

Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121

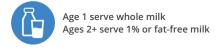


Weekly Menu November 24, 2025 to November 28, 2025

Visit our Website

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MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	
BREAKFAST	Fluid Milk	1/2 cup	3/4 cup	Fluid Milk	Fluid Milk	Fluid Milk	VAUS VAUS I
	Vegetables/Fruits	1/4 cup	1/2 cup	Mandarin Orange Fruit Cups	Hashbrowns	Bananas	WE WILL
	Grains/Meats+	1/2 oz eq	1/2 oz eq	WG Apple Cinnamon Muffins	Chicken Sausage	WG Cheerios	
LUNCH	Fluid Milk	1/2 cup	3/4 cup	Fluid Milk	Fluid Milk	Fluid Milk	
	Vegetables	1/8 cup	1/4 cup	Carrots	Black Bean and	Lettuce	ULUU
	Fruits*	1/8 cup	1/4 cup	Sliced Apples	Corn Salad	Tomatoes	TO.
	Grains	1/2 oz eq	1/2 oz eq	Enriched Rice	Tortillas	WG 2 Slices Wheat Bread	o Celev
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Ground Beef	Grilled Chicken and Cheddar Cheese	Sliced Turkey	to Octor
SNACK	Fluid Milk	1/2 cup	1/2 cup				THANKSG
	Vegetables	1/2 cup	1/2 cup				DAV
	Fruits	1/2 cup	1/2 cup	Apple Juice	Orange Juice	Pineapple Juice	UAY
	Grains	1/2 oz eq	1/2 oz eq	WG Goldfish	WG Teddy Graham Crackers	WG Soft Baked Banana Bars	
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq				NOVEMBER 27 & 2







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.









⁺ 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