



# Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

## Weekly Menu February 09, 2026 to February 13, 2026

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	Pineapple Tidbits Fruit Cup	Fresh Strawberries	Diced Manderin Fruit Cups	Sliced Oranges	Diced Fruit Cups
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Apple Cinnamon Muffins	French Toast Sticks with Syrup	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	Vegetable Mix - Onions & Peppers	Shredded Lettuce	Vegetable Blend - Broccoli, Cauliflower, Carrots	Pinto Beans	Broccoli
	Fruits*	1/8 cup	1/4 cup	Diced Mango Fruit Cups	Tomatoes	Mixed Fruit Cups	Bananas	Tropical Fruit Cups
	Grains	1/2 oz eq	1/2 oz eq	Pasta Salad	Flour Tortillas	Lasagna	Enriched Rice	Pizza Dough
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Tuna	Shredded Chicken	Ground Beef & Mozzarella Cheese	Stewed Chicken	Beef/Turkey Pepperoni & Cheese
SNACK	Fluid Milk	1/2 cup	1/2 cup					
	Vegetables	1/2 cup	1/2 cup					
	Fruits	1/2 cup	1/2 cup	Orange Juice	Apple Juice	Pineapple Juice	Orange Juice	Apple Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Goldfish	WG Wheat Bread	WG Cheez-Its	WG Graham Crackers	WG Sunchips
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq		Soy Butter & Jelly			

\* 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