

CACFP WEEKLY MENU Preschool / Toddler		Month: November			Date: 11/4/2024 To 11/8/2024				
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 11/4/2024	Tuesday 11/5/2024	Wednesday 11/6/2024	Thursday 11/7/2024	Friday 11/8/2024
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	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	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)	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 & Roasted 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.

CACFP WEEKLY MENU		Center:			Month:	November	Date:			
Preschool / Toddler		Lawrence County Early Childhood Academy								
		11/11/2024		To		11/15/2024				
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 11/11/2024	Tuesday 11/12/2024	Wednesday 11/13/2024	Thursday 11/14/2024	Friday 11/15/2024	
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	Strawberries	Diced Peaches	Orange Juice	Mixed Fresh Fruit	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	Bagels/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	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	

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CACFP WEEKLY MENU		Center: Lawrence County Early Childhood Academy			Month: November	Date: 11/18/2024 To 11/22/2024			
Preschool / Toddler									
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 11/18/2024	Tuesday 11/19/2024	Wednesday 11/20/2024	Thursday 11/21/2024	Friday 11/22/2024
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	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)	Roasted Turkey Sliced	Chicken Nuggets	Macroni & Cheese	WG Cheese Pizza
						Turkey Gravy			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cooked Carrots	Mashed Potatoes Dressing Green Beans	Peas Tater Tots	Broccoli	California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges/Jello	Pumpkin Tarts	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	Roll	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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CACFP WEEKLY MENU		Center: Month November			Date: 11/25/2024 To 11/29/2024				
Preschool / Toddler		Lawrence County Early Childhood Academy							
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 11/25/2024	Tuesday 11/26/2024	Wednesday 11/27/2024	Thursday 11/28/2024	Friday 11/29/2024
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					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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November 2024

Date 11/4/24 Monday	Date 11/5/24 Tuesday	Date 11/6/24 Wednesday	Date 11/7/24 Thursday	Date 11/8/24 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cinnamon Toast Grape Juice Milk	Pancakes W/Syrup Diced Peaches Milk	Kix Cereal Strawberries Milk	French Toast Sticks w/ syrup Applesauce Milk	Breakfast Burrito Soft Tortilla Shell 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 Roasted 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



November 2024

Date 11/11/24 Monday	Date 11/12/24 Tuesday	Date 11/13/24 Wednesday	11/14/24 Thursday	Date 11/15/24 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Waffles w/syrup Diced Peaches Milk	Blueberry or Orange Muffin Diced Peaches Milk	Rice Chex Cereal Orange Juice Milk	Bagel Cream Cheese Mixed Fruit 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



November 2024

Date 11/18/24 Monday	Date 11/19/24 Tuesday	Date 11/20/24 Wednesday	Date 11/21/24 Thursday	Date 11/22/24 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	Roasted Turkey Sliced Turkey Gravy Mashed Potatoes Dressing Green Beans Roll Pumpkin Tarts 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



November 2024

Date 11/25/24 Monday	Date 11/26/24 Tuesday	Date 11/27/24 Wednesday	Date 11/28/24 Thursday	Date 11/29/24 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	Ham & Cheese Sandwich Peas & Carrots Sliced Tomatoes Sliced Cheese Lettuce (Preschool) Applesauce 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