



# Weekly Menu – June 01 to June 05, 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	Fresh Strawberries	Diced Mandarin Fruit Cups	Sliced Oranges	Diced Peach Fruit Cups
	Grains/ Meats*	½ oz eq	½ oz eq	WG Blueberry Muffins	WG French Toast Sticks	Yogurt	Bagels with Cream Cheese	WG Cheerios
Lunch	Fluid Milk	½ cup	¾ cup	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Vegetables	1/8 cup	¼ cup	Mixed Veggies: Corn, Onions & Peppers Diced Mango Fruit Cups	Shredded Lettuce	Tomato Sauce	Pinto Beans	Broccoli
	Fruits*	1/8 cup	¼ cup		Tomatoes	Apple Slices	Bananas	Tropical Mixed Fruit Cup
	Grains	½ oz eq	½ oz eq	Pasta Salad	Flour Tortillas	Lasagna Pasta	Enriched Rice	Pizza Crust
	Meats/ Meat Alternatives	1 oz eq	1 ½ oz eq	Tuna	Ground Turkey	Ground Beef & Mozzarella Cheese	Stewed Chicken	Beef Pepperoni and Cheese
Snack	Fluid Milk	½ cup	½ cup					
	Vegetables	½ cup	½ cup					
	Fruits	½ cup	½ cup	Orange Juice	Apple Juice	Pineapple Juice	Orange Juice	Apple Juice
	Grains	½ oz eq	½ oz eq	WG Goldfish	Saltine Crackers	WG Cheez-Its	WG Graham Crackers	WG Sunchips
	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.**