



Weekly Menu – May 18 to May 22, 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 | <div style="text-align: center;"> <p>CLOSED</p> <hr/> <p>For PROFESSIONAL DEVELOPMENT DAY</p> <p>TRAINING</p> <p>COACHING, TEACHING, KNOWLEDGE, SKILLS, EXPERIENCE, LEARN, DEVELOPMENT</p> </div> |
| | Vegetables/ Fruits | ¼ cup | ½ cup | Bananas | Orange Slices | Mango Fruit Cups | Diced Peach Fruit Cups | |
| | Grains/ Meats* | ½ oz eq | ½ oz eq | WG Cheerios | Bagels with Cream Cheese | Yogurt | WG Banana Muffins | |
| Lunch | Fluid Milk | ½ cup | ¾ cup | Fluid Milk | Fluid Milk | Fluid Milk | Fluid Milk | |
| | Vegetables | 1/8 cup | ¼ cup | Tomato Soup | Lettuce | French Fries | Pinto Beans | |
| | Fruits* | 1/8 cup | ¼ cup | Apple Slices | Tomatoes | Mandarin Fruit Cups | Cornbread | |
| | Grains | ½ oz eq | ½ oz eq | WG Wheat Bread | Tortillas | Garlic Knots | Cornbread | |
| | Meats/ Meat Alternatives | 1 oz eq | 1 ½ oz eq | Grilled Cheese | Ground Turkey & Grated Cheese | Fish Cakes | Chilli Ground Beef | |
| Snack | Fluid Milk | ½ cup | ½ cup | | | | | |
| | Vegetables | ½ cup | ½ cup | | | | | |
| | Fruits | ½ cup | ½ cup | Apple Juice | Orange Juice | Pineapple Juice | Apple Juice | |
| | Grains | ½ oz eq | ½ oz eq | WG Goldfish | WG Cheez-Its | WG Sunchips | WG Tedd- Grahams | |
| | Meats/ Meat Alternatives | ½ oz eq | ½ oz eq | | | | | |

*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 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.**