



Weekly Menu

September 28 to October 02, 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	Fluid Milk
	Vegetables/ Fruits	¼ cup	½ cup	Bananas	Diced Mango Fruit Cups	Sliced Oranges	Hash-browns	Apple Slices
	Grains/ Meats*	½ oz eq	½ oz eq	WG Oatmeal	French Toast Sticks w/ Syrup	Bagels with Cream Cheese	Turkey Bacon Scrambled Eggs	WG Blueberry Muffins
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	¼ cup	Broccoli	Green Beans	Stewed Beans	Mashed Potatoes	Corn
	Fruits*	1/8 cup	¼ cup	Carrot Coins	Diced Tropical Fruit Cups	Apple Slices	Peas and Diced Carrots	Diced Pineapple Fruit Cups
	Grains	½ oz eq	½ oz eq	Penne Pasta w/ Alfredo Sauce	Sub Rolls	Rice	Garlic Bread	Pizza Crust
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Diced Grilled Chicken	Shredded Beef Steak & Cheese	Chicken Carnitas	Ground Beef	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	Pineapple Juice	Apple Juice	Orange Juice
	Grains	½ oz eq	½ oz eq	WG Teddy Grahams	WG Sunchips	WG Cheez-Its	WG Animal Crackers	WG Goldfish
	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 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.**