

LCPC Menu - 12 months - School Age

Week 1	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles
		Mangos	Fruit Cocktail	Pineapple	Raspberries&blueberry	Strawberries
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	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
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Snack	Life Cereal WGR	Gold Fish	Ritz Crackers	Tortilla Chips WGR	Wheat Thins WGR
		Bananas	Oranges	String Cheese	Refried Beans	Grapes
Week 2	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Graham Cracker WGR	Bagel	English Muffin	Muffin	Rice Krispies
		Peaches	Fruit Cocktail	Applesauce	Mandarin Oranges	Banana
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	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 & Cinnamon	Green Beans
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Snack	Animal Crackers	Kix WGR	Yogurt	MG Cheerios WGR	HM Trail Mix
		Raisins	Apple Slices	Strawberries	Clementines	Carrots
Week 3	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles
		Mangos	Raisins	Pineapple	Raspberries&blueberry	Strawberries
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	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 & Cinnamon	Bread WGR	Applesauce
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Snack	Life Cereal WGR	Graham Crackers WGR	Ritz Crackers	Tortilla Chips WGR	Wheat Thins WGR
		Oranges	Mandarin Oranges	String Cheese	Refried Beans	Grapes
Week 4	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Graham Crackers WGR	Bagel	English Muffin	Muffin	Rice Krispies
		Peaches	Fruit Cocktail	Applesauce	Mandarin Oranges	Banana
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	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
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Snack	Animal Crackers	Kix WGR	Yogurt	MG Cheerios WGR	HM Trail Mix
		Raisins	Apple Slices	Strawberries	Clementines	Carrots
Week 5	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles
		Mangos	Raisins	Pineapple	Raspberries&blueberry	Strawberries
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	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
		Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Snack	Life Cereal WGR	Pretzels	Ritz Crackers	Tortilla Chips WGR	Wheat Thins WGR
		Oranges	Mandarin Oranges	String Cheese	Refried Beans	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