



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu **December 01, 2025 to December 05, 2025**

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	Tropical Fruit Cups	Pineapple Tid-Bits Fruit Cups	Oranges	Mango Fruit Cups	Peach Fruit Cups
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Reduced Sugar Cinnamon Toast Crunch	French Toast with Sugar Free Syrup	Yogurt	Cinnamon Oatmeal	WG Banana Muffins
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	Broccoli	Lettuce & Tomatoes	Pinto Beans	Coleslaw	Sweet Potato Fries
	Fruits*	1/8 cup	1/4 cup	Apple Slices	Corn	Apple Slices	Pinto Beans	Apple Slices
	Grains	1/2 oz eq	1/2 oz eq	Pizza Crust	Flour Tortillas	Corn Bread	Enriched Rice	Corn Bread
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Cheese and Pepperoni	Ground Turkey	Chili con carne Ground Beef & Beans	Stewed Chicken	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 Bunny Graham Crackers	WG Cheddar Cheez-Its	WG Goldfish Crackers	WG Sunchips	WG Mott's Banana Soft Baked 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 D



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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