

LCECA

Infant

Meal	Age	Portion Size/Component	Monday 3/2/2026	Tuesday 3/3/2026	Wednesday 3/4/2026	Thursday 3/5/2026	Friday 3/6/2026
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal	IFIC Rice Cereal
		Pears	Applesauce	Bananas	Pears	Applesauce	
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Beef	Turkey	Chicken	Beef
		Peas /Bananas	Carrots/Peaches	Beans/Bananas	Peas/Peaches	SweetPotatoes/ Bananas	

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

This institution is an equal opportunity provider.

- 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.
- 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 Z. K. MSROLD

LCECA

Infant

Meal	Age	Portion Size/Component	Monday 3/9/2026	Tuesday 3/10/2026	Wednesday 3/11/2026	Thursday 3/12/2026	Friday 3/13/2026
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal
		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 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Ham	Beef	Turkey	Ham
		Applesauce/ Squash	Peas/Peaches	Sweet Potatoes/ Applesauce	Green Beans/Peaches	Pears/Carrots	

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

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- 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 ZK MORDO

CACFP Weekly Menu Month: March Date: 3/16/2026 To 3/20/2026

LCECA		Infant					
Meal	Age	Portion Size/Component	Monday 3/16/2026	Tuesday 3/17/2026	Wednesday 3/18/2026	Thursday 3/19/2026	Friday 3/20/2026
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain	IFIC Oatmeal	IFIC Multigrain White	IFIC Rice Cereal	IFIC Multigrain
		Peaches	Applesauce	Pears	Bananas	Peaches	
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Beef	Ham	Beef	Turkey
		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 ¹	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 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	IFIF or Breastmilk				
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal
			Applesauce	Bananas	Peaches	Applesauce	Pears

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- 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 ZKMSRD LD

CACFP Weekly Menu Month: March Date: 3/23/2026 To 3/27/2026

LCECA		Infant					
Meal	Age	Portion Size/Component	Monday 3/23/2026	Tuesday 3/24/2026	Wednesday 3/25/2026	Thursday 3/26/2026	Friday 3/27/2026
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and	IFIC Oatmeal	IFIC Multigrain Rice	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Bananas	Pears	Applesauce	Peaches	Bananas
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and	Beef	Chicken	Turkey	Chicken	Ham
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Peas/Peaches	Carrots/ Applesauce	Green Beans/ Pears	Sweet Potatoes/Bananas	Squash/ Pears

PM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk				
	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 crackers (0-¼ oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{4,6} ; or ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and	IFIF or Breastmilk				
		0-2 Tbsp. vegetables or fruit or a combination of both ^{3,4}	IFIC Rice Cereal	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain Rice
			Pears	Peaches	Bananas	Pears	Peaches

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Dietitian Consultant *ZK MORDUD*

LCECA		Infant					
Meal	Age	Portion Size/Component	Monday 3/30/2026	Tuesday 3/31/2026	Wednesday 4/1/2026	Thursday 4/2/2026	Friday 4/3/2026
Breakfast	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal	IFIC Rice Cereal
		Pears	Applesauce	Bananas	Pears	Applesauce	
Lunch	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Chicken	Beef	Turkey	Chicken	Beef
		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 ²	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 (0-½ oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2,6} ; or	IFIF or Breastmilk				
	6-11 Months	ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
		Bananas	Squash	Applesauce	Sweet Potatoes	Pears	

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- 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 ZK MSRDJ

CACFP WEEKLY MENU		Center:			Month: March		Date:		
Preschool / Toddler		Lawrence County Early Childhood Academy					3/2/2026 To 3/6/2026		
MEAL	COMPONENT	AGES	AGES	AGES	Monday	Tuesday	Wednesday	Thursday	Friday
		1-2	3-5	6-18	3/2/2026	3/3/2026	3/4/2026	3/5/2026	3/6/2026
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	Applesauce	Orange Juice	Apple Juice	Mixed Fruit	Banana
	Grains/Meat				Scrambled Eggs				
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Mini Croissant	Sausage Biscuit	W/G Apple Cinnamon Muffin	WG White Wheat Toast	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 &Pepperoni	Meatloaf Muffin	Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	French Fries Baked Beans (Blend for Toddlers)	Cooked Carrots	Mashed Potatoes Green Beans	French Fries California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pears	Pineapple Tidbits	Diced Peaches	Sliced Apples, (Applesauce for Toddlers)
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Wheat 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	
	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		Mixed Fruit	Applesauce		
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	W/G Orange Muffin	W/G Graham Crackers	Saltine Crackers	W/GCinnamon Toast Crunch	Breadsticks, Marinara Sauce

This institution is an equal opportunity provider.

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

** Select 2 of the 5 components for snack.

Toddler's do not receive lettuce or raw carrots their carrots are to be parboiled.

Toddler's over 2 years will receive 1% milk.

Fresh fruit will replace canned fruit when in season.

T for Toddlers

Dietitian Consultant Z KMSRDL

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: March	Date: 3/9/2026 To 3/13/2026			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 3/9/2026	Tuesday 3/10/2026	Wednesday 3/11/2026	Thursday 3/12/2026	Friday 3/13/2026
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	Cooked Apples	Strawberries	Grape Juice	Apple Juice	Banana
	Grains/Meat							Scrambled Eggs, WW Toast	
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	WG White Toast	French Toast Stick/Syrup	Sausage Biscuit		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)	Baked Diced Potatoes, Peas & Carrots
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Diced Peaches	Diced Pears	Pineapple Tidbits	Cooked Apples
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	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 ²	1/2 oz eq ²	1 oz eq ²	Breadsticks & Marinara Sauce	Kix Cereal	Graham Crackers	Teddy Grahams	W/G Orange Muffin

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

² oz eq = ounce equivalents

** Select 2 of the 5 components for snack.

Toddler's do not receive lettuce or raw carrots their carrots are to be parboiled.

Toddler's over 2 years will receive 1% milk.

Fresh fruit will replace canned fruit when in season.

Dietitian Consultant Z K MSRDCD

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month March		Date: 3/16/2026 To 3/20/2026		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 3/16/2026	Tuesday 3/17/2026	Wednesday 3/18/2026	Thursday 3/19/2026	Friday 3/20/2026
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	Applesauce	Strawberries	Grape Juice	Apple Juice	Banana
	Grains/Meat				Oatmeal WW Toast				W/G Frosted Mini Wheats
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		WG Pancakes w/ Syrup	Blueberry Muffin	Sausage Biscuit	
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	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 w/Potatoes	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 Peaches	Mixed Fruit
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	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 ²	1/2 oz eq ²	1 oz eq ²	Club Crackers	Graham Crackers Banana Pudding	W/G Cinnamon Toast Crunch	Granola	Saltine Cracker

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.

Dietitian Consultant ZK MSRD

CACFP WEEKLY MENU		Center: Month March			Date: 3/23/2026 To 3/27/2026				
Preschool / Toddler		Lawrence County Early Childhood Academy			Monday	Tuesday	Wednesday	Thursday	Friday
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	3/23/2026	3/24/2026	3/25/2026	3/26/2026	3/27/2026
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 ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Sausage Biscuit & Gravy	WG White Toast	Frosted Mini Wheats	Oatmeal & WG Toast	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, Tater Tots	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 ²	1/2 oz eq ²	1 oz eq ²	Bun	Pizza Crust/ WG	WW Bread	Rolls	WG White 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)		Cream Cheese	
	Meat Alternates	1/2 oz	1/2 oz	1 oz					
	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 ²	1/2 oz eq ²	1 oz eq ²	W/G Graham Crackers	Saltine Crackers	Teddy Grahams	Club Crackers	Rice Chex	

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** Select 2 of the 5 components for snack.

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Fresh Fruit will replace canned fruit when in season.

Dietitian Consultant ZKMSRDL

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: March		Date: 3/30/2026 To 4/3/2026		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 3/30/2026	Tuesday 3/31/2026	Wednesday 4/1/2026	Thursday 4/2/2026	Friday 4/3/2026
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	Applesauce	Orange Juice	Apple Juice	Mixed Fruit	Banana
	Grains/Meat				Scrambled Eggs				
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Mini Croissant	Sausage Biscuit	W/G Apple Cinnamon Muffin	WG White Wheat Toast	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 &Pepperoni	Meatloaf Muffin	Chicken Nuggets
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	French Fries Baked Beans (Blend for Toddlers)	Cooked Carrots	Mashed Potatoes Green Beans	French Fries California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pears	Pineapple Tidbits	Diced Peaches	Sliced Apples, (Applesauce for Toddlers)
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Wheat 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	
	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		Mixed Fruit	Applesauce		
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	W/G Orange Muffin	W/G Graham Crackers	Saltine Crackers	W/GCinnamon Toast Crunch	Breadsticks, Marinara Sauce

This institution is an equal opportunity provider.

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** Select 2 of the 5 components for snack.

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Fresh fruit will replace canned fruit when in season.

T for Toddlers

Dietitian Consultant ZKMSRDU



March 2026

Date 3/2/26 Monday	Date 3/3/26 Tuesday	Date 3/4/26 Wednesday	Date 3/5/26 Thursday	Date 3/6/26 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scrambled Egg Mini Croissant Applesauce Milk	Sausage Biscuit & Gravy Orange Juice Milk	Apple Cinnamon Muffin Apple Juice Milk	WG White Toast Mixed Fruit Milk	Rice Krispies Banana Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Goulash w/ Beef Peas Whole Wheat Bread Mandarin Oranges Milk	Cheeseburger with Bun Lettuce, Tomato, Pickle Baked Beans (Blended for Toddlers) French Fries Diced Pears Milk Condiments: Mayo, Ketchup, Mustard	Cheese Ravioli / Meat Sauce and Pepperoni Mozzarella Cheese Cooked Carrots Garlic Bread Pineapple Tidbits Milk	Meatloaf Muffins Mashed Potatoes Green Beans WG White Bread Applesauce Milk	Chicken Nuggets California Blend French Fries WW Bread Sliced Apples (Applesauce for Toddlers) Milk
SNACK	SNACK	SNACK	SNACK	SNACK
W/G Orange Muffin Milk	Graham Crackers Mixed Fruit Water	Saltine Crackers Applesauce Water	W/G Cinnamon Toast Crunch Milk	Cheese Sticks w/ Mozzarella Cheese Marinara Sauce Water



March 2026

Date 3/9/26 Monday	Date 3/10/26 Tuesday	3/11/26 Wednesday	Date 3/12/26 Thursday	Date 3/13/26 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cooked Apples WG White Toast Milk	French Toast Sticks Light Syrup Strawberries Milk	Sausage Biscuit Grape Juice Milk	Scrambled Eggs & WW Toast Apple Juice Milk Condiments: Ketchup	Rice Krispies Banana Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Alfredo Steamed Broccoli Applesauce WW Bread Milk	Salisbury Steak Mashed Potatoes Corn (Blend Corn for Toddlers) Roll Diced Peaches Milk	BBQ Chicken Green Beans Baked Diced Potatoes 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 Baked Diced Potatoes Peas & Carrots Cooked Apples Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Breadsticks w/ Mozzarella Cheese Marinara Sauce Water	Kix Cereal Milk	Graham Crackers Vanilla Pudding Water	Applesauce Teddy Grahams Water	W/G Orange Muffin Milk



March 2026

3/16/26 Monday	Date 3/17/26 Tuesday	Date 3/18/26 Wednesday	Date 3/19/26 Thursday	Date 3/20/26 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal WW Toast Applesauce Milk	Pancakes Light Syrup Strawberries Milk	Blueberry Muffin Grape Juice Milk	Sausage Biscuit Apple Juice Milk	W/G Frosted Mini Wheats Banana Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chili (Beans Blended for Toddlers) Saltine Crackers Shredded Mild Cheddar Cheese Pineapple Tidbits Milk	Chicken Nuggets Green Beans w/Potatoes Mixed Fruit 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 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
SNACK	SNACK	SNACK	SNACK	SNACK
Club Crackers Cream Cheese Water	Graham Crackers Banana Pudding Milk	W/G Cinnamon Toast Crunch Milk	Raspberry Yogurt Granola Water	Saltine Crackers Cheese Slices Water



March 2026

Date 3/23/26 Monday	Date 3/24/26 Tuesday	Date 3/25/26 Wednesday	Date 3/26/26 Thursday	Date 3/27/26 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Sausage Biscuit & Gravy Orange Juice Milk	Cooked Apples WG White Toast Milk	W/G Frosted Mini Wheats Strawberries Milk	Oatmeal WG White Toast Grape Juice Milk	Scrambled Eggs Cheddar Biscuit Mandarin Oranges Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sloppy Joes Corn (blend corn for Toddlers) Tater Tots 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 WW Bread Milk	Salisbury Steak Mashed Potatoes Green Beans Rolls Apple Sauce Milk	Fish Sticks Cooked Carrots WG White Bread Pineapple Tidbits Milk Condiments: Ketchup and Tartar Sauce
SNACK	SNACK	SNACK	SNACK	SNACK
W/G Graham Crackers Vanilla Pudding Milk	Saltine Crackers Cheddar Cheese Cubes (Pre-K) Cheese Slices (Toddlers) Water	Applesauce Teddy Grahams Water	Club Crackers Cream Cheese Water	Rice Chex Cereal Milk



March 2026

Date 3/30/26 Monday	Date 3/31/26 Tuesday	Date 4/1/26 Wednesday	Date 4/2/26 Thursday	Date 4/3/26 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scrambled Egg Mini Croissant Applesauce Milk	Sausage Biscuit & Gravy Orange Juice Milk	Apple Cinnamon Muffin Apple Juice Milk	WG White Toast Mixed Fruit Milk	Rice Krispies Banana Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Goulash w/ Beef Peas Whole Wheat Bread Mandarin Oranges Milk	Cheeseburger with Bun Lettuce, Tomato, Pickle Baked Beans (Blended for Toddlers) French Fries Diced Pears Milk Condiments: Mayo, Ketchup, Mustard	Cheese Ravioli / Meat Sauce and Pepperoni Mozzarella Cheese Cooked Carrots Garlic Bread Pineapple Tidbits Milk	Meatloaf Muffins Mashed Potatoes Green Beans WG White Bread Applesauce Milk	Chicken Nuggets California Blend French Fries WW Bread Sliced Apples (Applesauce for Toddlers) Milk
SNACK	SNACK	SNACK	SNACK	SNACK
W/G Orange Muffin Milk	Graham Crackers Mixed Fruit Water	Saltine Crackers Applesauce Water	W/G Cinnamon Toast Crunch Milk	Cheese Sticks w/ Mozzarella Cheese Marinara Sauce Water