

CACFP WEEKLY MENU		Center: Month September			Date:				
Preschool / Toddler		Lawrence County Early Childhood Academy			9/2/2024		9/6/2024		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 9/2/2024	Tuesday 9/3/2024	Wednesday 9/4/2024	Thursday 9/5/2024	Friday 9/6/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk /1% Milk	Whole Milk /1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Diced Peaches	Grape Juice	Fresh Strawberries	Banana	Apple Juice
	Grains/Meat					White Wheat Toast w/Strawberry Jelly Fried Apples			
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Oatmeal		WG Cinnamon Toast Crunch	Blueberry Muffins	Sausage Biscuit & Gravy
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk /1% Milk	Whole Milk /1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Fish Sticks (CN)	Chicken Strips (CN)	Hamburgers (Beef)	Spaghetti w/ Meat Sauce (Grnd Beef)	Ham & Cheese Sandwich
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli & Tater Tots	Green Beans & Mashed Potatoes	Corn & French Fries	California Blend (Toddler's) Salad Mix	Peas & Carrots Diced Tomatoes, Sliced Cheese (Lettuce Preschool only)
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Watermelon	Diced Pears	Pineapple Tidbits	Cantaloupe
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Wheat Bread	White Whole Grain Bread	WG Bun	Garlic Bread	Buns
Snack**	Milk	1/2 cup	1/2 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	1/2 oz	1/2 oz	1 oz	Mozzarella Cheese Sticks		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

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 canned fruit when in season.

CACFP WEEKLY MENU Preschool / Toddler		Month: September			Date: 9/9/2024 To 9/13/2024				
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 9/9/2024	Tuesday 9/10/2024	Wednesday 9/11/2024	Thursday 9/12/2024	Friday 9/13/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Grape Juice	Diced Peaches	Strawberries	Fresh Apples	Orange Juice
	Grains/Meat				White Whole Grain Cinnamon Toast w/ Butter			W/G French Toast Sticks w/ syrup	Breakfast Burrito / Soft Tortilla Shell & Scrambled Eggs, Shredded Cheese
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}		WG Pancakes w/ Syrup	Kix Cereal		
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Chicken Alfredo w/Penn Noodles	Cheeseburger (Beef)	Goulash (Ground Beef)	W/G Pepperoni Pizza(CN)	Chicken Nuggets
								Carrot Sticks Parboiled(Toddlers) w/Ranch Dressing	Green Beans & Roasted Potatoes
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Baked Beans / French Fries	Peas		
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Pineapple Tidbits	Mixed Fruit	Pears	Banana
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Grain Bread	White Whole Grain Bun	Whole Wheat Bread	W/G Pizza Crust	Whole Wheat Bread
Snack**	Milk	1/2 cup	1/2 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1/2 oz	1/2 oz	1 oz	Cheese Cubes			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	Wheat Crackers	Cheerios	Orange or Blueberry Muffin	Graham Crackers	Cinnamon Toast Crunch

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CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: September	Date: 9/16/2024 To 9/20/2024			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 9/16/2024	Tuesday 9/17/2024	Wednesday 9/18/2024	Thursday 9/19/2024	Friday 9/20/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Strawberries	Diced Peaches	Orange Juice	Mixed Fresh Fruit	Apple Juice
	Grains/Meat Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	W/G Waffles w/ syrup	Blueberry or Orange Muffin	Rice Chex Cereal	Bagels/Cream Cheese	Oats / Whole Wheat Toast/ w Butter
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	Salisbury Steak	Beef & Noodles (Shredded Beef)	Sloppy Joes (Grnd Beef)	Chili w/ Grilled Cheese	Turkey Roll Up
									California Blend, Diced Tomatoes, Shredded Cheese, Lettuce (Preschool)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans & Mashed Potatoes	Peas & Carrots	Broccoli w/ Cheese Baked French Fries	Carrot Sticks (Parboiled) for Toddlers	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Pears	Mixed Fruit Frozen Vanilla Yogurt	Fresh Apples	Diced Peaches	Mandarin Oranges
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Roll	Whole Wheat Bread	WG Bun	White Wheat Bread	White Wheat Bread
Snack**	Milk	1/2 cup	1/2 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	1/2 oz	1/2 oz	1 oz	Strawberry Yogurt Snacks	Cheddar Cheese Stick	Stawberry Yogurt		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	Applesauce				Banana
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²		Club Crackers	Granola	Blueberry Muffin	Rice Krispies

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Fresh fruit will replace canned fruit when in season.

CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy			Month: September	Date: 9/23/2024 To 9/27/2024			
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 9/23/2024	Tuesday 9/24/2024	Wednesday 9/25/2024	Thursday 9/26/2024	Friday 9/27/2024
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Orange Juice	Mixed Fruit	Diced Peaches	Grape Juice	Fresh Strawberries
	Grains/Meat				White Wheat Toast w/Butter & Strawberry Jelly				
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Scrambled Eggs	French Toast Sticks w/ Syrup	Sausage Biscuit	Blueberry Muffin	Bagels w/Strawberry Cream Cheese
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk/ 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Breaded Chicken Sandwich (CN)	Beef Taco	Chicken Nuggets	Macaroni & Cheese	WG Cheese Pizza
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cooked Carrots	Corn, Diced Tomatoes, Shredded Cheese, (Lettuce	Green Beans Tater Tots	Broccoli	California Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges/Jello	Diced Pears	Pineapple Tidbits	Cantaloupe	Frozen Vanilla Yogurt/ Diced Peaches
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	White Whole Grain Bun	White Wheat Bread	Whole Wheat Bread	White Wheat Bread	Breading on Pizza
Snack**	Milk	1/2 cup	1/2 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	1/2 oz	1/2 oz	1 oz	Strawberry/Banana Yogurt		Raspberry Yogurt		Colby Jack Cheese Sticks
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Applesauce		Pears	
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Granola	Teddy Grahams	Kix Cereal	WG Educational Snacks	Saltine Crackers

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CACFP WEEKLY MENU Preschool / Toddler		Center: Lawrence County Early Childhood Academy				Month September		Date:		
						9/30/2024		10/4/2024		
MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	Monday 9/30/2024	Tuesday 10/1/2024	Wednesday 10/2/2024	Thursday 10/3/2024	Friday 10/4/2024	
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk /1% Milk	Whole Milk /1% Milk	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Diced Peaches	Grape Juice	Strawberries	Banana	Apple Juice	
	Grains/Meat					White Wheat Toast w/Strawberry Jelly Fried Apples				
	Alternates	1/2 oz eq ^{1,2}	1/2 oz eq ^{1,2}	1 oz eq ^{1,2}	Oatmeal		WG Cinnamon Toast Crunch	Blueberry Muffins	Sausage Biscuit & Gravy	
Lunch	Milk	1/2 cup	3/4 cup	1 cup	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk / 1% Milk	Whole Milk /1% Milk	Whole Milk /1% Milk	
	Meat/ Meat Alternates	1 oz	1 1/2 oz	2 oz	Fish Sticks (CN)	Chicken Strips (CN)	Hamburgers (Beef)	Spaghetti w/ Meat Sauce (Grnd Beef)	Ham & Cheese Sandwich	
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli & Tater Tots	Green Beans & Mashed Potatoes	Corn & French Fries	California Blend (Toddler's) Salad Mix	Peas & Carrots Diced Tomatoes, Sliced Cheese (Lettuce Preschool only)	
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Mandarin Oranges	Diced Pears	Pineapple Tidbits	Apple Slices	
	Grain	1/2 oz eq ²	1/2 oz eq ²	1 oz eq ²	Whole Wheat Bread	White Whole Grain Bread	WG Bun	Garlic Bread	Buns	
Snack**	Milk	1/2 cup	1/2 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	1/2 oz	1/2 oz	1 oz	Mozzarella Cheese Sticks		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 ⁺	1/2 oz eq ⁺	1 oz eq ⁺	Whole Wheat Crackers	Cheerios	Teddy Grahams	Graham Crackers	Club Crackers	

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CACFP Weekly Menu			Month: September Date: 9/2/24 -9/6/24				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 9/2/2024	Tuesday 9/3/2024	Wednesday 9/4/2024	Thursday 9/5/2024	Friday 9/6/2024
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 ⁴ or	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 0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		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

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: September Date: 9/9/24 - 9/13/24				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 9/9/2024	Tuesday 9/10/2024	Wednesday 9/11/2024	Thursday 9/12/2024	Friday 9/13/2024
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 ^{5,6}	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 ^{5,6}	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 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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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: September				
LCECA			Date: 9/16/24 - 9/20/24				
Infant							
Meal	Age	Portion Size/Component	Monday 9/16/2024	Tuesday 9/17/2024	Wednesday 9/18/2024	Thursday 9/19/2024	Friday 9/20/2024
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
		6-8 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 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 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
		6-8 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 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	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 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					
		0-4 Tbsp. infant cereal (0-½ oz. eq.) ^{2,6} ; or					
	6-11	ready-to-eat breakfast cereal (0-¼ oz eq) ^{4,6,7} ;	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Multigrain	IFIC Oatmeal
	Months	and					
		0-2 Tbsp. vegetables or fruit or					
		a combination of both ^{4,5}	Bananas	Squash	Applesauce	Sweet Potatoes	Pears

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3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
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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: September Date: 9/23/24 - 9/27/24				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 9/23/2024	Tuesday 9/24/2024	Wednesday 9/25/2024	Thursday 9/26/2024	Friday 9/27/2024
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	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					
	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	IFIC Oatmeal	IFIC Multigrain	IFIC Rice Cereal	IFIC Oatmeal
			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: September Date: 9/30/24 - 10/4/24				
LCECA			Infant				
Meal	Age	Portion Size/Component	Monday 9/30/2024	Tuesday 10/1/2024	Wednesday 10/2/2024	Thursday 10/3/2024	Friday 10/5/2024
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	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 0-½ slice of bread/bread-like items (0-½ oz. eq.) ⁶ ; or	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk	IFIF or Breastmilk
		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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