



Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121

Weekly Menu October 6, 2025 to October 10, 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	Apple slices	Mango Fruit Cups	Oranges	Tropical Fruit Cups	Bananas
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Apple Jacks	Waffles & Syrup	Bagels & Cream Cheese	Yogurt	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	Tomato Soup	Lettuce and Tomatoes	Broccoli	Stewed Beans	French fries
	Fruits*	1/8 cup	1/4 cup	Mixed Vegetables	Tomatoes	Carrots	Bananas	Fruit Cups
	Grains	1/2 oz eq	1/2 oz eq	WG Bread Grilled Cheese Sandwich	Tortillas	Pasta in Alfredo Sauce	Enriched Rice	Garlic knots
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Cheddar Cheese	Ground Beef and Cheese	Grilled Chicken	Grilled Boneless Chicken Thighs	Fish Cakes
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	Orange Juice	Apple Juice	Apple Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Bunny Grahams	WG Cheez-its	WG Graham Crackers	WG Apple Cinnamon Bites	WG Goldfish
	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



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