

CACFP Weekly Menu			Month: December Date: 12/1/2025 To 12/5/2025				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 12/1/2025	Tuesday 12/2/2025	Wednesday 12/3/2025	Thursday 12/4/2025	Friday 12/5/2025
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	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 <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and	Beef	Chicken	Turkey	Chicken	Ham
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Peas/Peaches	Carrots/ Applesauce	Green Beans/ Pears	Sweet Potatoes/Bananas	Squash/ Pears

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and 0-½ slice of bread/bread-like items (0-½ oz. eq.) <sup>6</sup> ; or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-2 Tbsp. vegetables or fruit or a combination of both	IFIC Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain Rice
			Pears	Peaches	Bananas	Pears	Peaches

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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: December					Date: 12/8/2025	To 12/12/2025
LCECA			Infant						
Meal	Age	Portion Size/Component	Monday 12/8/2025	Tuesday 12/9/2025	Wednesday 12/10/2025	Thursday 12/11/2025	Friday 12/12/2025		
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk		
	6-11 Months	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	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 <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk		
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Chicken	Beef	Turkey	Chicken	Beef		
			Peas /Bananas	Carrots/Peaches	Green Beans/Bananas	Peas/Peaches	SweetPotatoes/ Bananas		



PM Snack	Birth-5						
	Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , 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.) <sup>6</sup> ; or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or					
	6-11 Months	ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
			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).

Dietitian Consultant \_\_\_\_\_

CACFP Weekly Menu			Month: December					Date: 12/15/2025 To 12/19/2025
LCECA			Infant					
Meal	Age	Portion Size/Component	Monday 12/15/2025	Tuesday 12/16/2025	Wednesday 12/17/2025	Thursday 12/18/2025	Friday 12/19/2025	
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
	6-11 Months	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Bananas	Applesauce	Pears	Applesauce	Bananas	
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and	Chicken	Ham	Beef	Turkey	Ham	
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Applesauce/ Squash	Peas/Peaches	Sweet Potatoes/ Applesauce	Green Beans/Peaches	Pears/Carrots	

PM Snack	Birth-5						
	Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , 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.) <sup>6</sup> ; or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or					
	6-11 Months	ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	IFIF Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal
			Applesauce	Pears	Sweet Potatoes	Bananas	Peaches

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- Infant formula and dry infant cereal must be iron-fortified.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- A serving of this component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices must not be served.
- 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.
- 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: December      Date: 12/22/2025      To 12/26/2025				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 12/22/2025	Tuesday 12/23/2025	Wednesday 12/24/2025	Thursday 12/25/2025	Friday 12/26/2025
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and	IFIC Multigrain	IFIC Oatmeal	IFIC Multigrain White	IFIC Rice Cereal	IFIC Multigrain
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Peaches	Applesauce	Pears	Bananas	Peaches
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of both <sup>4,5</sup>	Chicken	Beef	Ham	Beef	Turkey
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Green Beans/Pears	Peas/Peaches	Potatoes/Applesauce	Carrots/Pears	Squash/Bananas

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>+</sup> or formula <sup>+</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , 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.) <sup>6</sup> ; or					
		crackers (0-¼ oz. eq.) <sup>6</sup> ; or					
		0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or					
		ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	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).

Dietitian Consultant \_\_\_\_\_



CACFP Weekly Menu			Month: December Date: 12/29/2025 To 1/2/2026				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 12/29/2025	Tuesday 12/30/2025	Wednesday 12/31/2025	Thursday 1/1/2026	Friday 1/2/2026
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	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 <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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.) <sup>2</sup> , 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 <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and	Beef	Chicken	Turkey	Chicken	Ham
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Peas/Peaches	Carrots/ Applesauce	Green Beans/ Pears	Sweet Potatoes/Bananas	Squash/ Pears

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and 0-½ slice of bread/bread-like items (0-½ oz. eq.) <sup>6</sup> ; or crackers (0-¼ oz. eq.) <sup>6</sup> ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) <sup>2,6</sup> ; or ready-to-eat breakfast cereal (0-¼ oz eq) <sup>4,6,7</sup> ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>7,8</sup>	IFIC Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain Rice
			Pears	Peaches	Bananas	Pears	Peaches

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3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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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		Center: Month December			Date: 12/1/2025 To 12/5/2025				
Preschool / Toddler		Lawrence County Early Childhood Academy			12/1/2025	12/2/2025	12/3/2025	12/4/2025	12/5/2025
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 12/1/2025	Tuesday 12/2/2025	Wednesday 12/3/2025	Thursday 12/4/2025	Friday 12/5/2025
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	Cooked Apples	Strawberries	Grape Juice	Mandarin Oranges
	Grains/Meat								
	Alternates	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Sausage Gravy & Biscuit	WG White Toast Buttered	Oatmeal & WW Toast Buttered	Breakfast Pizza	Cheddar Biscuit, Scrambled Eggs
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	Sloppy Joes(Grnd Beef)	Homemade Pepperoni Pizza	Macaroni & Cheese	Salisbury Steak	Fish Sticks
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn (Blend corn for Toddlers)	Salad Mix (Pre-K) Cooked Carrots (Toddlers)	Steamed Broccoli	Green Beans Mashed Potatoes	Cooked Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Peaches	Mixed Fruit	Diced Pears	Applesauce	Pineapple Tidbits
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Bun	Pizza Crust/ WG	WW Bread	WW Bread	White WG Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk / 1% Milk				Whole Milk /1% Milk
	Meat/					Cheddar Cheese Cubes (Pre-K) Cheese Slices (Toddlers)			
	Meat Alternates	1/2 oz	1/2 oz	1 oz				Cream Cheese	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Vanilla Pudding		Applesauce		
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Graham Crackers,	Saltine Crackers	Dry Cheerios	Club Crackers	Kix Cereal

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<sup>1</sup> Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

<sup>2</sup> 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 \_\_\_\_\_



CACFP WEEKLY MENU		Center: Lawrence County Early Childhood Academy			Month: December		Date: 12/8/2025 To 12/12/2025		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 12/8/2025	Tuesday 12/9/2025	Wednesday 12/10/2025	Thursday 12/11/2025	Friday 12/12/2025
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Orange Juice	Mixed Fruit	Apple Juice	Banana
	Grains/Meat				Scrambled Eggs		White WG Toast		
	Alternates	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Mini Croissant	Sausage Gravy Biscuit	Cream Cheese	Apple Cinnamon Muffin	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	Goulash w( Grnd Beef)	Cheeseburger	Cheese Ravioli / Meat Sauce Mozarella Cheese	Meatloaf Muffin	Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Baked Beans (Blend for Toddlers) Lettuce,Tomato,Pickle	Cooked Carrots	Mashed Potatoes Green Beans	California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Diced Peaches	Diced Pears	Diced Peaches	Diced Peaches
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Garlic Bread	Bun	Garlic Bread	WG White Bread	WW Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	Cottage Cheese		
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz					Mozzarella Cheese
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup			Pineapple Tidbits	Mixed Fruit	
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Orange Muffin	Corn Flakes	Saltine Crackers	Graham Crackers	Breadsticks, Marinara Sauce

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<sup>1</sup> 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.

T for Toddlers

Dietitian Consultant\_\_\_\_\_

CACFP WEEKLY MENU		Center: Lawrence County Early Childhood Academy			Month: December	Date: 12/15/2025 To 12/19/2025			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 12/15/2025	Tuesday 12/16/2025	Wednesday 12/17/2025	Thursday 12/18/2025	Friday 12/19/2025
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Grape Juice	Frozen Strawberries	Cooked Apples	Apple Juice	Banana
	Grains/Meat							Breakfast Burrito	
	Alternates	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Sausage Biscuit	French Toast Stick/Syrup	WG White Toast/Buttered	Scrambled Eggs, Shredded Cheese	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	Salisbury Steak	BBQ Chicken	Spaghetti w/Meat Sauce Parmesan Cheese	Sausage Patty
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Steamed Broccoli	Mashed Potatoes Corn ( Blend for Toddlers)	Green Beans Baked Diced Potatoes	Salad - Lettuce, Tomatoes, Cheese(Pre-K) California Blend (Toddlers)	Sweet Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Peaches	Diced Pears	Pineapple Tidbits	Cooked Apples
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	WW Bread	Roll	WG White Bread	Garlic Bread	Biscuit
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		Mozzarella Cheese			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup			Vanilla Pudding	Applesauce	
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Kix Cereal	Breadsticks Marinara Sauce	Graham Crackers	Dry Cheerios	Orange Muffin

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<sup>2</sup> oz eq = ounce equivalents

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Dietitian Consultant \_\_\_\_\_



CACFP WEEKLY MENU Preschool / Toddler		Month: December			Center: Lawrence County Early Childhood Academy					Date: 12/22/2025 To 12/26/2025		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 12/22/2025	Tuesday 12/24/2025	Wednesday 12/24/2025	Thursday 12/25/2025	Friday 12/26/2025			
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk			
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Frozen Strawwberries	Apple Juice	Grape Juice	Banana			
	Grains/Meat				Oatmeal Buttered WW Toast							
	Alternates	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>		WG Pancakes w/ Syrup	Sausage Gravy & Biscuit	Blueberry Muffin	Corn Flakes			
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	Chili / Shredded Cheddar Cheese	Chicken Nuggets	Beef Soft Taco	Macaroni & Cheese	Homemade Pepperoni Pizza			
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Chili Beans (Blend Chili for Toddlers)	Green Beans	Refried Beans Lettuce,Tomatoes,Shredded Cheese	Steamed Broccoli	Salad Mix (Pre-k) Cooked Carrots ( Toddlers)			
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pineapple Tidbits	Mixed Fruit	Diced Pears	Diced Paeches	Mixed Fruit			
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Saltine Crackers	WG White Bread	WG Soft Tortilla Shell	White WG Bread	Pizza Crust			
Snack**	Milk	1/2 cup	1/2 cup	1 cup		Whole Milk / 1% Milk	Whole Milk / 1% Milk	Raspberry Yogurt	Whole Milk / 1% Milk			
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Cream Cheese				Cheese Slices			
	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 <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Club Crackers	Graham Crackers Banana Pudding	Cinnamon Toast Crunch	Granola	Saltine Cracker			

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Dietitian Consultant \_\_\_\_\_



CACFP WEEKLY MENU		Center: Month December				Date:			
Preschool / Toddler		Lawrence County Early Childhood Academy				12/29/2025 To 1/2/2026			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 12/29/2025	Tuesday 12/30/2025	Wednesday 12/31/2025	Thursday 1/1/2026	Friday 1/2/2026
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	Cooked Apples	Strawberries	Grape Juice	Mandarin Oranges
	Grains/Meat								
	Alternates	1/2 oz eq <sup>1,2</sup>	1/2 oz eq <sup>1,2</sup>	1 oz eq <sup>1,2</sup>	Sausage Gravy & Biscuit	WG White Toast Buttered	Oatmeal & WW Toast Buttered	Breakfast Pizza	Cheddar Biscuit,Scrambled Eggs
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	Sloppy Joes(Grnd Beef)	Homemade Pepperoni Pizza	Macaroni & Cheese	Salisbury Steak	Fish Sticks
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Corn (Blend corn for Toddlers)	Salad Mix (Pre-K) Cooked Carrots (Toddlers)	Steamed Broccoli	Green Beans Mashed Potatoes	Cooked Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Peaches	Mixed Fruit	Diced Pears	Applesauce	Pineapple Tidbits
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Bun	Pizza Crust/ WG	WW Bread	WW Bread	White WG Bread
Snack**									
	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk / 1% Milk				Whole Milk /1% Milk
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz		Cheddar Cheese Cubes (Pre-K) Cheese Slices (Toddlers)		Cream Cheese	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Vanilla Pudding		Applesauce		
	Grain	1/2 oz eq <sup>2</sup>	1/2 oz eq <sup>2</sup>	1 oz eq <sup>2</sup>	Graham Crackers,	Saltine Crackers	Dry Cheerios	Club Crackers	Kix Cereal

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Dietitian Consultant \_\_\_\_\_



## December 2025

<b>Date 12/1/25 Monday</b>	<b>Date 12/2/25 Tuesday</b>	<b>Date 12/3/25 Wednesday</b>	<b>Date 12/4/25 Thursday</b>	<b>Date 12/5/25 Friday</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Biscuit Sausage Gravy Orange Juice Milk	Cooked Apples Buttered WG White Toast Milk	Oatmeal Buttered WW Toast Strawberries Milk	Breakfast Pizza w/ Sausage, Egg, and Cheese Grape Juice Milk	Scrambled Eggs Cheddar Biscuit Mandarin Oranges Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Sloppy Joes Corn (blend corn for Toddlers) Bun Diced Peaches Milk	Homemade Pepperoni Pizza Salad—lettuce, tomato, cheese (Pre-K) Cooked Carrots (Toddlers) Mixed Fruit Milk Condiments: Ranch & French Dressing	Macaroni and Cheese Steamed Broccoli Diced Pears 1/2 Slice WW Bread Milk	Salisbury Steak Mashed Potatoes Green Beans 1/2 Slice WW Bread Apple Sauce Milk	Fish Sticks Cooked Carrots 1/2 Slice WG White Bread Pineapple Tidbits Milk  Condiments: Ketchup and Tartar Sauce
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Graham Crackers Vanilla Pudding Milk	Saltine Crackers Cheddar Cheese Cubes (Pre-K) Cheese Slices (Toddlers) Water	Applesauce Dry Cheerios Water	Club Crackers Cream Cheese Water	Kix Cereal Milk





# December 2025

<b>Date 12/15/25 Monday</b>	<b>Date 12/16/25 Tuesday</b>	<b>12/17/25 Wednesday</b>	<b>Date 12/18/25 Thursday</b>	<b>Date 12/19/25 Friday</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Sausage Biscuit Grape Juice Milk	French Toast Sticks Light Syrup Frozen Strawberries Milk	Cooked Apples 1/2 Slice Buttered WG White Toast Milk	Breakfast Burrito Soft Tortilla Shell Scrambled Eggs w/ Mild Shredded Cheese Apple Juice Milk  Condiments: Ketchup, Mild Taco Sauce	Rice Krispies 1/2 Banana Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken Alfredo Steamed Broccoli Applesauce 1/2 Slice WW Bread Milk	Salisbury Steak Mashed Potatoes Corn (Blend Corn for Toddlers) 1/2 Roll Diced Peaches Milk	BBQ Chicken Green Beans Baked Diced Potatoes 1/2 Slice WG White Bread Diced Pears Milk	Spaghetti w/ Meat Sauce Parmesan Cheese Salad– lettuce, tomato, cheese (Pre-K) California Blend (Toddlers) Garlic Bread Pineapple Tidbits Milk Condiments: French, Ranch	Sausage Patty Biscuit Sweet Potatoes Cooked Apples Milk
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Kix Cereal Milk	Breadsticks w/ Mozzarella Cheese Marinara Water	Graham Crackers Vanilla Pudding Water	Applesauce Dry Cheerios Water	Orange Muffin Milk





## December 2025

<b>Date 12/8/25 Monday</b>	<b>Date 12/9/25 Tuesday</b>	<b>Date 12/10/25 Wednesday</b>	<b>Date 12/11/25 Thursday</b>	<b>Date 12/12/25 Friday</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Scrambled Egg Mini Croissant Applesauce Milk	Sausage Gravy Biscuit Orange Juice Milk	1/2 Slice WG White Toast Cream Cheese Mixed Fruit Milk	Apple Cinnamon Muffin Apple Juice Milk	Rice Krispies 1/2 Banana Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Goulash w/ Beef Peas Garlic Bread Mandarin Oranges Milk	Cheeseburger with Bun Lettuce, Tomato, Pickle Baked Beans (Blended for Toddlers) Diced Peaches Milk  Condiments: Mayo, Mustard, Ketchup	Cheese Ravioli / Meat Sauce and Pepperoni Mozzarella Cheese Cooked Carrots Garlic Bread Pears Milk	Meatloaf Muffins Mashed Potatoes Green Beans 1/2 Slice WG White Bread Applesauce Milk	Chicken Nuggets California Blend 1/2 Slice WW Bread Diced Peaches Milk Condiments: Ketchup, Honey Mustard, Ranch
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Orange Muffin Milk	Cornflakes Milk	Cottage Cheese Saltine Crackers Pineapple Tidbits Water	Graham Crackers Mixed Fruit Water	Breadsticks w/ Mozzarella Cheese Marinara Water



## December 2025

<b>Date 12/22/25 Monday</b>	<b>Date 12/23/25 Tuesday</b>	<b>Date 12/24/25 Wednesday</b>	<b>Date 12/25/25 Thursday</b>	<b>Date 12/26/25 Friday</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal 1/2 Slice Buttered WW Toast Applesauce Milk	Pancakes Light Syrup Frozen Strawberries Milk	Sausage Gravy Biscuit Apple Juice Milk	Blueberry Muffin Grape Juice Milk	Corn Flakes 1/2 Banana Milk
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chili (Beans Blended for Toddlers) Saltine Crackers Shredded Mild Cheddar Cheese Pineapple Tidbits Milk	Chicken Nuggets Green Beans Mixed Fruit 1/2 Slice WG White Bread Milk  Condiments: Ketchup, Honey Mustard, Ranch	Beef Soft Taco Mild Shredded Cheese, Tomato, Lettuce Refried Beans Diced Pears Milk Condiments: Mild Taco Sauce, Sour Cream	Macaroni and Cheese Steamed Broccoli 1/2 Slice WG White Bread Diced Peaches Milk	Homemade Pepperoni Pizza Salad—lettuce, toma- to, cheese (Pre-K) Cooked Carrots (Toddlers) Mixed Fruit Milk Condiments: Ranch, French Dressing
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Club Crackers Cream Cheese Water	Graham Crackers Banana Pudding Milk	Cinnamon Toast Crunch Milk	Raspberry Yogurt Granola Water	Saltine Crackers Cheese Slices Water



## December 2025

Date 12/29/25 Monday	Date 12/30/25 Tuesday	Date 12/31/25 Wednesday	Date 1/1/26 Thursday	Date 1/2/26 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Biscuit Sausage Gravy Orange Juice Milk	Cooked Apples Buttered WG White Toast Milk	Oatmeal Buttered WW Toast Strawberries Milk	Breakfast Pizza w/ Sausage, Egg, and Cheese Grape Juice Milk	Scrambled Eggs Cheddar Biscuit Mandarin Oranges Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sloppy Joes Corn (blend corn for Toddlers) Bun Diced Peaches Milk	Homemade Pepperoni Pizza Salad—lettuce, tomato, cheese (Pre-K) Cooked Carrots (Toddlers) Mixed Fruit Milk Condiments: Ranch & French Dressing	Macaroni and Cheese Steamed Broccoli Diced Pears 1/2 Slice WW Bread Milk	Salisbury Steak Mashed Potatoes Green Beans 1/2 Slice WW Bread Apple Sauce Milk	Fish Sticks Cooked Carrots 1/2 Slice WG White Bread Pineapple Tidbits Milk  Condiments: Ketchup and Tartar Sauce
SNACK	SNACK	SNACK	SNACK	SNACK
Graham Crackers Vanilla Pudding Milk	Saltine Crackers Cheddar Cheese Cubes (Pre-K) Cheese Slices (Toddlers) Water	Applesauce Dry Cheerios Water	Club Crackers Cream Cheese Water	Kix Cereal Milk