



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

Weekly Menu October 20, 2025 to October 24, 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	Mandarin Fruit Cups	Hashbrowns	Apple Slices	Oranges	Bananas
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Cinnamon Muffins	Chicken Sausage	Bagels & Cream Cheese	Yogurt	WG Kix Cereal
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	Green Beans	Lettuce	Corn	Carrots	Broccoli
	Fruits*	1/8 cup	1/4 cup	Carrots	Tomatoes	Black Beans	Apple Slices	Diced Tropical Cups
	Grains	1/2 oz eq	1/2 oz eq	Raviolis	Tortillas	Rice	Sub Rolls	Pizza Crust
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Cheese Filling	Chicken & Cheese	Ground Beef	Shaved Steak & American Cheese	Cheese, Tomato Sauce Pepperoni
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	Orange Juice	Apple Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Cheddar Sunchips	WG Apple Cinnamon Bites	WG Teddy Graham Crackers	WG Cheez-Its	WG Chocolate Chip 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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