



Weekly Menu

September 21 to September 25, 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 Peaches Fruit Cups	Diced Tropical Fruit Cups	Onions & Peppers	Fresh Strawberries
	Grains/ Meats*	½ oz eq	½ oz eq	WG Cheerio Cereal	Pancakes with Syrup	Bagels with Cream Cheese	Egg Bites	Yogurt
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	¼ cup	Tomato Sauce	Black Beans with Corn	Roasted Squash	Tomato Soup	Corn
	Fruits*	1/8 cup	¼ cup	Carrots	Diced Mango Fruit Cups	Apple Slices	Assorted Vegetables	Diced Pineapple Fruit Cups
	Grains	½ oz eq	½ oz eq	Pasta	Flour Tortillas	Garlic Knots	WG Sliced Bread	Pizza Crust
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Turkey Meatballs	Chicken & Cheese	Stewed Beef	Cheddar Cheese	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	Orange Juice	Apple 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.**