



April 2025

Date 4/28/25 Monday	Date 4/29/25 Tuesday	Date 4/30/25 Wednesday	Date 5/1/25 Thursday	Date 5/2/25 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 Whole Wheat Bread Frozen Vanilla Yogurt Mixed Fruit Milk	Fish Sticks Baked French Fries Corn (Preschool) California Blend (Toddlers) Apples (Preschool) Applesauce (Toddlers) Milk	Chili Grilled Cheese Carrot Sticks Parboiled Diced Peaches Milk	Turkey Roll –Up Soft Tortilla Diced Tomatoes Shredded Cheese Lettuce (Preschool) Broccoli 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



April 2025

Date 4/21/25 Monday	Date 4/22/25 Tuesday	Date 4/23/25 Wednesday	Date 4/24/25 Thursday	Date 4/25/25 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 Garlic Bread Milk	Cheeseburger Corn (Preschool) California Blend (Toddlers) French Fries Pineapple Tidbits Milk	Macaroni & Cheese Peas Mixed Fruit Whole Wheat Bread Milk	Pepperoni Pizza Carrot Sticks Parboiled Pears Milk	Chicken Nuggets Green Beans & Potatoes Vanilla Pudding w/ 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



April 2025

Date 4/14/25 Monday	Date 4/15/25 Tuesday	Date 4/16/25 Wednesday	Date 4/17/25 Thursday	Date 4/18/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal Diced Peaches Milk	White Wheat Toast Strawberry Jelly Fried Apples 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 (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	Fish Sticks Corn (Preschool) Cooked Carrots (Toddler) 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



April 2025

Date 4/7/25 Monday	Date 4/8/25 Tuesday	Date 4/9/25 Wednesday	Date 4/10/25 Thursday	Date 4/11/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
White Wheat Toast Strawberry Jelly Scrambled Eggs Orange Juice Milk	French Toast Sticks Syrup Mixed Fruit Milk	Blueberry Muffin Grape Juice Milk	Sausage Biscuit Applesauce Milk	Bagel Strawberry Cream Cheese Diced Strawberries 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 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



April 2025

Date 3/31/25 Monday	Date 4/1/25 Tuesday	Date 4/2/25 Wednesday	Date 4/3/25 Thursday	Date 4/4/25 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 Whole Wheat Bread Frozen Vanilla Yogurt Mixed Fruit Milk	Fish Sticks Baked French Fries Corn (Preschool) California Blend (Toddlers) Apples (Preschool) Applesauce (Toddlers) Milk	Chili Grilled Cheese Carrot Sticks Parboiled Diced Peaches Milk	Turkey Roll –Up Soft Tortilla Diced Tomatoes Shredded Cheese Lettuce (Preschool) Broccoli 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

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: April	Date: 4/28/2025 To 5/2/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/28/2025	Tuesday 4/29/2025	Wednesday 4/30/2025	Thursday 5/1/2025	Friday 5/2/2025
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 & 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	Salisbury Steak	Chicken & Noodles (Shredded Chicken)	Fish Sticks	Chili w/Grilled Cheese	Turkey Roll Up
							Corn (Preschool Only) California Blend (Toddlers) Baked French Fries		Broccoli Diced Tomatoes, Shredded Cheese, Lettuce (Preschool)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	Peas		Carrott Sticks Parboiled	
	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 Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: April	Date: 4/21/2025 To 4/25/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/21/2025	Tuesday 4/22/2025	Wednesday 4/23/2025	Thursday 4/24/2025	Friday 4/25/2025
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) Corn (Preschool) California Blend(Toddlers) French Fries	Macaroni & Cheese	W/G Pepperoni Pizza(CN)	Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli		Peas	Carrot Sticks Parboiled	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	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

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MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/14/2025	Tuesday 4/15/2025	Wednesday 4/16/2025	Thursday 4/17/2025	Friday 4/18/2025
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	Fried Apples	Strawberries	Grape Juice	Apple Juice
	Grains/Meat					White Wheat Toast w/Strawberry Jelly			
	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
						Green Beans (Toddlers) Baked Beans(Preschool)		California Blend (Toddler's)	Corn (Preschool)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli w/cheese &Tater Tots	Mashed Potatoes	French Fries & Peas	Salad Mix	Cooked Carrots (Toddlers)
									French Fries
	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)				
	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					
	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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CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: April		Date: 4/7/2025 To 4/11/2025		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 4/7/2025	Tuesday 4/8/2025	Wednesday 4/9/2025	Thursday 4/10/2025	Friday 4/11/2025
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	Blueberry 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	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	
					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 3/31/2025	Tuesday 4/1/2025	Wednesday 4/2/2025	Thursday 4/3/2025	Friday 4/4/2025
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 & 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	Salisbury Steak	Chicken & Noodles (Shredded Chicken)	Fish Sticks	Chili w/Grilled Cheese	Turkey Roll Up
							Corn (Preschool Only) California Blend (Toddlers) Baked French Fries		Broccoli Diced Tomatoes, Shredded Cheese, Lettuce (Preschool)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	Peas		Carrott Sticks Parboiled	
	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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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.

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: April Date: 4/28/2025 5/2/2025				
LCECA Infant							
Meal	Age	Portion Size/Component	Monday 4/28/2025	Tuesday 4/29/2025	Wednesday 4/30/2025	Thursday 5/1/2025	Friday 5/2/2025
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 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
	6-11 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}	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 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			Month: April				
LCECA			Date: 4/21/2025 To 4/25/2025				
Infant							
Meal	Age	Portion Size/Component	Monday 4/21/2025	Tuesday 4/22/2025	Wednesday 4/23/2025	Thursday 4/24/2025	Friday 4/25/2025
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	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
		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					
6-11 Months		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 Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	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).

CACFP Weekly Menu

Month: April

Date: 4/14/2025 To 4/18/2025

LCECA

Infant

Meal	Age	Portion Size/Component	Monday 4/14/2025	Tuesday 4/15/2025	Wednesday 4/16/2025	Thursday 4/17/2025	Friday 4/18/2025
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 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	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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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: April				
LCECA			Date: 4/7/2025 To 4/11/2025				
Infant							
Meal	Age	Portion Size/Component	Monday 4/7/2025	Tuesday 4/8/2025	Wednesday 4/9/2025	Thursday 4/10/2025	Friday 4/11/2025
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	Chicken	Beef
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Peas /Bananas	Carrots/Peaches	Green Beans/Bananas	Peas/Peaches	SweetPotatoes/ Bananas

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ⁴	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 ^{7,8}	Pears	Peaches	Bananas	Pears	Peaches

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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: April				
LCECA			Date: 3/31/2025 4/4/2025				
Meal	Age	Portion Size/Component	Monday 3/31/2025	Tuesday 4/1/2025	Wednesday 4/2/2025	Thursday 4/3/2025	Friday 4/4/2025
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 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
	6-11 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}	Beef	Chicken	Turkey	Chicken	Ham
			Peas/Peaches	Carrots/ Applesauce	Green Beans/ Pears	Sweet Potatoes/Bananas	Squash/ Pears