



# Weekly Menu – May 11 to May 15, 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/ Fruits	¼ cup	½ cup	Mandarin Orange Fruit Cups	Diced Mango Fruit Cups	Hash-browns	Diced Pineapple Tidbits Cups	Apple Slices
	Grains/ Meats*	½ oz eq	½ oz eq	WG Blueberry Muffins	WG French Toast Sticks	Chicken Sausage	Yogurt	WG Cinnamon 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	Broccoli	Tomatoes	Green Beans	Stir-fry Vegetables	Corn
	Fruits*	1/8 cup	¼ cup	Carrot Coins	Corn	Apple Slices	Mango Papaya Fruit Cups	Tropical Fruit Cup
	Grains	½ oz eq	½ oz eq	Rotini Pasta with Alfredo Sauce	WG Tortilla Chips	Sub Rolls	Enriched Rice	Pizza Crust
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Diced Grilled Chicken	Natcho Ground Beef and Cheese	Meatballs and Marinara Sauce	Terriyaki Chicken	Beef Pepperoni 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	Apple Juice	Orange Juice
	Grains	½ oz eq	½ oz eq	WG Sunchips	WG Animal Crackers	WG Teddy Grahams	WG Goldfish	WG Cheez-Its
	Meats/ Meat 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 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.**