



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu January 05, 2026 to January 09, 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 Cups	Tropical Salad Fruit Cups	Peach Fruit Cups	Diced Mango Fruit Cups	Sliced Oranges
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Cheerios	Pancakes w/ Syrup	Bagels with Cream Cheese	Reduced Sugar Cinnamon Toast Crunch	Yogurt
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	Tomato Sauce	Cut Green Beans	Mixed: Broccoli, Cauliflower, Carrots	Corn	Sweet Potato Fries
	Fruits*	1/8 cup	1/4 cup	Tropical Salad Fruit Cups	Mandarin Orange Fruit Cups	Pineapple Tidbits Fruit Cup	Carrots	Apple Slices
	Grains	1/2 oz eq	1/2 oz eq	Raviolis	Philly Cheese Steak Sub Rolls	WG Wheat Sandwich Bread	Rice	Corn Bread
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Filled with Cheese	Shaved Steak & American Cheese	Sliced Turkey Breast sliced Cheese	Ground Beef	Chicken Nuggets
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	Apple Juice	Orange Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Animal Crackers	WG Sunchips	WG Cheddar Cheez-Its	Saltine Crackers	WG Goldfish
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq				Cheese Squares	

* 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

MAY25

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