CACFP We	ekly Men	u LCECA	Infant		Month: November	Date: 11/3/2025	To 11/7/2025
Meal	Age	Portion Size/Component	Monday 11/3/2025	Tuesday 11/4/2025	Wednesday 11/5/2025	Thursday 11/6/2025	Friday 11/7/2025
	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
Breakfast	6-11 Months	0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and	IFIC Oatmeal	IFIC Multigrain Rice	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
		0-2 Tbsp. vegetables or fruit or a combination of both	Bananas	Pears	Applesauce	Peaches	Bananas
	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ² 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	IFIF or Breastmilk
Lunch	6-11 Months	0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt ³ ; or a combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a	Beef	Chicken	Turkey	Chicken Sweet	Ham
		combination of both ^{4,5}	Peas/Peaches	Carrots/ Applesauce	Green Beans/ Pears	Potatoes/Bananas	Squash/ Pears

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

- 1. Breastmilk or formula, or portions of both, most be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.
- For some breastled 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. Intact formula and dry infant cereal most be iron fortified.
- 3. Popul must contain no more than 23 grams of total sugars per 6 ounces.
- 4. Asserving of the component exequired when the infant is developmentally ready to accept it.
- 5. Froit and vegetable pinces must not be served.
- 6. All grains served must be made with charlest or whole grain meal or flour. Ready to-eat breakfast cereals and infant cereals that are fortified are also creditable.
- 1. 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 Consultani Z KMS EDW

CACFP We	ekly Mer	nu			Month: November	Date: 11/10/2025	то 11/14/2025
		LCECA	Infant				
Meal	Age	Portion Size/Component	Monday	Tuesday	Wednesday	Thursday	Friday
			11/10/2025	11/11/2025	11/12/2025	11/13/2025	11/14/2025
	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11	0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
Breakfast	Months	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
	Birth - 5 Months		IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11	0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
Lunch	Months	0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt²; 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

					· · · · · · · · · · · · · · · · · · ·		
	Birth-5						
		4-6 fluid (fl.) oz. breastmilk¹ or formula²	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
PM Snack		0-% slice of bread/bread-like Items (0-% oz. eq.) ⁶ ; or crackers (0-% oz. eq.) ⁶ ; or 0-4 Tbsp. infant cereal (0-% oz. eq.) ^{2,6} ; or					
	6-11 Months	ready-to-eat breakfast cereal (0-% oz eq) ^{4,6,7} ;	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	Bananas	Squash	Applesauce	Sweet Potatoes	Pears

- 1. Bre-istralk 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 breastled 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 breaklast 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 7 KM5RDLD

CACFP Weekly Menu					Month: November	r Date: 11/17/2025 To 11/21/2025	
-	parameters and	LCECA	Infant			No. 266	
Meal	Age	Portion Size/Component	Monday 11/17/2025	Tuesday 11/18/2025	Wednesday 11/19/2025	Thursday 11/20/2025	Friday 11/21/2025
	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11	0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
Breakfast	Months	0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt³; or a	IEIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal	IEIC Multigenia	IFIC Rice Cereal
		combination of the above ⁴ ; and 0-2 Tbsp. vegetables or fruit or a combination of both ^{4,5}	IFIC Multigrain Bananas	Applesauce	Pears	IFIC Multigrain Applesauce	Bananas
	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11	0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
Lunch	Months	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		Sweet Potatoes/ Applesauce	Green Beans/Peaches	

 Birth-S						
Months	4-6 fluid (fl.) oz. breastmilk¹ or formula²	IFIF or Breastmilk				
	2-4 fl. oz breastmilk ¹ or formula ² , and	IFIF or Breastmilk				
	0-% slice of bread/bread-like Items (0-% oz. eq.) ⁶ ; or crackers (0-% oz. eq.) ⁶ ; or					
Ì	0-4 Tbsp. infant cereal (0-% oz. eq.) ^{2.6} ; or ready-to-eat breakfast cereal (0-% 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

- 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 groms 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 ___ Z KMS e D W

CACFP We					Month: November	Date: 11/24/2025	To 11/28/2025
Meal		Portion Size/Component	Infant Monday 11/24/2025	Tuesday 11/25/2025	Wednesday 11/26/2025	Thursday 11/27/2025	Friday 11/28/2025
	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		6-8 fl. oz. breastmilk ¹ or formula ² ; and	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11	0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or					
Breakfast	Months	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
	Birth - 5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ² 6-8 fluid (fl.) oz. breastmilk ¹ or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
	6-11	formula ² ; and 0-4 Tbsp. infant cereal (0-½ oz. eq.) ² , meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or	IFIF Or Breastmik	IFIF OF Breastillik	IFIT OF Breastrillik	THE OF DICOSCHIER	THE OF BICESCHIIII
Lunch	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt³; or a	Chicken	Beef	Ham	Beef	Turkey
		0-2 Tbsp. vegetables or fruit or a combination of both 7-7	Green Beans/Pears	Peas/Peaches	Sweet Potatoes/Applesauce	Carrots/Pears	Squash/Bananas

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

- 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 breastled 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 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-fortilied.
- 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 Z KMSRDLD



Date 11/3/25 Monday	Date 11/4/25 Tuesday	Date 11/5/25 Wednesday	Date 11/6/25 Thursday	Date 11/7/25 Friday	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
Oatmeal Diced Peaches Milk	Strawberry/Banana Yogurt White Wheat Toast Strawberry Jelly Milk	Cinnamon Toast Crunch Strawberries Milk	Blueberry Muffins Grape Juice Milk	Sausage Biscuit & Gravy Apple Juice Milk	
LUNCH	LUNCH	LUNCII	LUNCH	LUNCH	
Sloppy Joes Broccoli w/ cheese WG/Bun Mixed Fruit Milk	Chicken Strips Green Beans Mashed potatoes White Whole Grain Bread Mandarin Oranges Milk	Hamburger Peas Diced Pears Milk	Spaghetti W/Meat Sauce Salad Mix California Blend (Toddlers) Garlic Bread Pineapple Tidbits Milk	W/G Pepperoni Pizza Carrot Sticks (Parboiled) Sliced Apples (Preschool) Applesauce (Toddlers) Milk	
SNACK	SNACK	SNACK	SNACK	SNACK	
Mozzarella Cheese Sticks Slice Cheese (Toddlers) Saltine Crackers	Cheerios Milk	Oatmeal Cookie Frozen Vanilla Yogurt	Graham Crackers Jello w/ Mandarin Oranges (Preschool) Mandarin Oranges (Infants & Toddlers)	Club Crackers Cream Cheese	





Date 11/10/25 Monday	Date 11/11/25 Tuesday	Date 11/12/25 Wednesday	Date 11/13/25 Thursday	Date 11/14/25 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 Orange Juice Milk
LUNCII	LUNCH	LUNCII	LUNCH	LUNCH
Chicken Alfredo Broccoli Mandarin Oranges Garlie Bread Milk	Cheeseburger Corn (Preschool) California Blend (Toddlers) Pincapple Tidbits Milk	Macaroni & Cheese Peas Mixed Fruit Whole Wheat Bread Milk	Roasted Turkey Sliced w/Turkey Gravy Mashed Potatoes Dressing Green Beans Dinner Roll Pumpkin Tarts Milk	Chicken Nuggets Green Beans & Potatoes Vanilla Pudding w/ Banana & Graham Cracker Topping Whole Wheat Bread Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Mixed Fruit Teddy Grahams Graham Crackers (Infants)	Corn Flakes Milk	Apple Cinnamon Muffin Milk	Vanilla Yogurt Graham Crackers	Cinnamon Toast Crunch Milk



Date 11/17/25 Monday	Date 11/18/25	Date 11/19/25 Wednesday	Date 11/20/25 Thursday	Date 11/21/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Waffles w/syrup Strawberries Milk	Blueberry or Orange Muffin Grape Juice Milk	Rice Chex Cereal Mixed Fruit Milk	Sausage Biscuit Orange Juice Milk	Oats Buttered Wheat Toast Diced Peaches Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salisbury Steak Mashed Potatoes Green Beans Rolls Applesauce Milk	Chicken & Noodles Peas Whole Wheat Bread Frozen Vanilla Yogurt Mixed Fruit Milk	Cheese Ravioli w/Meat Sauce California Blend Garlic Bread Sticks Diced Peaches Milk	Chicken Strips Mashed Potatoes Carrot Sticks (Parboiled) Whole Wheat Bread Pears Milk	Fish Sticks Broccoli White Whole Grain Bread Mandarin Oranges Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Strawberry Yogurt Snacks Milk	Club Crackers Cheddar Cheese Sticks Cheese Slices (Toddlers)	Applesauce Oatmeal Cookie	Strawberry Yogurt Granola	Rice Krispies Milk



Date 11/24/25 Monday	11/25/25 Tuesday	Date 11/26/25 Wednesday	Date 11/27/25 Thursday	Date 11/28/25 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
White Wheat Toast Strawberry Jelly Scrambled Eggs Orange Juice Milk	French Toast Sticks Syrup Mixed Fruit Milk	Apple Cinnamon Muffin Grape Juice Milk	Sausage Biscuit Applesauce Milk	Bagel Strawberry Cream Cheese Banana Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Sandwich Baked Beans (Preschool) Peas (Toddlers) 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 Diced Peaches White Wheat Bread Milk	Cheese Pizza California Blend Mixed Fruit Milk
SNACK	SNACK	SNACK	SNACK	SNACK
Strawberry/Banana Yogurt Granola	Applesauce Oatmeal Cookie	Raspberry Yogurt Graham Crackers	Goldfish Crackers Pears	Colby Jack Cheese Sticks Sliced Cheese (Toddlers) Saltine Crackers



	WEEKLY MENU	Center: Lawrence Co	ounty Early (Childhood A	Month November	Date: 11/3/2025	To 11/7/2025		
	COMPONENT	AGES	AGES 3-5	AGES 6-18	Monday 11/3/2025	Tuesday 11/4/2025	Wednesday	Thursday 11/6/2025	Friday 11/7/2025
	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
Breakta	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Diced Peaches		Strawberries	Grape Juice	Apple Juice
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Oatmeal	Starwberry/Banana Yogurt White Wheat Toast w/Strawberry Jelly	WG Cinnamon Toast Crunch	Blueberry Muffins	Sausage Biscuit & Gravy
	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)	Chicken Strips (CN)	Hamburgers (Beef)	Spaghetti w/ Meat Sauce (Grnd Beef)	W/G Pepperoni Pizza
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli w/cheese	Green Beans (Toddlers) Baked Beans(Preschool) Mashed Potatoes	Peas	California Blend (Toddler's) Salad Mix	Carrot Sticks (Parboiled)
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarin Oranges	Diced Pears	Pineapple Tidbits	Apple Slices/Applesauce(T)
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq²	WG/Bun	White Whole Grain Bread	WG/Bun	Garlic Bread	W/G Pizza Crust
	Milk	1/2 cup	1/2 cup	1 cup		Whole Milk / 1% Milk			
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Mozzarella Cheese Sticks (Preschool) Slice Cheese (Toddlers)		Frozen Vanilla Yogurt		Cream Cheese
Snack*	* Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup				Mandarin Oranges Infants & Toddler w/Jello for (Preschool)	
	Grain	1/2 oz eq²	1/2 oz eq²	1 oz eq²	Saltine Crackers This institution is an equal oppor	Cheerios	Oatmeal Cookie	Graham Crackers	Club Crackers

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 Z K MSRDCD

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

² oz eq = ounce equivalents

^{**} Select 2 of the 5 components for snack.

CACFP WE	EEKLY MENU / Toddler	Center: Lawrence C	ounty Early C	hildhood Ad	November	Date:	11/10/2025 To	11/14/2025	
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 11/10/2025	Tuesday 11/11/2025	Wednesday 11/12/2025	Thursday 11/13/2025	Friday 11/14/2025
	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
Breakfast		1/4 cup	1/2 cup	1/2 cup	Grape Juice	Diced Peaches	Strawberries	Applesauce	Orange Juice
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	White Whole Grain Cinnamon Toast w/ Butter	WG Pancakes w/ Syrup	Rice Krispies	W/G French Toast Sticks w/ syrup	Breakfast Burrito / Soft Tortilla Shell & Scrambled Eggs, Shredded Cheese
	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)	Macaroni & Cheese	Roasted Sliced Turkey	Chicken Nuggets
Lunch	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Corn (Preschool) California Blend(Toddlers)	Peas	Turkey Gravy, Mashed Potatoes Dressing, GreenBeans	Green Beans & Potatoes
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pineapple Tidbits	Mixed Fruit	Pumpkin Tarts	Vanilla Pudding w/Bananas & Graham Cracker Topping
	Grain	1/2 oz eq²	1/2 oz eq ²	1 oz eq²	Garlic Bread	White Whole Grain Bun	Whole Wheat Bread	Roll	Whole Wheat Bread
	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	
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Mixed Fruit Teddy Graham				
	Gram	1/2 oz eq²	1/2 oz eq²	1 oz eq²	Graham Crackers (Infants)	Corn Flakes	Apple Cinnamon Muffin	Graham Crackers	Cinnamon Toast Crunch

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 2 KHSRDLD

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

oz eq – ounce equivalents

^{**} Select 2 of the 5 components for snack.

CACFP WE	EKLY MENU / Toddler	Center:	ounty Early Ch	nildhood Ac	Month:	November Date:	11/17/2025 To	11/21/2025	
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 11/17/2025	Tuesday 11/18/2025	Wednesday	Thursday 11/20/2025	Friday 11/21/2025
	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
Breakfast	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Strawberries	Grape Juice	Mixed Fruit	Orange Juice	Diced Peaches
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	W/G Waffles w/ syrup	Blueberry or Orange Muffin	Rice Chex Cereal	Sausage Biscuit	Oats / Whole Wheat Toast/ w Butter
	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
Lunch	Meat Alternates	1 oz	1 1/2 oz	2 oz	Salisbury Steak	Chicken & Noodles (Shredded Chicken)	Cheese Ravioli w/ Meat Sauce	Chicken Strips	Fish Sticks
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	Peas	California Blend	Mashed Potatoes, Carrot Sticks (Parboiled)	Broccoli
	Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Mixed Fruit Frozen Vanilla Yogurt	Diced Peaches	Pears	Mandarin Oranges
	Grain	1/2 oz eq²	1/2 oz eq ²	1 oz eq²	Roll	Whole Wheat Bread	Garlic Bread Sticks	Whole Wheat Bread	White Whole Grain Bread
	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	
Snack**	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup			Applesauce		
	Grain	1/2 oz eq²	1/2 oz eq ²	1 oz eq²		Club Crackers	Oatmeal Cookie	Granola	Rice Krispies

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 7 KHSROUD

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

oz eq = ounce equivalents

^{**} Select 2 of the 5 components for snack.

	EEKLY MENU l / Toddler	Center:	ounty Early C	hildhood A	Month:	November Date:	11/24/2025 To	11/28/2025	
MEAL	COMPONENT	AGES	AGES	AGES	Monday	Tuesday	Wednesday	Thursday	Friday
		1-2	3-5	6-18	11/24/2025	11/25/2025	11/26/2025	11/27/2025	11/28/2025
	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
Breaktas	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Orange Juice	Mixed Fruit	Grape Juice	Applesauce	Banana
	Grains/Meat				White Wheat Toast w/Butter &Strawberry	Farmely Target Stinley			December 16 constant
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Jelly Scrambled Eggs	French Toast Sticks w/ Syrup	Apple Cinn. Muffin	Sausage Biscuit	Bagels w/Strawberry Cream Cheese
	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	M/h ala NAille / 19/ NAille	Whole Milk / 1% Milk	Mihala Mille / 10/ Mille
	Meat/	1/2 cup	13/4 cup	Leap	Breaded Chicken	VVIIdle IVIIIK / 1% IVIIIK	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat Alternates	1 oz	1 1/2 oz	2 oz	Sandwich (CN)	Beef Taco	Chicken Nuggets	Macaroni & Cheese	WG Cheese Pizza
Lunch						Corn(Preschool)			
						Cooked Carrots			
						(Toddlers)			
						Diced Tomatoes,			
						Shredded Cheese,			
						Sour Cream,	Green Beans		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baked Beans /Peas (T)	Lettuce (Preschool)	w/Potatoes	Broccoli	California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Diced Pears	Pineapple Tidbits	Diced Peaches	Mixed Fruit
	Grain	1/2 oz eq²	1/2 oz eq ²	1 oz eq²	White Whole Grain Bun	Soft Tortilla	Whole Wheat Bread	White Wheat Bread	Breading on Pizza
	Milk	1/2 cup	1/2 cup	1 cup					
	Meat/				Strawberry/Banana				Colby Jack Cheese Sticks
Snack**	Meat Alternates	1/2 oz	1/2 oz	1 oz	Yogurt		Raspberry Yogurt		Sliced Cheese (Toddlers)
SHACK	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Applesauce		Pears	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Granola This institution is an equ	Oatmeal Cookie	Graham Crackers	Goldfish Crackers	Saltine Crackers

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

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

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

Dietitian Consultant Z K HORDUD