



Weekly Menu

October 19 to October 23, 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	Fresh Strawberries	Sliced Oranges	Diced Mango Fruit Cups	Diced Peach Fruit Cups
	Grains/ Meats*	½ oz eq	½ oz eq	WG Cinnamon Oatmeal	Yogurt	Bagels with Cream Cheese	French Toast Sticks w/Syrup	WG Cheerios Cereal
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	¼ cup	Broccoli	Black Beans & Corn	Corn & peas	Pinto Beans	Corn
	Fruits*	1/8 cup	¼ cup	Cauliflower	Diced Tropical Fruit Cups	Diced Carrots	Apple Slices	Diced Pine-apple FruitCups
	Grains	½ oz eq	½ oz eq	WG Pasta	Tortillas	Enriched Rice	Corn Bread	Pizza Crust
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Turkey Meatballs	Chicken&Cheese Quesadillas	Stewed Beef	Ground Beef	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	WG Teddy Grahams	WG Sunchips	WG Cheez-Its	WG Animal Crackers	WG Goldfish
	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 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.**