



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu **November 24, 2025 to November 28, 2025**

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
	Vegetables/Fruits	1/4 cup	1/2 cup	Mandarin Orange Fruit Cups	Hashbrowns	Bananas
	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
	Fruits*	1/8 cup	1/4 cup	Sliced Apples	Corn Salad	Tomatoes
	Grains	1/2 oz eq	1/2 oz eq	Enriched Rice	Tortillas	WG 2 Slices Wheat Bread
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Ground Beef	Grilled Chicken and Cheddar Cheese	Sliced Turkey
SNACK	Fluid Milk	1/2 cup	1/2 cup			
	Vegetables	1/2 cup	1/2 cup			
	Fruits	1/2 cup	1/2 cup	Apple Juice	Orange Juice	Pineapple Juice
	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			



* 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 TG



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

MAY25

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