



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu February 02, 2026 to February 06, 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 Mango Fruit Cups	Diced Mango Fruit Cups	Diced Pineapple Tidbits	Diced Manderine Fruit Cups
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Low Sugar Cocoa Puffs	Pancakes with Syrup	Bagels with Cream Cheese	Yogurt	WG Blueberry Muffins
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	Sliced Tomatoes	Corn	Pinto Beans	Mashed Potatoes	Sweet Potato Fries
	Fruits*	1/8 cup	1/4 cup	Lettuce	Sliced Oranges	Apple Slices	Creamy Mushrooms	Apple Slices
	Grains	1/2 oz eq	1/2 oz eq	WG Bread	Pastelito Flour Dough	Corn Bread	Garlic Knots	Focaccia Bread
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Sliced Turkey and Cheese	Chicken & Cheese Filling	Chili Con Carne	Creamy Garlic Chicken	Fish Cakes
SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	Apple Juice	Orange Juice	Pineapple Juice	Apple Juice	Orange Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Goldfish	WG Cheez-Its	WG Sunchips	WG Teddy Grahams	WG Animal Crackers
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					

* 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