



Weekly Menu – April 06 to April 10, 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	Pineapple Tidbits Fruit Cups	Diced Tropical Salad Fruit Cups	Diced Peach Fruit Cups	Diced Mango Fruit Cups	Sliced Oranges
	Grains/ Meats*	½ oz eq	½ oz eq	WG Cheerios	Pancakes & Syrup	Bagels with Cream Cheese	Reduced Sugar Cinnamon Toast Crunch	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	Cut Green Beans	Mixed Broccoli, Cauliflower & Carrots	Corn	Sweet Potato Fries
	Fruits*	1/8 cup	¼ cup	Diced Tropical Fruit Cups	Mandarin Orange Fruit Cups	Pineapple Tidbits Fruit Cups	Carrots	Apple Slices
	Grains	½ oz eq	½ oz eq	Raviolis	Philly Cheese Steak Sub Rolls	WG Wheat Sandwich Bread	Rice	Corn Bread
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Filled with Cheese	Shaved Steak & Amer Cheese	Sliced Turkey Breast & Sliced Cheese	Ground Beef	Chicken Nuggets
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 Animal Crackers	WG Sunchips	WG Cheddar Cheez-Its	Saltine Crackers	WG Goldfish
	Meats/ Meat Alternatives	½ oz eq	½ oz eq				Cheese Squares	

*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 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.**