



# Crispus Attucks Childrens Center

105 Crawford Street, Dorchester MA 02121



Visit our Website

## Weekly Menu January 12, 2026 to January 16, 2026

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	Bananas	Mandarin Fruit Cups	Tropical Fruit Cups	Orange Slices	Apple Slices
	Grains/Meats*	1/2 oz eq	1/2 oz eq	WG Reduced Sugar Cocoa Puffs	Egg Bites	Yogurt	Bagels with Cream Cheese	WG Apple Cinnamon 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	Broccoli	Lettuce	Mashed Potatoes	Stewed Beans	Tater Tots
	Fruits*	1/8 cup	1/4 cup	Diced Carrots	Tomatoes	Peas, Corn & Diced Carrots	Coleslaw	Tropical Fruit Cups
	Grains	1/2 oz eq	1/2 oz eq	Penni Pasta	Flour Tortillas	Focaccia Bread	Enriched Rice	Garlic Knots
	Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	Chicken Alfredo	Ground Beef & Cheddar Cheese	Ground Turkey	Stewed Chicken	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	Orange Juice	Apple Juice	Pineapple Juice	Apple Juice	Orange Juice
	Grains	1/2 oz eq	1/2 oz eq	WG Cheddar Cheez-Its	WG Sunchips	WG Goldfish	WG Graham Crackers	Saltine Crackers
	Meats/Meat Alternates	1/2 oz eq	1/2 oz eq					Cheese Squares

\* 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 A



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