

CACFP Weekly Menu Month: April Date: 2024

LCECA Infant

Meal	Age	Portion Size/Component	Monday 4/1/2024	Tuesday 4/2/2024	Wednesday 4/3/2024	Thursday 4/4/2024	Friday 4/5/2024
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain Vanilla Yogurt	IFIC Rice Cereal	IFIC Multigrain Vanilla Yogurt	IFIC Oatmeal	IFIC Rice Cereal WW Toast
		Pears	Applesauce	Bananas	Pears	Applesauce	
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Beef	Turkey	Chicken	Beef
		Peas	Carrots	Green Beans	Peas	Sweet Potatoes	

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² , and 0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or crackers (0-¼ oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2,6} ; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and	IFIC Oatmeal Vanilla Yogurt	IFIC Multigrain	IFIC Rice Cereal Graham Crackers	IFIC Multigrain	IFIC Oatmeal WW Toast
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Bananas	Squash	Applesauce	Sweet Potatoes	Pears

This institution is an equal opportunity provider.

- Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- Infant formula and dry infant cereal must be iron-fortified.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- A serving of this component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices must not be served.
- All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.
- Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

Dietitian Consultant Mina Ratliff, RD, LD

CACFP Weekly Menu			Month: April					Date: 2024
LCECA			Infant					
Meal	Age	Portion Size/Component	Monday 4/8/2024	Tuesday 4/9/2024	Wednesday 4/10/2024	Thursday 4/11/2024	Friday 4/12/2024	
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or						
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain WW Toast	IFIC Rice Cereal	IFIC Oatmeal Vanilla Yogurt	IFIC Multigrain	IFIC Rice Cereal Vanilla Yogurt	
		Bananas	Applesauce	Pears	Applesauce	Bananas		
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or						
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Ham	Beef	Turkey	Ham	
		Applesauce	Peas	Sweet Potatoes	Green Beans	Pears		

PM Snack	Birth-5						
	Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		2-4 fl. oz breastmilk ¹ or formula ² , and 0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or crackers (0-¼ oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2,6} ; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIF Rice Cereal WG Toast	IFIC Oatmeal Graham Crackers	IFIC Multigrain	IFIC Rice Cereal Vanilla Yogurt	IFIC Oatmeal Animal Crackers
		Applesauce	Pears	Sweet Potatoes	Bananas	Carrots	

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- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- A serving of this component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices must not be served.
- All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.
- Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

Dietitian Consultant Mina Rathoff, RD, LD

CACFP Weekly Menu Month: April Date: 2024
 LCECA Infant

Meal	Age	Portion Size/Component	Monday 4/15/2024	Tuesday 4/16/2024	Wednesday 4/17/2024	Thursday 4/18/2024	Friday 4/19/2024
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain Vanilla Yogurt	IFIC Oatmeal WW Toast	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain Vanilla Yogurt
			Peaches	Applesauce	Pears	Bananas	Peaches
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Beef	Ham	Beef	Turkey
			Green Beans	Peas	Sweet Potatoes	Carrots	Squash

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ⁴ or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² , and 0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or crackers (0-¼ oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2,6} ; or ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Rice Cereal Graham Crackers	IFIC Multigrain	IFIC Oatmeal Vanilla Yogurt	IFIC Multigrain WW Toast	IFIC Rice Cereal Animal Crackers
		Applesauce	Bananas	Peaches	Applesauce	Pears	

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2. Infant formula and dry infant cereal must be iron-fortified.
3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
4. A serving of this component is required when the infant is developmentally ready to accept it.
5. Fruit and vegetable juices must not be served.
6. All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.
7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

Dietitian Consultant *Bina Rathoff, RD, LD*

CACFP Weekly Menu			Month: April Date: 2024				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 4/22/2024	Tuesday 4/23/2024	Wednesday 4/24/2024	Thursday 4/25/2024	Friday 3/ 4/26/2024
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and	IFIC Oatmeal Vanilla Yogurt	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal Vanilla Yogurt
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Bananas	Pears	Applesauce	Peaches	Bananas
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and	Beef	Chicken	Turkey	Chicken	Ham
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Peas	Carrots	Green Beans	Sweet Potatoes	Squash

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ⁴	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² , and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or crackers (0-¼ oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2,6} ; or ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and	IFIC Rice Cereal WG Toast	IFIC Oatmeal Animal Crackers	IFIC Multigrain	IFIC Rice Cereal Graham Crackers	IFIC Multigrain
		0-2 Tbsp. vegetables or fruit or a combination of both ⁷	Pears	Applesauce	Bananas	Pears	Peaches

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Dietitian Consultant M. Ratliff, RD, LD

CACFP Weekly Menu			Month: April					Date: 2024
LCECA			Infant					
Meal	Age	Portion Size/Component	Monday 4/29/2024	Tuesday 4/30/2024	Wednesday 5/1/2024	Thursday 5/2/2024	Friday 5/3/2024	
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and 0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain Vanilla Yogurt	IFIC Rice Cereal	IFIC Multigrain Vanilla Yogurt	IFIC Oatmeal	IFIC Rice Cereal WW Toast	
		Pears	Applesauce	Bananas	Pears	Applesauce		
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and 0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Beef	Turkey	Chicken	Beef	
		Peas	Carrots	Green Beans	Peas	Sweet Potatoes		

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² , and 0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or crackers (0-¼ oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2,6} ; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and	IFIC Oatmeal Vanilla Yogurt	IFIC Multigrain	IFIC Rice Cereal Graham Crackers	IFIC Multigrain	IFIC Oatmeal WW Toast
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Bananas	Squash	Applesauce	Sweet Potatoes	Pears

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- Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

Dietitian Consultant *Sina Ratliff, RD, LD*

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: April		Date: 4/1/2024 To 4/5/2024		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/1/2024	Tuesday 4/2/2024	Wednesday 4/3/2024	Thursday 4/4/2024	Friday 4/5/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Diced Peaches	Applesauce	Orange Juice	Strawberries	Apple Juice
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	W/G Waffles w/ syrup	Banana or Orange Muffin	Rice Chex Cereal	English Muffin/ Cream Cheese	Oats / Whole Wheat Toast/ w Butter
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Salisbury Steak	Beef & Noodles (Shredded Beef)	Sloppy Joes (Grnd Beef)	Turkey Roll Up	Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	California Blend for (Infants & Toddlers) Baked Beans	Broccoli w/ Cheese Baked French Fries	Peas,Diced Tomatoes Shredded Cheese, Lettuce only Preschool	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Mixed Fruit Frozen Vanilla Yogurt	Fresh Apples	Diced Peaches	Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Roll	Whole Wheat Bread	WG Bun	W/G Soft Tortilla Shell	White Wheat Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Strawberry Yogurt Snacks	Cheddar Cheese Stick	Stawberry Yogurt		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup				Banana	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Cheerios	Club Crackers	Granola	Rice Krispies	Blueberry Muffin

This institution is an equal opportunity provider.

¹ Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

² oz eq = ounce equivalents

** Select 2 of the 5 components for snack.

Toddler's do not receive lettuce or raw carrots their carrots are to be parboiled.

Toddler's over 2 years will receive 1% milk.

Fresh fruit will replace canned fruit when in season.

Dietitian Consultant *Mina Ratloff, RD, LD*

CACFP WEEKLY MENU		Center:			Month:	Date:			
Preschool / Toddler		Lawrence County Early Childhood Academy			April	4/8/2024	To	4/12/2024	
MEAL	COMPONENT	AGES	AGES	AGES	Monday	Tuesday	Wednesday	Thursday	Friday
		1-2	3-5	6-18	4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Orange Juice	Mixed Fruit	Diced Peaches	Grape Juice	Strawberries
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	White Wheat Toast w/Butter & Strawberry Jelly Scrambled Eggs	French Toast Sticks w/ Syrup	Sausage Biscuit	Blueberry Muffin	Oats
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	Breaded Chicken Sandwich (CN)	Chicken Nuggets (CN)	Meat Loaf (Beef)	Macaroni & Cheese	WG Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cooked Carrots	Peas & Tater Tots	Green Beans/Mashed Potatoes	Broccoli	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Diced Pears	Pineapple Tidbits	Applesauce	Frozen Vanilla Yogurt Diced Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	White Whole Grain Bun	White Wheat Bread	Whole Wheat Braed	White Wheat Bread	Breading on Pizza
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	Colby Jack Cheese Sticks		Rasberry Yogurt		Strawberry/Banana Yogurt
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Applesauce		Pears	
	Grain	1/2 oz eq ⁴	1/2 oz eq ⁴	1 oz eq ⁴	Saltine Crackers	Teddy Grahams	Kix Cereal	WG Educational Snacks	Granola

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** Select 2 of the 5 components for snack.

Toddler's do not receive lettuce or raw carrots their carrots are to be parboiled.

Toddler's over 2 years will receive 1% milk.

Dietitian Consultant, *Dina Rataff, RD, LD*

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: April		Date: 4/15/2024 To 4/19/2024		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/15/2024	Tuesday 4/16/2024	Wednesday 4/17/2024	Thursday 4/18/2024	Friday 4/19/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Diced Peaches	Grape Juice	Strawberries	Banana	Apple Juice
	Grains/Meat					White Wheat Toast w/Strawberry Jelly Scrambled Eggs			
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Oatmeal		WG Cinnamon Toast Crunch	Blueberry Muffins	Sausage Biscuit & Gravy
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Fish Sticks (CN)	Chicken Strips (CN)	Hamburgers (Beef)	Spaghetti w/ Meat Sauce (Grnd Beef)	Shredded Chicken Wrap w/ Taco Seasoning
								California Blend (Toddler's) Salad Mix	Peas & Carrots Diced Tomatoes, Lettuce, Shredded Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli & Tater Tots	Green Beans & Mashed Potatoes	Corn & French Fries		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Diced Peaches	Diced Pears	Pineapple Tidbits	Mixed Fruit
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Wheat Bread	White Whole Grain Bread	WG Bun	Garlic Bread	WG Soft Taco Shell
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Mozzarella Cheese Sticks	Raspberry Yogurt	Frozen Vanilla Yogurt		Strawberry/Banana Yogurt
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup			Peaches	Jello w/ Mandarin Oranges	
	Grain	1/2 oz eq ⁴	1/2 oz eq ⁴	1 oz eq ⁴	Whole Wheat Crackers	Cheerios		Graham Crackers	Strawberry Yogurt Snack

This institution is an equal opportunity provider.

¹ Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

² oz eq = ounce equivalents

** Select 2 of the 5 components for snack.

Toddler's do not get lettuce or raw carrots their carrots are to be parboiled.

Toddler's over 2 years will receive 1% milk.

Fresh Fruit will replace canned fruit when in season.

Dietitian Consultant *Mina Ratliff, RD, LD*

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: April	Date: 4/22/2024 To 4/26/2024			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/22/2024	Tuesday 4/23/2024	Wednesday 4/24/2024	Thursday 4/25/2024	Friday 4/26/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Grape Juice	Diced Peaches	Strawberries	Fresh Apples	Orange Juice
	Grains/Meat				White Whole Grain Cinnamon Toast w/ Butter			W/G French Toast Sticks w/ syrup	Breakfast Burrito / Soft Tortilla Shell & Scrambled Eggs, Shredded Cheese
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		WG Pancakes w/ Syrup	Kix Cereal		
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Chicken Alfredo w/Penn Noodles	Cheeseburger (Beef)	Beef Taco	W/G Pepperoni Pizza(CN)	Baked Chicken Breast(CN)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans Roasted Potatoes	Peas / French Fries	Corn	Carrot Sticks Parboiled w/Ranch Dressing	Broccoli
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pineapple Tidbits	Mixed Fruit	Pears	Diced Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Wheat Bread	White Whole Grain Bun	WG Soft Tortilla Shell	W/G Pizza Crust	Garlic Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Cheese Cubes			Cheese Slices	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Mixed Fruit				
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Wheat Crackers	Cheerios	Orange or Banana Muffin	Saltine Crackers	Cinnamon Toast Crunch

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Dietitian Consultant Mina Rathoff, RD, LD

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: April		Date: 4/29/2024 To 5/3/2024		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/29/2024	Tuesday 4/30/2024	Wednesday 5/1/2024	Thursday 5/2/2024	Friday 5/3/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Diced Peaches	Applesauce	Orange Juice	Strawberries	Apple Juice
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	W/G Waffles w/ syrup	Banana or Orange Muffin	Rice Chex Cereal	English Muffin/ Cream Cheese	Oats / Whole Wheat Toast/ w Butter
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Salisbury Steak	Beef & Noodles (Shredded Beef)	Sloppy Joes (Grnd Beef)	Turkey Roll Up	Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	California Blend for (Infants & Toddlers) Baked Beans	Broccoli w/ Cheese Baked French Fries	Peas, Diced Tomatoes Shredded Cheese, Lettuce only Preschool	Corn
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Mixed Fruit Frozen Vanilla Yogurt	Fresh Apples	Diced Peaches	Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Roll	Whole Wheat Bread	WG Bun	W/G Soft Tortilla Shell	White Wheat Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Strawberry Yogurt Snacks	Cheddar Cheese Stick	Stawberry Yogurt		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup				Banana	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Cheerios	Club Crackers	Granola	Rice Krispies	Blueberry Muffin

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Dietitian Consultant Mina Ratloff, RD, LD

Nutrition Nuggets

Food and Fitness for a Healthy Child

April

Lawrence County Early Childhood Academy

BEST BITES

Better ballpark choices

Baseball season is here! If you take your child out to a ball game, look for healthier concession-stand options. Examples include plain popcorn, grilled chicken strips dipped in mustard, fresh fruit, and veggie wraps. Watching the game at home?



Let your youngster set up his own nutritious snack bar. *Tip:* Drink water rather than soda.

Take a homework break

When your child does homework, encourage her to take active breaks. A younger child may need a break every 20 minutes, while an older one might work for 45 minutes at a time. She could set a timer to remind herself. When the timer goes off, she can march in place, do jumping jacks, or walk up and down the stairs.

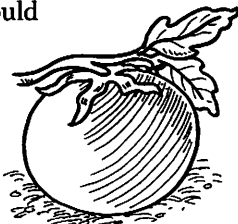
DID YOU KNOW?

Rhubarb is in season now, and it contains a lot of calcium and vitamin C. Since rhubarb is naturally tart, your child may enjoy it roasted and sweetened. Remove the leaves, cut into bite-sized pieces, drizzle with honey, and roast 5 minutes at 450°. Chill, then serve with strawberries.

Just for fun

Q: Why is a tomato round and red?

A: Because if it were long and green, it would be a cucumber!



Whole grains for health

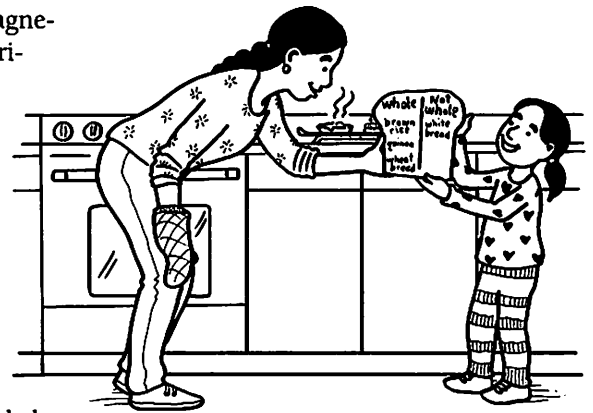
Whole grains provide zinc, magnesium, B vitamins, and fiber—nutrients your growing child needs. Plus, they add many flavors and textures to meals. Get more whole grains into her diet with these ideas.

Track your grains

Help your youngster make half of her grains whole. Have her draw a slice of bread on brown paper, cut it out, and draw a line down the middle. She can label one half “Whole” and the other “Not whole.” Each time she eats a grain serving (one slice of bread or one cup of rice or pasta, for example), she lists it on the correct side. At the end of the day, have her count her grains.

Revamp recipes

Together, create new recipes for foods your child likes—swapping in whole grains. If she loves pizza, she could write a recipe for mini pizzas on whole-wheat English muffins. Her recipe for chicken nuggets might include crushed whole-grain cereal for the breading.



Now let her help you make the recipes for family meals.

Eat something new

Has your youngster ever had farro? How about barley or quinoa? Trying a new whole grain as a family—and incorporating it into something familiar—may make her more likely to eat it. For example, add farro to soups, toss cooked barley into salads, or put cooked quinoa into burritos.

Food-related field trips

Your youngster can learn about food—and get more steps in while walking around—with these family outings.

● **Visit a garden center.** Let your child pick seeds to plant in containers or a garden. Talk about how you can use the vegetables or herbs he'll grow. (“We could make yummy pasta sauce with fresh basil.”)

● **Attend a food festival.** Try a “taste of the town” event where you can sample many different foods. Or look for a festival dedicated to a specific food like watermelon or potatoes—your youngster will see the various ways it can be served. Maybe you'll find an international fair where you could eat foods from Scandinavia or Guatemala, for instance, and expose your child to other cultures.



Winning ways to support young athletes

Organized sports keep kids active and teach teamwork. But what is a parent's role? Use these three tips to help your child succeed in sports.

1. Be there. Attend your youngster's games or events as often as possible. Cheer on his efforts with encouraging words. Aside from snapping the occasional photo, try to avoid using your phone—your child will see that he has your full attention.



2. Encourage healthy eating. Help your child pick out healthy snacks to keep in his gym bag. Good choices include oranges and whole-wheat crackers with hummus. Don't forget a water bottle! Also, the night before a game or meet, let him decide which lean protein, whole grain, and vegetable to have for dinner so he eats a nutritious, satisfying meal.

3. Focus on effort. Certainly congratulate your youngster when he succeeds (perhaps if he "sticks" his gymnastics floor routine or sinks a three-pointer in basketball). If he falls during a routine or misses a shot, you could say something like "I'm proud of you for bouncing back and trying hard until the end." ●

PARENT TO PARENT

"Invent" a healthy cereal

It seemed like every week my son Juan would ask for a new cereal he saw advertised on TV. The boxes looked like fun, with cartoon or video-game characters, but they were full of sugary ingredients like marshmallows and chocolate chips.



I asked Juan which ingredients he thought a healthy cereal would have. He said maybe oats, fruit, and nuts.

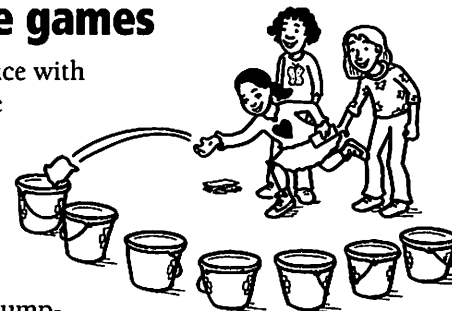
That gave me an idea. I suggested that he invent his own cereal and make a commercial for it. Juan wrote a script for an ad promoting a cereal he called Monkey's Banana Crunch. It included nutritious ingredients like raisins and baked banana chips.

After Juan practiced a few times, I filmed his commercial for him. He had a blast pretending to be a rain-forest ranger encouraging his family to eat the cereal. Now my plan is to keep helping Juan look past what's on a package and consider whether the food inside is actually good for him. ●

ACTIVITY CORNER

Fruit and veggie games

Celebrate colorful produce with these games that encourage your child to run, hop, and throw.



Color Match. Let your child tape squares of different-colored construction paper to separate buckets. Then, have her write names of fruits and vegetables on 12 index cards. Take turns drawing a card (such as pumpkin) and tossing a beanbag into the matching bucket (orange). Score a point for each correct shot—high score wins.

Red Pepper, Green Pepper, Yellow Pepper. Play this version of Red Light, Green Light. Players stand at the start line, and you call out commands. ("Green pepper" = run toward the finish line, "red pepper" = stop, and "yellow pepper" = hop forward.) If they move the wrong way, they return to the start. The first player to cross the finish line wins. ●

IN THE KITCHEN

Tasty picnic sides

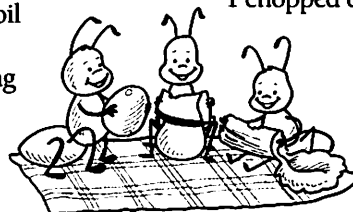
For your next picnic, skip the high-fat mayonnaise-based salads, and try these healthier options.

● **Waldorf fruit salad.** Stir together $\frac{1}{2}$ cup plain Greek yogurt, 1 tbsp. honey, and 1 tbsp. orange juice. Mix with 1 chopped apple, 1 cup halved grapes, 1 cup diced celery, and 1 cup chopped walnuts.

● **Sesame noodles.** Boil 6 oz. whole-wheat spaghetti noodles according to package directions, drain, and set aside. In a blender, mix $\frac{1}{3}$ cup creamy peanut

or sunflower seed butter, 1 tsp. minced ginger, 2 tbsp. rice vinegar, 2 tbsp. low-sodium soy sauce, 1 tbsp. sesame oil, 1 minced garlic clove, and 1 tsp. sweet chili sauce. Toss noodles with sauce.

● **Stuffed tomato salad.** Slice the tops off of 4 large tomatoes. Hollow them out, and mix the insides (seeds removed) with 1 cup cooked corn, 1 chopped cucumber (peeled), and 1 cubed avocado. Divide the mixture evenly among the tomatoes, drizzle with olive oil, and sprinkle with chopped fresh cilantro. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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