



# Weekly Menu – July 20 to July 24, 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                       |
|------------------|-----------------------------|----------|--------------|------------------------------|-----------------------------------|------------------------------|---------------------------------|------------------------------|
| <b>Breakfast</b> | Fluid Milk                  | ½ cup    | ¾ cup        | Fluid Milk                   | Fluid Milk                        | Fluid Milk                   | Fluid Milk                      | Fluid Milk                   |
|                  | Vegetables/<br>Fruits       | ¼ cup    | ½ cup        | Bananas                      | Diced Peach<br>Fruit Cups         | Diced Tropical<br>Fruit Cups | Pineapple Tidbits<br>Fruit Cups | Diced Mango<br>Fruit Cups    |
|                  | Grains/<br>Meats*           | ½ oz eq  | ½ oz eq      | WG Cheerios                  | WG Blueberry<br>Muffins           | Bagels with<br>Cream Cheese  | Yogurt                          | WG Cinnamon<br>Toast Crunch  |
| <b>Lunch</b>     | Fluid Milk                  | ½ cup    | ¾ cup        | Fluid Milk                   | Fluid Milk                        | Fluid Milk                   | Fluid Milk                      | Fluid Milk                   |
|                  | Vegetables                  | 1/8 cup  | ¼ cup        | Tomato Sauce                 | Fries                             | Mixed Corn<br>and Peas       | Sweet Potato<br>Fries           | Corn                         |
|                  | Fruits*                     | 1/8 cup  | ¼ cup        | Diced Tropical<br>Fruit Cups | Diced Mandarin<br>Fruit Cups      | Diced Carrots                | Apple Slices                    | Tropical Mixed<br>Fruit Cup  |
|                  | Grains                      | ½ oz eq  | ½ oz eq      | Ravioli Pasta                | Sub Rolls                         | Rice                         | Cornbread                       | Pizza Crust                  |
|                  | Meats/ Meat<br>Alternatives | 1 oz eq  | 1 ½ oz<br>eq | Cheese Filling               | Shaved Steak &<br>American Cheese | Ground Beef                  | Chicken Nuggets                 | Beef Pepperoni<br>and Cheese |
| <b>Snack</b>     | Fluid Milk                  | ½ cup    | ½ cup        |                              |                                   |                              |                                 |                              |
|                  | Vegetables                  | ½ cup    | ½ cup        |                              |                                   |                              |                                 |                              |
|                  | Fruits                      | ½ cup    | ½ cup        | Apple Juice                  | Orange Juice                      | Pineapple Juice              | Orange Juice                    | Apple Juice                  |
|                  | Grains                      | ½ oz eq  | ½ oz eq      | WG Animal<br>Crackers        | WG Cheez-Its                      | WG Sunchips                  | WG Teddy<br>Grahams             | WG Goldfish                  |
|                  | Meats/ Meat<br>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.**