

LCPC Menu - 12 months - School Age

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles
		Mangos	Fruit Blend	Pineapple	Festival Fruit Blend	Strawberries & Blueberries
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
		Beef Nachos	Chicken Alfredo	HM Beef Chili	Chicken with Gravy	HM Sloppy Joes
	Lunch	Brown rice WGR	Noodles	Corn bread	Bread WGR	Bun WGR
		Beef Nachos	Chicken	Beef	Chicken with Gravy	Beef
		Corn	Broccoli	Kidney beans	Mashed Potatoes	Green Beans
		Tomatoes	Peaches	Pears	Mixed Veggies	Pineapples
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
		Snack	Life Cereal WGR	Kix	HM Trail Mix	Wheat Thins WGR
Oranges	Apple Slices		Cucumbers & Carrots	Grapes	Clementine	
Week 2	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Graham Cracker	English Muffin	Bagel	Muffin	Rice Krispies
		Peaches	Applesauce	Raisins	Mandarin Oranges	Banana
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
	Lunch	Chicken Enchiladas	Spaghetti - Beef	Meat Loaf - Turkey	Beef with Gravy	Sandwich - Grilled Cheese
		Tortilla	Noodles	Oats WGR	Brown Rice WGR	Bread WGR
		Chicken Enchiladas	Beef	Turkey	Beef with Gravy	Cheese
		Black Beans	Peas	Mashed Potatoes	Green Beans	Tater Tots
		Corn, Peas & Carrots	Apple Sauce	Peaches	Apples & Cinnamon	Carrots
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Snack	Life Cereal WGR	Kix	HM Trail Mix	Wheat Thins WGR	Multi Grain Cheerios	
	Oranges	Apple Slices	Cucumbers & Carrots	Grapes	Clementine	
Week 3	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles
		Mangos	Fruit Blend	Pineapple	Festival Fruit Blend	Strawberries & Blueberries
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
	Lunch	Bean & Cheese Burrito	Spaghetti - Chicken	Meat Loaf - Beef	Fried Rice	BBQ Chicken Sandwich
		Tortilla	Noodles	Oats WGR	Brown Rice WGR	Bun WGR
		Refried Beans	Chicken	Beef	Turkey and Egg	Chicken
		Corn, Peas & Carrots	Green Beans	Mashed Potatoes	Peas	Carrots
		Pears	Peaches	Broccoli	Pineapple	Applesauce
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Snack	Life Cereal WGR	Kix	HM Trail Mix	Wheat Thins WGR	Multi Grain Cheerios	
	Oranges	Apple Slices	Cucumbers & Carrots	Grapes	Clementine	
Week 4	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Graham Cracker	English Muffin	Bagel	Muffin	Rice Krispies
		Peaches	Applesauce	Raisins	Mandarin Oranges	Banana
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
	Lunch	Chicken Nachos	Beef Stroganoff	HM Chili - Turkey	Pizza	Turkey Sandwich
		Brown Rice WGR	Noodles	Corn Bread	English Muffin	Bread WGR
		Chicken Nachos	Beef Stroganoff	Turkey	Cheese	Turkey & Cheese
		Black Beans	Broccoli	Kidney Beans	Carrots	Green Beans
		Corn, Peas & Carrots	Peaches	Apples with Cinnamon	Pears	Pineapples
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Snack	Life Cereal WGR	Kix	HM Trail Mix	Wheat Thins WGR	Multi Grain Cheerios	
	Oranges	Apple Slices	Cucumbers & Carrots	Grapes	Clementine	
Week 5	Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
		Eggs	Oatmeal WGR	Cinnamon Toast WGR	Yogurt	Waffles
		Mangos	Fruit Blend	Pineapple	Festival Fruit Blend	Strawberries & Blueberries
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
	Lunch	Alfredo Quesadilla	Mac & Cheese	Meatballs	Hawaiian Fried Rice	Egg Sandwich
		Tortilla	Noodles	Brown Rice WGR	Brown Rice WGR	Bread WGR
		Cheese	Cheese	Beef	Turkey	Eggs
		Mixed Veggies	Peas	Broccoli	Carrots	Tater Tots
		Peaches	Pears	Applesauce	Pineapple	Apples and Cinnamon
		Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Snack	Life Cereal WGR	Kix	HM Trail Mix	Wheat Thins WGR	Multi Grain Cheerios	
	Oranges	Apple Slices	Cucumbers & Carrots	Grapes	Clementine	

Date	Menu Week
8/1/22	Week 5
8/8/22	Week 1
8/15/22	Week 2
8/22/22	Week 3
8/29/22	Week 4
9/5/22	Week 5
9/12/22	Week 1
9/19/22	Week 2
9/26/22	Week 3
10/3/22	Week 4
10/10/22	Week 5
10/17/22	Week 1
10/24/22	Week 2
10/31/22	Week 3
11/7/22	Week 4
11/14/22	Week 5
11/21/22	Week 1
11/28/22	Week 2
12/5/22	Week 3
12/12/22	Week 4
12/19/22	Week 5
12/26/22	Week 1
1/2/23	Week 2
1/9/23	Week 3
1/16/23	Week 4
1/23/23	Week 5
1/30/23	Week 1
2/6/23	Week 2
2/13/23	Week 3
2/20/23	Week 4
2/27/23	Week 5
3/6/23	Week 1
3/13/23	Week 2
3/20/23	Week 3
3/27/23	Week 4
4/3/23	Week 5
4/10/23	Week 1
4/17/23	Week 2
4/24/23	Week 3
5/1/23	Week 4
5/8/23	Week 5
5/15/23	Week 1
5/22/23	Week 2
5/29/23	Week 3
6/5/23	Week 4
6/12/23	Week 5
6/19/23	Week 1
6/26/23	Week 2
7/3/23	Week 3
7/10/23	Week 4
7/17/23	Week 5
7/24/23	Week 1

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

HM = Homemade

All cheeses are low-fat

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

Trail Mix = Cheese its, Cheerios, and pretzels

Fruit Blend = Peaches, Strawberries, Honeydew melon, pineapple & blueberries

Festival Fruit Blend = Mango, Papaya, Pineapple and Strawberry

Water is offered with all meals.

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

On the days we are not open, those menu days will be skipped.