



Crispus Attucks Childrens Center

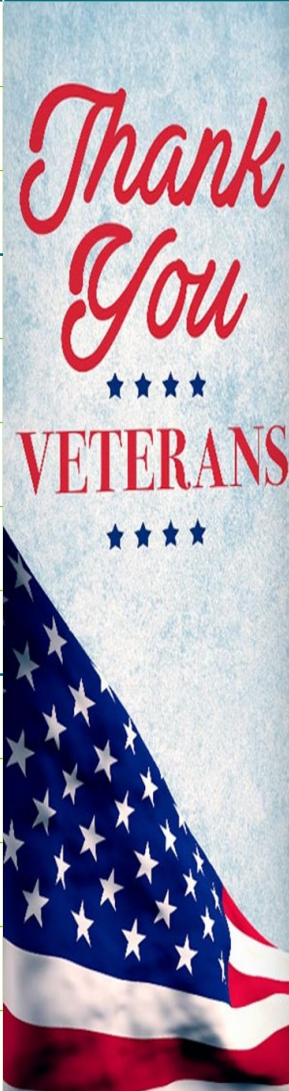
105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu

November 10, 2025 to November 14, 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
	Vegetables/Fruits	1/4 cup	1/2 cup	Apple slices		Strawberries	Oranges	Bananas
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Cinnamon Toast Crunch		Waffles & Syrup	Yogurt	Bagels with Cream Cheese
LUNCH	Fluid Milk	1/2 cup	3/4 cup	Fluid Milk		Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	1/4 cup	Green Beans		Stewed Beans	Carrots	French Fries
	Fruits*	1/8 cup	1/4 cup	Mango Fruit Cups		Bananas	Tomato Sauce	Tropical Fruit Cups
	Grains	1/2 oz eq	1/2 oz eq	Sub Roll		Rice	Lasagna	Garlic knots
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Shaved Steak & Cheese		Stewed Chicken	Ground Beef	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		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					

* 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 B



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

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