberry Whole Grain Muffins	Bagels with Cream Cheese	Hard Boiled Eggs	Yogurt
LUNCH	Fluid Milk	1/2 cup	3/4 cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	1/4 cup	Broccoli & Cauliflower	Pico de Gallo	Potato Fries	Pinto Beans	Corn
	Fruits*	1/8 cup	1/4 cup	Apple Slices	Refried Pinto Beans	Diced Manderine Fruit Cups	Diced Mango Tidbits Cups	Tropical Fruit Cups
	Grains	1/2 oz eq	1/2 oz eq	Ground Beef	WG Tortilla Chips	WG Burger Buns	Enriched Rice	Pizza Dough
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Rotini Pasta	Ground Beef and Cheddar	Ground Beef Patties	Diced Stewed Chicken	Turkey & Beef Pepperoni
SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup	Cucumber Slices				
	Fruits	1/2 cup	1/2 cup				Orange Juice	Apple Juice
	Grains	1/2 oz eq	1/2 oz eq		WG Wheat Bread	Saltine Crackers	WG Goldfish	WG Teddy Grahams
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	Sliced Turkey	WOW Soy Butter and Jelly	Cheese Slices		

\* Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. \* The fruits component at lunch may be substituted by a second, different vegetable. oz eq = ounce equivalents

MENU E



Age 1 serve whole milk  
Ages 2+ serve 1% or fat-free milk



At least one serving of grains per day  
must be whole grain-rich.



Centers and homes are required to offer  
water to children throughout the day.



National CACFP Association