

CACFP Weekly Menu			Month: March Date: 3/3/2025 3/7/2025				
LCECA Infant			Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Age	Portion Size/Component	3/3/2025	3/4/2025	3/5/2025	3/6/2025	3/7/2025
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
		6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	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 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
		6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	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

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).

CACFP Weekly Menu			Month: March				
LCECA			Date: 3/10/2025 To 3/14/2025				
Infant							
Meal	Age	Portion Size/Component	Monday 3/10/2025	Tuesday 3/11/2025	Wednesday 3/12/2025	Thursday 3/13/2025	Friday 3/14/2025
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 Green	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 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	ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
	Months	0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Bananas	Squash	Applesauce	Sweet Potatoes	Pears

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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).

CACFP Weekly Menu

Month: March

Date: 3/17/2025 To 3/21/2025

LCECA

Infant

Meal	Age	Portion Size/Component	Monday 2/17/2025	Tuesday 2/18/2025	Wednesday 2/19/2025	Thursday 2/20/2025	Friday 2/21/2025
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
		6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	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 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
		6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	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	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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3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
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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).

CACFP Weekly Menu			Month: March				
LCECA			Date: 3/24/2025 To 3/28/2025				
Infant							
Meal	Age	Portion Size/Component	Monday 3/24/2025	Tuesday 3/25/2025	Wednesday 3/26/2025	Thursday 3/27/2025	Friday 3/28/2025
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	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 0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		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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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).

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: March	Date: 3/3/2025 To 3/7/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 3/3/2025	Tuesday 3/4/2025	Wednesday 3/5/2025	Thursday 3/6/2025	Friday 3/7/2025
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)	Fish Sticks	Chili w/Grilled Cheese	Turkey Roll Up
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	Peas & Carrots	Broccoli Baked French Fries	Carrott Sticks Parboiled	California Blend, Diced Tomatoes, Shredded Cheese, Lettuce (Preschool)
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Mixed Fruit Frozen Vanilla Yogurt	Apples, Applesauce	Diced Peaches	Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Roll	Whole Wheat Bread	Whole Wheat Bread	White Wheat Bread	Soft Tortilla
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

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.

CACFP WEEKLY MENU		Center: Lawrence County Early Childhood Academy			Month: March	Date: 3/10/2025 To 3/14/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 3/10/2025	Tuesday 3/11/2025	Wednesday 3/12/2025	Thursday 3/13/2025	Friday 3/14/2025
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	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	Sausage Biscuit	Blueberry Muffin	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	Macroni & Cheese	WG Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cooked Carrots	Cream Corn, Diced Tomatoes, Shredded Cheese, Sour Cream, (Lettuce) Preschool	Peas Tater Tots	Broccoli	California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges/Jello	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	Teddy Grahams	Graham Crackers	Goldfish Crackers	Saltine Crackers

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MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 3/17/2025	Tuesday 3/18/2025	Wednesday 3/19/2025	Thursday 3/20/2025	Friday 3/21/2025
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	Grape Juice	Strawberries	Banana	Apple Juice
	Grains/Meat					White Wheat Toast w/Strawberry Jelly Fried Apples			
	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/							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)	Fish Sticks
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli w/cheese &Tater Tots	Green Beans & Mashed Potatoes	French Fries/Cream Corn	California Blend (Toddler's) Salad Mix	Peas & Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarin Oranges	Diced Pears	Pineapple Tidbits	Applesauce
	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
Snack**	Milk	1/2 cup	1/2 cup	1 cup		Whole Milk / 1% Milk			
	Meat/				Mozzarella Cheese Sticks (Preschool) Slice Cheese for 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	Teddy Grahams	Graham Crackers	Club Crackers

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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	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)	Goulash (Ground Beef)	W/G Pepperoni Pizza(CN)	Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Cream Corn / 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	Pears	Banana
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Grain 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.



March 2025

Date 3/3/25 Monday	Date 3/4/25 Tuesday	Date 3/5/25 Wednesday	Date 3/6/25 Thursday	Date 3/7/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Waffles w/syrup Diced Peaches Milk	Blueberry or Orange Muffin Diced Peaches Milk	Rice Chex Cereal Mixed Fruit Milk	Sausage Biscuit w/Gravy Orange Juice Milk	Oats Buttered Wheat Toast Apple Juice Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salisbury Steak Mashed Potatoes Green Beans Rolls Pears Milk	Chicken & Noodles Peas & Carrots Whole Wheat Bread Frozen Vanilla Yogurt Mixed Fruit Milk	Fish Sticks Baked French Fries Broccoli Apples (Preschool) Applesauce (Toddlers) Milk	Chili Grilled Cheese Carrot Sticks Parboiled Diced Peaches Milk	Turkey Roll –Up Soft Tortilla California Blend Mandarin Oranges Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Strawberry Yogurt Snacks Applesauce	Club Crackers Cheddar Cheese Cubes	Blueberry Muffin Milk	Strawberry Yogurt Granola	Rice Krispies Milk



March 2025

Date 3/10/25 Monday	Date 3/11/25 Tuesday	Date 3/12/25 Wednesday	Date 3/13/25 Thursday	Date 3/14/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
White Wheat Toast Strawberry Jelly Scrambled Eggs Orange Juice Milk	French Toast Sticks Syrup Mixed Fruit Milk	Sausage Biscuit Grape Juice Milk	Blueberry Muffin Applesauce Milk	Bagel Strawberry Cream Cheese Diced Strawberries Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Sandwich Cooked Carrots Mandarin Oranges Milk	Beef Taco Cream Corn Diced Pears Milk	Chicken Nuggets Tater Tots Green Beans Whole Wheat Bread Pineapple Tidbits Milk	Macaroni & Cheese Broccoli White Wheat Bread Diced Peaches Milk	Cheese Pizza California Blend Mixed Fruit Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Strawberry/Banana Yogurt Granola	Applesauce Teddy Grahams	Raspberry Yogurt Milk	Goldfish Crackers Pears	Colby Jack Cheese Sticks Sliced Cheese (Toddlers) Saltine Crackers



March 2025

Date 3/17/25 Monday	Date 3/18/25 Tuesday	Date 3/19/25 Wednesday	Date 3/20/25 Thursday	Date 3/21/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal Diced Peaches Milk	White Wheat Toast Strawberry Jelly Fried Apples Grape Juice Milk	Cinnamon Toast Crunch Strawberries Milk	Blueberry Muffins Banana Milk	Sausage Biscuit & Gravy Apple Juice Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sloppy Joes Broccoli w/cheese Tater Tots WG/ Bun Mixed Fruit Milk	Chicken Strips Green Beans Mashed potatoes White Whole Grain Bread Mandarin Oranges Milk	Hamburger French Fries Cream Corn Pears Milk	Spaghetti W/Meat Sauce Salad Mix California Blend (Toddlers) Garlic Bread Pineapple Tidbits Milk	Fish Sticks Peas & Carrots Applesauce Whole Wheat Bread Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Mozzarella Cheese Sticks Slice Cheese (Toddlers) Saltine Crackers	Cheerios Milk	Teddy Grahams Frozen Vanilla Yogurt	Graham Crackers Jello w/ Mandarin Oranges	Club Crackers Cream Cheese



March 2025

Date 3/24/25 Monday	Date 3/25/25 Tuesday	Date 3/26/25 Wednesday	Date 3/27/25 Thursday	Date 3/28/25 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 Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Alfredo Broccoli Mandarin Oranges White Whole Grain Bread Milk	Cheeseburger Cream Corn French Fries Pineapple Tidbits Milk	Goulash Peas Mixed Fruit Whole Wheat Bread Milk	Pepperoni Pizza Carrot Sticks Parboiled Pears Milk	Chicken Nuggets Green Beans & Potatoes Banana Whole Wheat Bread Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Mixed Fruit Teddy Grahams	Cheerios Milk	Orange or Blueberry Muffin Milk	Vanilla Yogurt Graham Crackers	Cinnamon Toast Crunch Milk



Serving Meals “Family Style”

Your child is learning new skills through family style meals at child care. Food is offered in serving bowls and plates, and children serve themselves and talk with others at mealtime. Family style meals can help your child:

- Build confidence with practice.
- Strengthen the small muscles in the child’s hands.
- Decide how much to eat.
- Talk and connect with others.



Try Family Style Meals at Home

- **Place each food on its own serving plate or bowl.** You can start small by choosing one food item to pass around the table.
- **Sit down together.** Turn off the television and put down the phones for fewer distractions.
- **Pass each serving plate or bowl around to each person at the table.** Help young children pass the bowl or plate if needed.
- **Let each person serve their own food.** Teach children to keep the bowl on the table when serving themselves. Use the serving spoon to scoop the food.
- **Talk with one another.** Check out “Talk With Me” on the next page for ideas.

Support Young Children at Mealtime

1. **Sometimes new foods take time.** Children don’t always take to new foods right away. You may need to offer a food more than 10 times before your child might like it.
2. **Patience works better than pressure.** Offer your children new foods. Then, let them choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.
3. **Accept that it may be messy at first.** It will take practice for children to learn to serve themselves. But, the mess is worth the benefits. Letting them continue to practice will strengthen their skills—creating less mess.

SNAP and WIC Benefits

Is your household in need of more food? You may qualify for USDA's Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), or other nutrition assistance programs. Find your State contact at www.fns.usda.gov/contacts.



Talk With Me!

Choose fun and happy things to talk about at your next meal. Cut out the conversation starters below. Let your child pick one before each meal.

What made you feel happy today?



What did you have to eat at lunch today?



What's your favorite veggie? Why?



Tell me one thing you learned today.



What made you laugh today?

