

Weekly Menu

November 16 to November 20, 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
Breakfast	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables/ Fruits	¼ cup	½ cup	Bananas	Diced Mango Fruit Cups	Orange Slices	Fresh Strawberries	Diced Tropical Fruit Cups
	Grains/ Meats*	½ oz eq	½ oz eq	WG Cinnamon Toast Crunch	Pancakes with Syrup	Bagels with Cream Cheese	Yogurt	WG Cinnamon Apple Muffins
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	¼ cup	Broccoli	Lettuce	Pinto Beans	Tomatoes & Lettuce	Corn
	Fruits*	1/8 cup	¼ cup	Apple Slices	Tomatoes	Cucumbers	French Fries	Diced Pine-apple Fruit Cups
	Grains	½ oz eq	½ oz eq	Pasta Alfredo	Flour Tortillas	Enriched Rice	Burger Buns	Pizza Crust
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Diced Grilled Chicken	Ground Beef & Shredded Cheese	Stewed Chicken	Beef Patties	Beef Pepperoni and Cheese
Snack	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	Saltine Crackers	WG Cheez-Its	WG Goldfish	WG Teddy Grahams	WG Sunchips
	Meats/ Meat Alternatives	½ oz eq	½ oz eq	Cheddar Cheese Slices				

*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.**