



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu

December 15, 2025 to December 19, 2025

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	Blueberries	Bananas	Pineapple Tidbits	Fresh Strawberries	Diced Pears Fruit Cups
	Grains/Meats*	1/2 oz eq	1/2 oz eq	Oatmeal	Pancakes, Waffles or French Toast w/ Syrup	Bagels with Cream Cheese	Apple Cinnamon, Blueberry or Banana Muffins	WG Cinnamon Toast Crunch or Coco Puffs ^{Reduced Sugar}
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	Spaghetti Sauce	Corn	Mixed Vegetables: Peas/Corn/Carrots	Tomato Soup	Broccoli
	Fruits*	1/8 cup	1/4 cup	Mixed Vegetables: Peas/Corn/Carrots	Apple Slices	Orange Slices	Apple Slices	Tropical Fruit Salad Cups
	Grains	1/2 oz eq	1/2 oz eq	Pasta	Quesadillas Tortillas	Rice	Grilled Cheese WG Wheat Bread	Pizza
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Turkey Meatballs	Chicken and Cheese	Ground Beef	Cheese	Cheese & Pepperoni
SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	Orange Juice	Apple Juice	Pineapple Juice	Apple or Orange Juice	Orange Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Teddy Grahams	WG Wheat Bread	WG Cheddar Cheez-Its	Saltine Crackers	WG Goldfish
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq		WOW (Soy) Butter and Jelly		Cheese Squares	

* 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 YEND



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.



MAY25

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