

Weekly Menu

November 09 to November 13, 2026

CRISPUS ATTUCKS CHILDREN'S CENTER
Rooted in Care, Growing in Community

Meal	Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk		Fluid Milk	Fluid Milk
	Vegetables/ Fruits	¼ cup	½ cup	Bananas	Fresh Strawberries		Diced Tropical Fruit Cups	Apple Slices
	Grains/ Meats*	½ oz eq	½ oz eq	WG Cocoa Puffs Cereal	French Toast Sticks with Syrup		Yogurt	WG Blueberry Muffins
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk		Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	¼ cup	Fries	Tomato Sauce		Black Beans	Corn
	Fruits*	1/8 cup	¼ cup	Diced Mango Fruit Cup	Apple Slices		Manderin Fruit Cups	Diced Pine-apple Fruit Cups
	Grains	½ oz eq	½ oz eq	Sub Rolls	Spaghetti		Rice	Pizza Crust
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Shaved Steak and American Cheese	Ground Beef		Diced Stewed Chicken	Beef Pepperoni and Cheese
Snack	Fluid Milk	½ cup	½ cup					
	Vegetables	½ cup	½ cup					
	Fruits	½ cup	½ cup	Apple Juice	Orange Juice		Apple Juice	Orange Juice
	Grains	½ oz eq	½ oz eq	Saltine Crackers	WG Sunchips		WG Goldfish	WG Animal Crackers
	Meats/ Meat Alternatives	½ oz eq	½ oz eq	Cheddar Cheese Slices				



*Meat and meat alternatives may be served in place of the entire grains component at breakfast a maximum of three times per week.
*The fruit component at lunch may be substituted by a second, different vegetable.

Age 1 serve whole milk. Age 2+ serve whole, 2% 1% or fat-free milk. At least one serving of grains per day must be whole grain-rich. Centers are required to offer water to children throughout the day. **Crispus Attucks Children's Center is an equal opportunity provider.**