#7422

Lejeune-New River Child Youth Programs SAC (TTYP/SSYP) Menu

Substitutes available to children with food allergies or intolerances on CYP website. See "Allergy Substitutions." Chilled Water is available throughout the day.

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus

Portion Measurements Legend: 1/8 cup=1 oz 1/4 cup=2 oz 1/2 cup=4 oz 3/4 cup=6 oz 1 cup=8 oz

CHARLIE WEEK	Minimum portions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider, employer and lender.	SAC	November 30, 2026	December 1, 2026	December 2, 2026	December 3, 2026	December 4, 2026
BREAKFAST						
Fruit	1/2 c	Diced Peaches	Pineapple Tidbits (C)	Bananas	Oranges (C)	Blueberries
Meat or Meat Alt (Optional)	1oz		Egg Patty (D, E, S)			
Grain	1 oz eq	Cornflakes Cereal (W)		Kix Cereal	Cream of Wheat w/ Brown Sugar (D, W)	Whole Wheat Waffles (D, E, S, W)
Milk*, fluid	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments			Ketchup (C), Shredded Cheese (D)			Syrup
LUNCH						
Fruit	1/4 c					
Vegetable	1/2 c					
Meat or Meat Alt	2 oz					
Grain	1 oz eq					
Milk*, fluid	8 oz					
Condiments						
SNACK						
Fruit	3/4 c			Apples	Diced Peaches	
Vegetable	3/4 c		Cucumber Slices			Carrot Sticks
Meat or Meat Alt	1 oz			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
Grain	1 oz eq	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Corn Tortilla Chips (S)	
Milk*, fluid	8 oz	Milk (D)				
Condiments			Ranch Dressing (D, E, S)		Salsa (C)	Ranch Dressing (D, E, S)

Menu subject to change. Revised 5/2026

***Milk**: 6 yrs and older: Unflavored 1% Milk; Kikkoman Soy; Lactose-Free Milk;
Fat-Free Chocolate Milk offered for Monday PM Snack

Condiments availble upon request

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Portion Measurements Legend: 1/8 cup=1 oz 1/4 cup=2 oz 1/2 cup=4 oz 3/4 cup=6 oz 1 cup=8 oz

ALPHA WEEK	Minimum portions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider, employer and lender.	SAC	December 7, 2026	December 8, 2026	December 9, 2026	December 10, 2026	December 11, 2026
BREAKFAST						
Fruit	1/2 c	Fruit Cocktail (C)	Oranges (C)	Bananas	Tropical Fruit (C)	Blueberries
Meat or Meat Alt (Optional)	1oz					
Grain	1 oz eq	Life Cereal (W)	Whole Grain French Toast Sticks (D, E, S, W)	Oatmeal w/ Brown Sugar and Cinnamon (D)	Rice Chex Cereal	Whole Wheat Pancakes (D, E, S, W)
Milk*, fluid	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments			Syrup			Syrup
LUNCH						
Fruit	1/4 c			Mandarin Oranges (C)		
Vegetable	1/2 c			Waffle Fries (S)		
Meat or Meat Alt	2 oz			Chicken Patty (S, W) & Sliced Cheese (D)		
Grain	1 oz eq			Whole Wheat Bun (W, S)		
Milk*, fluid	8 oz			Milk (D)		
Condiments				Ketchup (C), Mayo (E), Pickles		
SNACK						
Fruit	3/4 c			Apples	Diced Peaches	
Vegetable	3/4 c		Cucumber Slices			
Meat or Meat Alt	1 oz			Dannon Light & Fit Vanilla Yogurt (D)		
Grain	1 oz eq	Whole Grain Sweet Potato Crackers (S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Corn Tortilla Chips (S)	Cheddar Goldfish Cracker (D, W)
Milk*, fluid	8 oz	Milk (D)				Milk (D)
Condiments			Ranch Dressing (D, E, S)		Salsa (C)	

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BRAVO WEEK	Minimum portions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider, employer and lender.	SAC	December 14, 2026	December 15, 2026	December 16, 2026	December 17, 2026	December 18, 2026
BREAKFAST						
Fruit	1/2 c	Fruit Cocktail (C)	Pineapple Tidbits (C)	Bananas	Diced Peaches	Diced Mangoes
Meat or Meat Alt (Optional)	1oz			Egg Patty (D, E, S)		
Grain	1 oz eq	Rice Krispy Cereal	Whole Wheat Pancakes (D, E, S, W)		Cheesy Grits (D, S, W)	Whole Grain Muffins (E, S, W)
Milk*, fluid	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments			Syrup	Ketchup (C), Shredded Cheese (D)	Shredded Cheese (D)	
LUNCH						
Fruit	1/4 c					
Vegetable	1/2 c					
Meat or Meat Alt	2 oz					
Grain	1 oz eq					
Milk*, fluid	8 oz					
Condiments						
SNACK						
Fruit	3/4 c					Diced Pears
Vegetable	3/4 c				Cucumber Slices	
Meat or Meat Alt	1 oz			String Cheese (D)		
Grain	1 oz eq	Whole Wheat Soft Mini Pretzel (W)	Cheez-It Crackers (D, S, W)	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Veggie Crackers (D, S, W)	Whole Corn Tortilla Chips (S)
Milk*, fluid	8 oz	Milk (D)	Milk (D)			
Condiments		Honey Mustard (E, S)			Ranch Dressing (D, E, S)	Salsa (C)

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CHARLIE WEEK	Minimum portions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider, employer and lender.	SAC	December 21, 2026	December 22, 2026	December 23, 2026	December 24, 2026	December 25, 2026
BREAKFAST						
Fruit	1/2 c	Diced Peaches	Pineapple Tidbits (C)	Bananas	Oranges (C)	
Meat or Meat Alt (Optional)	1oz		Egg Patty (D, E, S)			
Grain	1 oz eq	Cornflakes Cereal (W)		Kix Cereal	Cream of Wheat w/ Brown Sugar (D, W)	
Milk*, fluid	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments			Ketchup (C), Shredded Cheese (D)			
LUNCH						
Fruit	1/4 c	Mandarin Oranges (C)	Tropical Fruit (C)	Diced Pears	Applesauce	
Vegetable	1/2 c	Potato Salad (E, S)	Green Peas	Diced Carrots	Green Beans	
Meat or Meat Alt	2 oz	Sliced Turkey & White Cheese (D)	Diced Chicken w/ Alfredo Sauce (D, S)	Cowboy Beans (Ground Turkey, Baked Beans) (C)	Shredded Chicken w/ Mayo & Relish (E, S)	**CLOSED**
Grain	1 oz eq	Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)	Wheat Twin Crackers (S, W)	
Milk*, fluid	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments		Pickles, Mayo (E)				
SNACK						
Fruit	3/4 c			Apples	Diced Peaches	
Vegetable	3/4 c		Cucumber Slices			
Meat or Meat Alt	1 oz			Dannon Light & Fit Vanilla Yogurt (D)		
Grain	1 oz eq	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Corn Tortilla Chips (S)	
Milk*, fluid	8 oz	Milk (D)				
Condiments			Ranch Dressing (D, E, S)		Salsa (C)	

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ALPHA WEEK	Minimum portions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider, employer and lender.	SAC	December 28, 2026	December 29, 2026	December 30, 2026	December 31, 2026	January 1, 2027
BREAKFAST						
Fruit	1/2 c	Fruit Cocktail (C)	Oranges (C)	Bananas	Tropical Fruit (C)	
Meat or Meat Alt (Optional)	1oz					
Grain	1 oz eq	Life Cereal (W)	Whole Grain French Toast Sticks (D, E, S, W)	Oatmeal w/ Brown Sugar and Cinnamon (D)	Rice Chex Cereal	
Milk*, fluid	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments			Syrup			
LUNCH						
Fruit	1/4 c	Applesauce	Diced Peaches	Mandarin Oranges (C)	Pineapple Tidbits (C)	
Vegetable	1/2 c	Green Beans	Corn	Waffle Fries (S)	Green Beans	
Meat or Meat Alt	2 oz	Sliced Ham & Cheese (D)	Meatballs w/ BBQ Sauce (D, S, W, C)	Chicken Patty (S, W) & Sliced Cheese (D)	Shredded Chicken w/ Mayo & Relish (E, S)	**CLOSED**
Grain	1 oz eq	Whole Wheat Tortilla (W)	Jasmine Rice	Whole Wheat Bun (W, S)	Wheat Twin Crackers (S, W)	
Milk*, fluid	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments		Pickles, Mayo (E)		Ketchup (C), Mayo (E), Pickles		
SNACK						
Fruit	3/4 c			Apples	Diced Peaches	
Vegetable	3/4 c		Cucumber Slices			
Meat or Meat Alt	1 oz			Dannon Light & Fit Vanilla Yogurt (D)		
Grain	1 oz eq	Whole Grain Sweet Potato Crackers (S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Corn Tortilla Chips (S)	
Milk*, fluid	8 oz	Milk (D)				
Condiments			Ranch Dressing (D, E, S)		Salsa (C)	

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