



Weekly Menu – June 29 to July 03, 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	
	Vegetables/ Fruits	¼ cup	½ cup	Bananas	Diced Peach Fruit Cups	Fresh Strawberries	Diced Pineapple Fruit Cups	
	Grains/ Meats*	½ oz eq	½ oz eq	WG Cocoa Puffs Cereal	French Toast Sticks & Syrup	Yogurt	WG Blueberry Muffins	
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	
	Vegetables	1/8 cup	¼ cup	Lettuce & Tomatoes	French Fries	Stir Fry Vegetables	Corn	
	Fruits*	1/8 cup	¼ cup	Apple Slices	Diced Mandarin Fruit Cups	Diced Mango Fruit Cups	Diced Tropical Fruit Cups	
	Grains	½ oz eq	½ oz eq	WG Sliced Bread	WG Hamburger Buns	Enriched Rice	Pizza Crust	
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Sliced Turkey	Beef Patties & Amer. Cheese	Teriyaki Chicken	Cheese & Chicken/ Beef Pepperoni	
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	
	Grains	½ oz eq	½ oz eq	WG Goldfish	WG Cheez-Its	WG Sunchips	WG Teddy Grahams	
	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.**