

CACFP Weekly Menu			Month: May Date: 2024				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 5/6/2024	Tuesday 5/7/2024	Wednesday 5/8/2024	Thursday 5/9/2024	Friday 5/10/2024
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
	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 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

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 B Rathoff, RD, LD

CACFP Weekly Menu			Month: May					Date: 2024
LCECA			Infant					
Meal	Age	Portion Size/Component	Monday 5/13/2024	Tuesday 5/14/2024	Wednesday 5/15/2024	Thursday 5/16/2024	Friday 5/17/2024	
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 Multigrain Vanilla Yogurt	IFIC Oatmeal WW Toast	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain Vanilla Yogurt	
		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 the above ⁴ ; and	Chicken	Beef	Ham	Beef	Turkey	
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	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 Gina Ratliff, RD, LD

CACFP Weekly Menu			Month: May Date: 2024				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 5/20/2024	Tuesday 5/21/2024	Wednesday 5/22/2024	Thursday 5/23/2024	Friday 3/ 5/24/2024
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 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 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 ^{3,4}	Pears	Applesauce	Bananas	Pears	Peaches

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- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
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- 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 Ratloff, RD, LD

CACFP Weekly Menu			Month: May					Date: 2024
LCECA			Infant					
Meal	Age	Portion Size/Component	Monday 5/27/2024	Tuesday 5/28/2024	Wednesday 5/29/2024	Thursday 5/30/2024	Friday 5/31/2024	
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
		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}	IFIC Oatmeal Vanilla Yogurt	IFIC Multigrain	IFIC Rice Cereal Graham Crackers	IFIC Multigrain	IFIC Oatmeal WW Toast
		Bananas	Squash	Applesauce	Sweet Potatoes	Pears	

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- Infant formula and dry infant cereal must be iron-fortified.
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- 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 Gina Ratliff, RD, LD

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: May	Date: 5/6/2024 To 5/10/2024			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 5/6/2024	Tuesday 5/7/2024	Wednesday 5/8/2024	Thursday 5/9/2024	Friday 5/10/2024
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

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.

** 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 Mina Rathoff RD, LD

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: May		Date: 5/13/2024 To 5/17/2024		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 5/13/2024	Tuesday 5/14/2024	Wednesday 5/15/2024	Thursday 5/16/2024	Friday 5/17/2024
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 Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Oatmeal	White Wheat Toast w/Strawberry Jelly Scrambled Eggs	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
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli & Tater Tots	Green Beans & Mashed Potatoes	Corn & French Fries	California Blend (Toddler's) Salad Mix	Peas & Carrots Diced Tomatoes, Lettuce, Shredded Cheese
	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
	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
Snack**	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

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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 *Gina Rathoff, RD, LD*

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: May	Date: 5/20/2024 To 5/24/2024			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 5/20/2024	Tuesday 5/21/2024	Wednesday 5/22/2024	Thursday 5/23/2024	Friday 5/24/2024
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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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 *Jina Ratcliff, RD, LD*