

LCPC Menu - 6 Weeks to 12 Months

Week 1	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Cottage Cheese	Cheese	Yogurt	Cottage Cheese
		Mangos	Fruit Cocktail	Pineapple	Raspberry&bluberry	Strawberries
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Lunch	Sweet Potato Hash (HM)	Chicken Alfredo	HM Beef Chili (HM)	Chicken with Gravy(HM)	HM Sloppy Joes (HM)
		Roll	Noodles	Corn Bread	Bread WGR	Bun
		Turkey	Chicken	Beef	Chicken with Gravy	Beef
		Sweet Potato	Broccoli	Kidney Beans & Tomatoes	Mashed Potatoes	Green Beans
		Grapes	Peaches	Pears	Mixed Veggies	Pineapples
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Snack	Toast (WGR)	Graham Cracker WGR	Ritz Crackers	Kix (WGR)	Cheerios (WGR)
		Banana	Orange	Applesauce	Blueberries	Grapes
Week 2	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		IFC- Oatmeal	Cottage Cheese	Cheese	Cottage Cheese	Yogurt
		Peaches	Fruit Cocktail	Applesauce	Mandarin Oranges	Banana
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Lunch	Chicken Enchiladas (HM)	Beef Spaghetti	Turkey Meatloaf (HM)	Beef with Gravy (HM)	Grilled Cheese Sandwich(HM)
		Tortilla	Noodles	Oats WGR	Brown Rice WGR	Bread WGR
		Chicken/Cheese	Beef	Turkey Meatloaf	Beef with Gravy	Cheese
		Black Beans	Peas	Mashed Potatoes	Green Beans	Tater Tots
		Corn, Peas & Carrots	Pears	Peaches	Apples	Green Beans
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Snack	Animal Crackers	Kix WGR	Ritz Crackers	MG Cheerios WGR	Cheerios (WGR)
		Applesauce	Apple Slices	Strawberries	Clementines	Carrots
Week 3	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Cottage Cheese	Cheese	Yogurt	Cottage Cheese
		Mangos	Fruit Cocktail	Pineapple	Raspberry&bluberry	Strawberries
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Lunch	Bean & Cheese Burro(HM)	Chicken Spaghetti	HM Turkey Chili (HM)	Tater Tot Hot Dish (HM)	BBQ Chicken Sandwich (HM)
		Tortilla	Noodles	Corn Bread	Tater Tots	Bun
		refried beans/cheese	Chicken	Turkey	Beef & Cheese	Chicken
		Corn, Peas & Carrots	Green Beans	Kidney Beans & Tomatoes	Green Beans	Carrots
		Pears	Peaches	Apples	Bread WGR	Applesauce
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Snack	Toast (WGR)	Graham Crackers WGR	Ritz Crackers	Kix (WGR)	Cheerios (WGR)
		Oranges	Mandarin Oranges	Applesauce	Blueberries	Grapes
Week 4	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		IFC- Oatmeal	Cottage Cheese	Cheese	Cottage Cheese	Yogurt
		Peaches	Fruit Cocktail	Applesauce	Mandarin Oranges	Banana
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Lunch	Pizza (HM)	Beef Stroganoff (HM)	Beef Meatloaf (HM)	Shepherd's Pie (HM)	Turkey Sandwich
		English Muffin	Noodles	Oats WGR	Roll	Bread WGR
		Cheese	Beef	Beef	Beef	Turkey & Cheese
		Carrots	Broccoli	Mashed Potatoes	Mashed Potatoes	Green Beans
		Pears	Peaches	Green Beans	Mixed Veggies	Pineapples
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Snack	Animal Crackers	Kix WGR	Ritz Crackers	MG Cheerios WGR	Cheerios (WGR)
		Applesauce	Apple Slices	Strawberries	Clementines	Carrots
Week 5	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Cottage Cheese	Cheese	Yogurt	Cottage Cheese
		Mangos	Fruit Cocktail	Pineapple	Raspberry&bluberry	Strawberries
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Lunch	Alfredo Quesadilla (HM)	Mac & Cheese (HM)	Meatballs	Hawaiian Fried Rice (HM)	Hamburger slider (HM)
		Tortilla	Noodles	Brown Rice WGR	Brown Rice WGR	Roll
		Cheese	Cheese	Beef	Turkey/Egg	Beef
		Mixed Veggies	Peas	Broccoli	Carrots	pickles
		Peaches	Pears	Applesauce	Pineapple	Pears
		Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula	Breast Milk/Formula
	Snack	Toast (WGR)	Graham Cracker WGR	Ritz Crackers	Kix (WGR)	Cheerios (WGR)
		Oranges	Mandarin Oranges	Applesauce	Blueberries	Grapes

Date	Menu Week
8/4/2025	week 2
8/11/2025	week 3
8/18/2025	week 4
8/25/2025	week 5
9/1/2025	week 1
9/8/2025	week 2
9/15/2025	week 3
9/22/2025	week 4
9/29/2025	week 5
10/6/2025	week 1
10/13/2025	week 2
10/20/2025	week 3
10/27/2025	week 4
11/3/2025	week 5
11/10/2025	week 1
11/17/2025	week 2
11/24/2025	week 3
12/1/2025	week 4
12/8/2025	week 5
12/15/2025	week 1
12/22/2025	week 2
12/29/2025	week 3
1/5/2026	week 4
1/12/2026	week 5
1/19/2026	week 1
1/26/2026	week 2
2/2/2026	week 3
2/9/2026	week 4
2/16/2026	week 5
2/23/2026	week 1
3/2/2026	week 2
3/9/2026	week 3
3/16/2026	week 4
3/23/2026	week 5
3/30/2026	week 1
4/6/2026	week 2
4/13/2026	week 3
4/20/2026	week 4
4/27/2026	week 5
5/4/2026	week 1
5/11/2026	week 2
5/18/2026	week 3
5/25/2026	week 4
6/1/2026	week 5
6/8/2026	week 1
6/15/2026	week 2
6/22/2026	week 3
6/29/2026	week 4
7/6/2026	week 5
7/13/2026	week 1
7/20/2026	week 2
7/27/2026	week 3
8/3/2026	week 4

The Child and Adult Care Food Program (CACFP) is a federally funded meal program through the United States Department of Agriculture (USDA) which provides reimbursements for nutritious meals and snacks served to eligible children enrolled for care at participating centers.

A variety of public or private nonprofit child care centers and Head Start programs which are licensed or approved to provide day care services participate in CACFP.

WGR = Whole Grain Rich

All cheeses are low-fat

Mixed Veggies = Corn, carrots, green beans, green peas, lima beans

TrailMix = Cheez-its, cheerios, and pretzels

Ground beef/turkey mix
ture- meat, chopped onion and peppers are added in and cooked with the meat

Fruit Blend = Peaches, strawberries, honeydew melon, pineapple & blueberries

*Water is offered with all meals and throughout the day

Whole milk is provided for children 12-23 months and 1% or skim will be provided for all Children 24 months and older.

This institution is an equal opportunity provider.

UPDATED: 7/22/2025