



Weekly Menu

October 26 to October 30, 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	SCHOOL CLOSED
	Vegetables/ Fruits	¼ cup	½ cup	Diced Pear Fruit Cups	Fresh Strawberries	Sliced Oranges	Diced Pineapple Fruit Cups	
	Grains/ Meats*	½ oz eq	½ oz eq	WG Apple Cinn Muffins	Pancakes with Syrup	Bagels with Cream Cheese	Yogurt	
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	PROFESSIONAL DEVELOPMENT
	Vegetables	1/8 cup	¼ cup	Broccoli	Lettuce & Tomatoes	Broccoli	French Fries	
	Fruits*	1/8 cup	¼ cup	Apple Slices	French Fries	Diced Mango Fruit Cups	Apple Slices	
	Grains	½ oz eq	½ oz eq	WG Pasta	WG Burger Buns	Enriched Rice	Corn Bread	
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Alfredo & Diced Grilled Chicken	Hamburger Patties	Teriyaki Beef	Chicken Nuggets	
Snack	Fluid Milk	½ cup	½ cup					SCHOOL CLOSED
	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	Saltine Crackers	WG Sunchips	WG Goldfish	WG Graham Crackers	
	Meats/ Meat Alternatives	½ oz eq	½ oz eq	Cheddar Cheese Slices				

*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.**