



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu **November 03, 2025 to November 07, 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	Apple Slices	Mandarin Fruit Cups	Strawberries	Oranges	Bananas
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Reduced Sugar Cocoa Puffs	WG Blueberry Muffins	Yogurt	Bagels with Cream Cheese	WG Cheerios
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	Green Beans	Lettuce	Green Pigeon Peas	Tomato Sauce	Fries
	Fruits*	1/8 cup	1/4 cup	Mango Fruit Cups	Tomatoes	Chopped Salad	Apple Slices	Diced Tropical Fruit Cups
	Grains	1/2 oz eq	1/2 oz eq	Sub Rolls	Tortillas	Rice	Spaghetti	Cornbread
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Turkey Meatballs	Chicken & Shredded Cheese	Stewed Beef	Ground Beef	Chicken Nuggets
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	Sliced Apples	Apple Juice	Orange Juice	Apple Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Bunny Grahams		WG Cheddar Cheez-Its	WG Animal Crackers	WG Goldfish
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq		Wowbutter Nut-Free Peanut Butter			

* 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 A



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

MAY25

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