

CACFP Weekly Menu			Month: June					Date: 6/2/2025	To 6/6/2025
LCECA			Infant						
Meal	Age	Portion Size/Component	Monday 6/2/2025	Tuesday 6/3/2025	Wednesday 6/4/2025	Thursday 6/5/2025	Friday 6/6/2025		
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 Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal	IFIC Rice Cereal		
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	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	Chicken	Beef	Turkey	Chicken	Beef		
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Peas /Bananas	Carrots/Peaches	Beans/Bananas	Peas/Peaches	SweetPotatoes/ Bananas		

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	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					
	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}	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
			Bananas	Squash	Applesauce	Sweet Potatoes	Pears

This institution is an equal opportunity provider.

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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.
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 _____

CACFP Weekly Menu			Month: June				
LCECA			Date: 6/9/2025 To 6/6/2025				
Infant							
Meal	Age	Portion Size/Component	Monday 6/9/2025	Tuesday 6/10/2025	Wednesday 6/11/2025	Thursday 6/12/2025	Friday 6/13/2025
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	IFIC Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal
			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/ Squash	Peas/Peaches	Sweet Potatoes/ Applesauce	Green Beans/Peaches	Pears/Carrots

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	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					
	6-11	ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ;	IFIF Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal
	Months	and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Applesauce	Pears	Sweet Potatoes	Bananas	Peaches

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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 _____

CACFP Weekly Menu			Month: June Date: 6/16/2025 To 6/20/2025				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 6/16/2025	Tuesday 6/17/2025	Wednesday 6/18/2025	Thursday 6/19/2025	Friday 6/20/2025
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 Multigrain	IFIC Oatmeal	IFIC Multigrain White	IFIC Rice Cereal	IFIC Multigrain
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	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 both ^{4,5}	Chicken	Beef	Ham	Beef	Turkey
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Green Beans/Pears	Peas/Peaches	Sweet Potatoes/Applesauce	Carrots/Pears	Squash/Bananas

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	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	IFIC Multigrain	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Applesauce	Bananas	Peaches	Applesauce	Pears

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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 _____

CACFP Weekly Menu			Month: June Date: 6/23/2025 To 6/27/2025				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 6/23/2025	Tuesday 6/24/2025	Wednesday 6/25/2025	Thursday 6/26/2025	Friday 6/27/2025
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 Oatmeal	IFIC Multigrain Rice	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
			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 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Beef	Chicken	Turkey	Chicken	Ham
			Peas/Peaches	Carrots/ Applesauce	Green Beans/ Pears	Sweet Potatoes/Bananas	Squash/ 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
	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	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain Rice
		0-2 Tbsp. vegetables or fruit or a combination of both ⁷	Pears	Peaches	Bananas	Pears	Peaches

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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 _____

CACFP Weekly Menu			Month: June		Date: 6/30/2025	To	7/4/2025
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 6/30/2025	Tuesday 7/1/2025	Wednesday 7/2/2025	Thursday 7/3/2025	Friday 7/4/2025
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 Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal	IFIC Rice Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	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	Chicken	Beef	Turkey	Chicken	Beef
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Peas /Bananas	Carrots/Peaches	Green Beans/Bananas	Peas/Peaches	SweetPotatoes/ Bananas

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	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					
	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}	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
			Bananas	Squash	Applesauce	Sweet Potatoes	Pears

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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 _____

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: June	Date: 6/2/2025 To 6/6/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 6/2/2025	Tuesday 6/3/2025	Wednesday 6/4/2025	Thursday 6/5/2025	Friday 6/6/2025
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	Grape Juice	Applesauce	Fresh Strawberries
	Grains/Meat				White Wheat Toast w/Butter & Strawberry Jelly				
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Scrambled Eggs	French Toast Sticks w/ Syrup	Blueberry Muffin	Sausage Biscuit	Bagels w/Strawberry Cream Cheese
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)	Beef Taco	Chicken Nuggets	Macaroni & Cheese	WG Cheese Pizza
						Corn(Preschool) Cooked Carrots (Toddlers) Diced Tomatoes, Shredded Cheese, Sour Cream, Lettuce (Preschool)			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas, Tater Tots		Green Beans w/Potatoes	Broccoli	California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges/Jello	Diced Pears	Pineapple Tidbits	Watermelon	Mixed Fruit
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	White Whole Grain Bun	Soft Tortilla	Whole Wheat Bread	White Wheat Bread	Breading on Pizza
Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Strawberry/Banana Yogurt		Raspberry Yogurt		Colby Jack Cheese Sticks Sliced Cheese (Toddlers)
	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	1/2 oz eq	1 oz eq	Granola	Teddy Grahams	Graham Crackers	Goldfish Crackers	Saltine Crackers

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

** 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 _____

CACFP WEEKLY MENU		Center: Month June			Date: 6/9/2025 To 6/13/2025				
Preschool / Toddler		Lawrence County Early Childhood Academy							
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 6/9/2025	Tuesday 6/10/2025	Wednesday 6/11/2025	Thursday 6/12/2025	Friday 6/13/2025
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	Fried Apples	Strawberries	Grape Juice	Apple Juice
	Grains/Meat					White Wheat Toast w/Strawberry Jelly	WG Cinnamon Toast Crunch		
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Oatmeal			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/							Spaghetti w/ Meat Sauce (Grnd Beef)	
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Sloppy Joes(Grnd Beef)	Chicken Strips (CN)	Hamburgers (Beef)		Meat Loaf
						Green Beans (Toddlers) Baked Beans(Preschool)		California Blend (Toddler's) Salad Mix	Mashed Potatoes Corn (Preschool) Cooked Carrots (Toddlers)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli w/cheese &Tater Tots	Mashed Potatoes	French Fries & Peas		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarin Oranges	Diced Pears	Pineapple Tidbits	Cantaloupe
Snack**	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	WG/Bun	White Whole Grain Bread	WG/Bun	Garlic Bread	Whole Wheat Bread
	Milk	1/2 cup	1/2 cup	1 cup		Whole Milk / 1% Milk			
	Meat/				Mozzarella Cheese Sticks (Preschool)				
	Meat Alternates	1/2 oz	1/2 oz	1 oz	Slice Cheese (Toddlers)		Frozen Vanilla Yogurt		Cream Cheese
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup				Jello w/ Mandarin Oranges	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Wheat Crackers	Cheerios	Teddy Grahams	Graham Crackers	Club Crackers

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² oz eq = ounce equivalents

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Center: Lawrence County Early Childhood Academy		AGES 1-2	AGES 3-5	AGES 6-18	Monday 6/16/2025	Tuesday 6/17/2025	Wednesday 6/18/2025	Thursday 6/19/2025	Friday 6/20/2025
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	Applesauce	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	Rice Krispies		
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)	Macaroni & Cheese	W/G Pepperoni Pizza(CN)	Chicken Nuggets
						Corn (Preschool) California Blend(Toddlers)			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	French Fries	Peas	Carrot Sticks Parboiled	Green Beans & Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pineapple Tidbits	Mixed Fruit	Watermelon	Vanilla Pudding w/Banana
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Garlic Bread	White Whole Grain Bun	Whole Wheat Bread	W/G Pizza Crust	Whole Wheat Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup		Whole Milk / 1% Milk	Whole Milk / 1% Milk		Whole Milk / 1% Milk
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz				Vanilla Yogurt	
	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	Teddy Grahams	Cheerios	Orange or Blueberry Muffin	Graham Crackers	Cinnamon Toast Crunch

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 can fruit when in season.

Dietitian Consultant _____

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: June		Date: 6/23/2025 To 6/27/2025		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 6/23/2025	Tuesday 6/24/2025	Wednesday 6/25/2025	Thursday 6/26/2025	Friday 6/27/2025
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	Strawberries	Diced Peaches	Mixed Fruit	Orange Juice	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	Blueberry or Orange Muffin	Rice Chex Cereal	Sausage Biscuit & Gravy	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	Chicken & Noodles (Shredded Chicken)	Cheese Ravioli w/ Meat Sauce	Chicken Strips	Fish Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	Peas	Corn (Preschool Only) California Blend (Toddlers)	Carrott Sticks (Parboiled) Tater Tots	Broccoli French Fries
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Mixed Fruit Frozen Vanilla Yogurt	Diced Peches	Cataloupe	Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Roll	Whole Wheat Bread	Garlic Bread Sticks	Whole Wheat Bread	White Whole Grain Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup	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 Sticks Sliced Cheese(Toddlers)		Strawberry Yogurt	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Club Crackers	Blueberry Muffin	Granola	Rice Krispies

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Dietitian Consultant _____

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: June	Date: 6/30/2025 To 7/4/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 6/30/2025	Tuesday 7/1/2025	Wednesday 7/2/2025	Thursday 7/3/2025	Friday 7/4/2025
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	Grape Juice	Applesauce	Fresh Strawberries
	Grains/Meat				White Wheat Toast w/Butter & Strawberry Jelly	French Toast Sticks w/ Syrup			
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Scrambled Eggs		Blueberry Muffin	Sausage Biscuit	Bagels w/Strawberry Cream Cheese
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)	Beef Taco	Chicken Nuggets	Macaroni & Cheese	WG Cheese Pizza
						Corn(Preschool) Cooked Carrots (Toddlers) Diced Tomatoes, Shredded Cheese, Sour Cream, Lettuce (Preschool)			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas, Tater Tots		Green Beans w/Potatoes	Broccoli	California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges/Jello	Diced Pears	Pineapple Tidbits	Watermelon	Mixed Fruit
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	White Whole Grain Bun	Soft Tortilla	Whole Wheat Bread	White Wheat Bread	Breading on Pizza
Snack**	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Strawberry/Banana Yogurt		Raspberry Yogurt		Colby Jack Cheese Sticks Sliced Cheese (Toddlers)
	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	1/2 oz eq	1 oz eq	Granola	Teddy Grahams	Graham Crackers	Goldfish Crackers	Saltine Crackers

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