

| CACFP WEEKLY MENU Preschool / Toddler | | Center: Lawrence County Early Childhood Academy | | | Month September | | Date: 9/8/2025 To 9/12/2025 | | |
|--|-----------------|--|--------------------------|------------------------|---|---|--------------------------------------|--|---------------------------|
| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | AGES 6-18 | Monday 9/8/2025 | Tuesday 9/9/2025 | Wednesday 9/10/2025 | Thursday 9/11/2025 | Friday 9/12/2025 |
| 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 | | Strawberries | Grape Juice | Apple Juice |
| | Grains/Meat | | | | | Starwberry/Banana Yogurt 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 | |
| | Meat Alternates | 1 oz | 1 1/2 oz | 2 oz | Sloppy Joes(Grnd Beef) | Chicken Strips (CN) | Hamburgers (Beef) | (Grnd Beef) | W/G Pepperoni Pizza |
| | | | | | | Green Beans (Toddlers) Baked Beans(Preschool) Mashed Potatoes | | California Blend (Toddler's) Salad Mix | |
| | Vegetable | 1/8 cup | 1/4 cup | 1/2 cup | Broccoli w/cheese &Tater Tots | | French Fries & Peas | | Carrot Sticks (Parboiled) |
| | 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 | W/G Pizza Crust |
| | Milk | 1/2 cup | 1/2 cup | 1 cup | | Whole Milk / 1% Milk | | | |
| | Meat/ | | | | Mozzarella Cheese Sticks (Preschool) Slice Cheese (Toddlers) | | | | |
| | Meat Alternates | 1/2 oz | 1/2 oz | 1 oz | | | 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 | Oatmeal Cookie | Graham Crackers | Club Crackers |

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 ZELASOLD

| CACFP WEEKLY MENU Preschool / Toddler | | Month: September | | | | Date: 9/15/2025 To 9/19/2025 | | | |
|--|--------------------------|--------------------------|--------------------------|------------------------|--|---------------------------------|------------------------|-------------------------------------|---|
| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | AGES 6-18 | Monday 9/15/2025 | Tuesday 9/16/2025 | Wednesday 9/17/2025 | Thursday 9/18/2025 | Friday 9/19/2025 |
| 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 | Meat Loaf | Chicken Nuggets |
| | | | | | | Corn (Preschool) | | Mashed Potatoes | |
| | | | | | | California Blend(Toddlers) | | Corn (Preschool) | |
| | Vegetable | 1/8 cup | 1/4 cup | 1/2 cup | Broccoli | French Fries | Peas | Cooked Carrots (Toddlers) | 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 | Whole Wheat Bread | 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 | Corn Flakes | Apple Cinnamon Muffin | Graham Crackers | Cinnamon Toast Crunch |

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** 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 Z. H. R. D. D.

| CACFP WEEKLY MENU Preschool / Toddler | | Center: Lawrence County Early Childhood Academy | | | Month: September | Date: 9/22/2025 To 9/26/2025 | | | |
|--|-----------------|--|--------------------------|------------------------|----------------------------------|--|--|--|---------------------------------------|
| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | AGES 6-18 | Monday 9/22/2025 | Tuesday 9/23/2025 | Wednesday 9/24/2025 | Thursday 9/25/2025 | Friday 9/26/2025 |
| 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 | | | | | Blueberry or Orange Muffin | | | Oats / Whole Wheat Toast/ w Butter |
| | Alternates | 1/2 oz eq ^{1,2} | 1/2 oz eq ^{1,2} | 1 oz eq ^{1,2} | W/G Waffles w/ syrup | | Rice Chex Cereal | Sausage Biscuit | |
| 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) | Cheese Ravioli w/ Meat Sauce | Chicken Strips | Fish Sticks |
| | | | | | | | | | |
| | 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 | Applesauce | 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 | | | Applesauce | | |
| | | | | | | | | | |
| | Grain | 1/2 oz eq ² | 1/2 oz eq ² | 1 oz eq ² | | Club Crackers | Oatmeal Cookie | Granola | Rice Krispies |

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Dietitian Consultant Z. K. SRDL

| CACFP WEEKLY MENU Preschool / Toddler | | Center: Lawrence County Early Childhood Academy | | | | Month: September | Date: | 9/29/2025 To 10/3/2025 | | |
|--|--------------------------|--|--------------------------|------------------------|---|--|---------------------------|------------------------|--|--|
| MEAL | COMPONENT | AGES 1-2 | AGES 3-5 | AGES 6-18 | Monday 9/29/2025 | Tuesday 9/30/2025 | Wednesday 10/1/2025 | Thursday 10/2/2025 | Friday 10/3/2025 | |
| 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 | Banana | |
| | 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 | Apple Cinn. 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 | Oatmeal Cookie | Graham Crackers | Goldfish Crackers | Saltine Crackers | |

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** Select 2 of the 5 components for snack

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Dietitian Consultant Z. K. H. S. P. D. L. D.



September 2025

| Date 9/8/25 Monday | Date 9/9/25 Tuesday | Date 9/10/25 Wednesday | Date 9/11/25 Thursday | Date 9/12/25 Friday |
|--|---|--|--|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Oatmeal Diced Peaches Milk | Strawberry/Banana Yogurt White Wheat Toast Strawberry Jelly Milk | Cinnamon Toast Crunch Strawberries Milk | Blueberry Muffins Grape Juice Milk | Sausage Biscuit & Gravy Apple Juice Milk |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Sloppy Joes Broccoli w/ cheese Later Fats WG Bun Mixed Fruit Milk | Chicken Strips Green Beans (Toddler) Baked Beans (Preschool) Mashed potatoes White Whole Grain Bread Mandarin Oranges Milk | Hamburger French Fries Peas Diced Pears Milk | Spaghetti W/Meat Sauce Salad Mix California Blend (Toddlers) Garlic Bread Pineapple Tidbits Milk | W/G Pepperoni Pizza Carrot Sticks (Parboiled) Cantaloupe Milk |
| SNACK | SNACK | SNACK | SNACK | SNACK |
| Mozzarella Cheese Sticks Slice Cheese (Toddlers) Saltine Crackers | Cheerios Milk | Oatmeal Cookie Frozen Vanilla Yogurt | Graham Crackers Jello w/ Mandarin Oranges | Club Crackers Cream Cheese |

Dietitian Consultant

2 KMSRDL



September 2025

| Date 9/15/25 Monday | Date 9/16/25 Tuesday | Date 9/17/25 Wednesday | Date 9/18/25 Thursday | Date 9/19/25 Friday |
|---|---|---|---|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Cinnamon Toast Grape Juice Milk | Pancakes W/Syrup Diced Peaches Milk | Rice Krispies Strawberries Milk | French Toast Sticks w/syrup Applesauce Milk | Breakfast Burrito Soft Tortilla Shell Scrambled Eggs Cheese Orange Juice Milk |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Chicken Alfredo Broccoli Mandarin Oranges Garlic Bread Milk | Cheeseburger Corn (Preschool) California Blend (Toddlers) French Fries Pineapple Tidbits Milk | Macaroni & Cheese Peas Mixed Fruit Whole Wheat Bread Milk | Meat Loaf Mashed Potatoes Corn (Preschool) Cooked Carrots (Toddlers) Whole Wheat Bread Cantaloupe Milk | Chicken Nuggets Green Beans & Potatoes Vanilla Pudding w/ Banana Whole Wheat Bread Milk |
| SNACK | SNACK | SNACK | SNACK | SNACK |
| Mixed Fruit Teddy Grahams | Corn Flakes Milk | Apple Cinnamon Muffin Milk | Vanilla Yogurt Graham Crackers | Cinnamon Toast Crunch Milk |

Dietitian Consultant

[Signature]



September 2025

| Date 9/22/25 Monday | Date 9/23/25 Tuesday | Date 9/24/25 Wednesday | Date 9/25/25 Thursday | Date 9/26/25 Friday |
|--|---|--|---|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Waffles w/syrup Strawberries Milk | Blueberry or Orange Muffin Diced Peaches Milk | Rice Chex Cereal Mixed Fruit Milk | Sausage Biscuit Orange Juice Milk | Oats Buttered Wheat Toast Apple Juice Milk |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Salisbury Steak Mashed Potatoes Green Beans Rolls Applesauce Milk | Beef & Noodles Peas Whole Wheat Bread Frozen Vanilla Yogurt Mixed Fruit Milk | Cheese Ravioli w/Meat Sauce Corn (Preschool) California Blend (Toddlers) Garlic Bread Sticks Diced Peaches Milk | Chicken Strips Carrot Sticks (Parboiled) Tater Tots Whole Wheat Bread Cantaloupe Milk | Fish Sticks Broccoli French Fries White Whole Grain Bread Mandarin Oranges Milk |
| SNACK | SNACK | SNACK | SNACK | SNACK |
| Strawberry Yogurt Snacks Milk | Club Crackers Cheddar Cheese Sticks Cheese Slices (Toddlers) | Applesauce Oatmeal Cookie | Strawberry Yogurt Granola | Rice Krispies Milk |

Dietitian Consultant

[Signature]



September 2025

| Date 9/29/25 Monday | Date 9/30/25 Tuesday | Date 10/1/25 Wednesday | Date 10/2/25 Thursday | Date 10/3/25 Friday |
|---|--|---|--|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| White Wheat Toast Strawberry Jelly Scrambled Eggs Orange Juice Milk | French Toast Sticks Syrup Mixed Fruit Milk | Apple Cinnamon Muffin Grape Juice Milk | Sausage Biscuit Applesauce Milk | Bagel Strawberry Cream Cheese Banana Milk |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Chicken Sandwich Peas Tater Tots Mandarin Oranges Milk | Beef Taco Corn (Preschool) Cooked Carrots (Toddlers) Diced Pears Milk | Chicken Nuggets Green Beans w/Potatoes Whole Wheat Bread Pineapple Tidbits Milk | Macaroni & Cheese Broccoli Watermelon White Wheat Bread Milk | Cheese Pizza California Blend Mixed Fruit Milk |
| SNACK | SNACK | SNACK | SNACK | SNACK |
| Strawberry/Banana Yogurt Granola | Applesauce Oatmeal Cookie | Raspberry Yogurt Graham Crackers | Goldfish Crackers Pears | Colby Jack Cheese Sticks Sliced Cheese (Toddlers) Saltine Crackers |

Dietitian Consultant

[Signature]