

CACFP Weekly Menu			Month: October Date: 10/6/2025 To 10/10/2025				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 10/6/2025	Tuesday 10/7/2025	Wednesday 10/8/2025	Thursday 10/9/2025	Friday 10/10/2025
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 Oatmeal	IFIC Multigrain Rice	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
		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/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,b} ; 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,c}	Pears	Peaches	Bananas	Pears	Peaches

This institution is an equal opportunity provider.

1. 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.

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

ZKMSRDL

CACFP Weekly Menu			Month: October					Date: 10/13/2025	To 10/17/2025
LCECA			Infant						
Meal	Age	Portion Size/Component	Monday 10/13/2025	Tuesday 10/14/2025	Wednesday 10/15/2025	Thursday 10/16/2025	Friday 10/17/2025		
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 Multigrain	IFIC Oatmeal	IFIC Rice Cereal		
			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 Green	Chicken	Beef		
			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	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
		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.

1. 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.

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: October				
LCECA			Date: 10/20/2025 To 10/24/2025				
Infant							
Meal	Age	Portion Size/Component	Monday 10/20/2025	Tuesday 10/21/2025	Wednesday 10/22/2025	Thursday 10/23/2025	Friday 10/24/2025
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 ⁴ ; or a combination of the above ⁴ ; and	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	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	Chicken	Ham	Beef	Turkey	Ham
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	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 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	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal
			Applesauce	Pears	Sweet Potatoes	Bananas	Peaches

This institution is an equal opportunity provider.

1. 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.
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

ZK MSRDW

CACFP Weekly Menu			Month: October				
LCECA			Date: 10/27/2025 To 10/31/2025				
Infant							
Meal	Age	Portion Size/Component	Monday 10/27/2025	Tuesday 10/28/2025	Wednesday 10/29/2025	Thursday 10/30/2025	Friday 10/31/2025
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.) ^{2,5} ; 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

This institution is an equal opportunity provider.

1. 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.

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

Z K MSROLD

CACFP WEEKLY MENU		Center: Month October				Date: 10/6/2025 To 10/10/2025			
Preschool / Toddler		Lawrence County Early Childhood Academy							
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 10/6/2025	Tuesday 10/7/2025	Wednesday 10/8/2025	Thursday 10/9/2025	Friday 10/10/2025
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			
	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	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/							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)		California Blend (Toddler's)	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli w/cheese &Tater Tots	Baked Beans(Preschool)	French Fries & Peas	Salad Mix	Carrot Sticks (Parboiled)
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarin Oranges	Diced Pears	Pineapple Tidbits	Cantaloupe
	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
Snack**	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					
								Mandarin Oranges	
	Fruit	1/2 cup	1/2 cup	3/4 cup				Infants & Toddler w/Jello for (Preschool)	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Saltine 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 2 KMSOLD

CACFP WEEKLY MENU Preschool / Toddler		Month: October			Date: 10/13/2025 To 10/17/2025				
Center: Lawrence County Early Childhood Academy		AGES 1-2	AGES 3-5	AGES 6-18	Monday 10/13/2025	Tuesday 10/14/2025	Wednesday 10/15/2025	Thursday 10/16/2025	Friday 10/17/2025
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	WG Pancakes w/ Syrup		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}			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) Corn (Preschool) California Blend(Toddlers) French Fries	Macaroni & Cheese	Meat Loaf	Chicken Nuggets
								Mashed Potatoes Corn (Preschool) Cooked Carrots (Toddlers)	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli		Peas		Green Beans & Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pineapple Tidbits	Mixed Fruit	Pears	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 Teddy Graham				
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Graham Crackers (Infants)	Corn Flakes	Apple Cinnamon Muffin	Graham Crackers	Cinnamon Toast Crunch

This institution is an equal opportunity provider.

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

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 ZKMSRDW

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: October	Date: 10/20/2025 To 10/24/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 10/20/2025	Tuesday 10/21/2025	Wednesday 10/22/2025	Thursday 10/23/2025	Friday 10/24/2025
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	Grape Juice	Mixed Fruit	Orange Juice	Diced Peaches
	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	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)	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)	Carrot Sticks (Parboiled) Tater Tots	Broccoli French Fries
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Mixed Fruit Frozen Vanilla Yogurt	Diced Peaches	Pears	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

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

Z. K. R. S. D. U.

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: October	Date: 10/27/2025 To 10/31/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 10/27/2025	Tuesday 10/28/2025	Wednesday 10/29/2025	Thursday 10/30/2025	Friday 10/31/2025
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				Bagels w/Strawberry Cream Cheese
	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	
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	Diced Pears	Pineapple Tidbits	Diced Peaches	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

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.

Fresh fruit will replace canned fruit when in season.

Dietitian Consultant Z Kns R D



October 2025

Date 10/6/25 Monday	Date 10/7/25 Tuesday	Date 10/8/25 Wednesday	Date 10/9/25 Thursday	Date 10/10/25 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 Lots 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 (Preschool) Mandarin Oranges (Infants & Toddlers)	Club Crackers Cream Cheese



October 2025

Date 10/13/25 Monday	Date 10/14/25 Tuesday	Date 10/15/25 Wednesday	Date 10/16/25 Thursday	Date 10/17/25 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 Pears Milk	Chicken Nuggets Green Beans & Potatoes Vanilla Pudding w/ Banana Whole Wheat Bread Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Mixed Fruit Teddy Grahams Graham Crackers (Infants)	Corn Flakes Milk	Apple Cinnamon Muffin Milk	Vanilla Yogurt Graham Crackers	Cinnamon Toast Crunch Milk

Dietitian Consultant

Z K WSRDLD



October 2025

Date 10/20/25 Monday	Date 10/21/25	Date 10/22/25 Wednesday	Date 10/23/25 Thursday	Date 10/24/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Waffles w/syrup Strawberries Milk	Blueberry or Orange Muffin Grape Juice Milk	Rice Chex Cereal Mixed Fruit Milk	Sausage Biscuit Orange Juice Milk	Oats Buttered Wheat Toast Diced Peaches 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 Pears 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 *Z KMSRDLID*



October 2025

Date 10/27/25 Monday	10/28/25 Tuesday	Date 10/29/25 Wednesday	Date 10/30/25 Thursday	Date 10/31/25 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 Diced Peaches 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

Z Kms RDL