

#7422

Lejeune-New River Child Youth Programs CDC/NR SAC 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				Age Legend: PT= Pre-Toddler, T=Toddler, PS=Preschool	
CHARLIE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 1, 2024	July 2, 2024	July 3, 2024	July 4, 2024	July 5, 2024
BREAKFAST					
Fruit	Diced Peaches	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Bananas	CLOSED HAPPY FOURTH OF JULY	Blueberries
Meat or Meat Alt (Optional)		Egg Patty (D, E, S)			
Grain	Cornflakes Cereal (W)		Kix Cereal		Whole Wheat Pancakes (D, E, S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)		Milk (D)
Condiments		Ketchup (C), Shredded Cheese (D)			Syrup, Butter (D)
LUNCH					
Fruit	Mandarin Oranges (C)	Fruit Cocktail (PT) Tropical Fruit (T/PS) (C)	Mandarin Oranges	CLOSED HAPPY FOURTH OF JULY	Diced Pears
Vegetable	Potato Salad (E, S)	Green Peas	Diced Carrots		Green Beans
Meat or Meat Alt	Sliced Turkey & Cheese (D)	Diced Chicken w/ Alfredo Sauce (D, S)	Cowboy Beans (Ground Turkey, Baked Beans) (C)		Sunbutter & Jelly String Cheese (D)
Grain	Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)		Whole Wheat Bread (S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)		Milk (D)
Condiments	Mustard, Mayo (E)				
SNACK					
Fruit			Diced Peaches (PT) Apple Slices (T/PS)	CLOSED HAPPY FOURTH OF JULY	
Vegetable		Cucumber Slices			
Meat or Meat Alt			Dannon Light & Fit Vanilla Yogurt (D)		
Grain	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Cracker Bites (D, S, W)			Whole Grain Cheese Snack Crackers (D, S, W)
Milk*, fluid	Milk (D)				Milk (D)
Condiments		Ranch Dressing (D, E, S)			

Menu subject to change.

Revised 4/2024

*Milk: 1 yr old : unflavored whole milk, 2-12 yr old : unflavored low-fat milk, Lactose-Free Milk; Kikkoman Organic Soy

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus			Age Legend: PT= Pre-Toddler, T=Toddler, PS=Preschool		
ALPHA WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 8, 2024	July 9, 2024	July 10, 2024	July 11, 2024	July 12, 2024
BREAKFAST					
Fruit	Fruit Cocktail	Diced Pears (PT) Orange Slices (T/PS) (C)	Bananas	Fruit Cocktail (PT) Tropical Fruit (T/PS) (C)	Blueberries
Meat or Meat Alt (Optional)					
Grain	Whole Grain French Toast Sticks (D, E, S, W)	Life Cereal (W)	Oatmeal w/ Brown Sugar and Cinnamon (D)	Rice Chex Cereal	Whole Wheat Pancakes (D, E, S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments	Syrup		Butter (D)		Syrup, Butter (D)
LUNCH					
Fruit	Applesauce	Diced Peaches	Mandarin Oranges (C)	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Diced Pears
Vegetable	Green Beans	Corn	Potato Medley	Spinach	Diced Carrots
Meat or Meat Alt	Sliced Ham & Cheese (D)	Black Beans	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Meat Sauce (C)
Grain	Whole Wheat Flour Tortilla (W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)	Fried Jasmine Rice (S, W)	Whole Grain Spaghetti Noodles (W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments	Mustard, Mayo (E)	Salsa (C), Shredded Cheese (D)	Ketchup (C), Jelly, Shredded Cheese (D), Butter (D)		
SNACK					
Fruit			Diced Peaches (PT) Apple Slices (T/PS)		
Vegetable		Cucumber Slices			
Meat or Meat Alt			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
Grain	Whole Grain Sweet Potato Crackers (S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Grain Cheese Snack Crackers (D, S, W)	Whole Wheat Berry Animal Crackers (D, S, W)
Milk*, fluid	Milk (D)			Milk (D)	
Condiments		Ranch Dressing (D, E, S)			

Menus subject to change.

Revised 4/2024

*Milk: 1 yr old : unflavored whole milk, 2-12 yr old : unflavored low-fat milk, Lactose-Free Milk; Kikkoman Organic Soy

#7422

Lejeune-New River Child Youth Programs CDC/NR SAC 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			Age Legend: PT= Pre-Toddler, T=Toddler, PS=Preschool		
BRAVO WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 15, 2024	July 16, 2024	July 17, 2024	July 18, 2024	July 19, 2024
BREAKFAST					
Fruit	Fruit Cocktail	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Bananas	Diced Peaches	Diced Mangoes
Meat or Meat Alt (Optional)			Egg Patty (D, E, S)		
Grain	Rice Krispy Cereal	Whole Wheat Pancakes (D, E, S, W)		Cheesy Grits (D, S, W)	Cheerios Cereal
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments		Syrup, Butter (D)	Ketchup (C), Shredded Cheese (D)	Butter (D)	
LUNCH					
Fruit	Diced Pears	Mandarin Oranges (PT) (C) Sliced Oranges (T/PS) (C)	Applesauce	Fruit Cocktail (PT) Tropical Fruit (T/PS) (C)	Applesauce (PT) Apple Slices (T/PS)
Vegetable	Diced Carrots	Green Peas	Shredded Lettuce & Diced Tomatoes (C)	Sweet Potatoes	Corn
Meat or Meat Alt	Sunbutter & Jelly String Cheese (D)	Diced Ham	Taco Seasoned Ground Turkey (C)	Diced Chicken in BBQ Sauce (C)	Ground Turkey Chili (C)
Grain	Whole Wheat Bread (S, W)	Whole Grain Macaroni w/ Cheese (D, S, W)	Whole Wheat Flour Tortilla (W)	Whole Wheat Biscuit (D, S, W)	Cornbread (D, E, S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments			Ranch Dressing (D, E, S), Salsa (C), Shredded Cheese (D)	Jelly, Butter (D)	
SNACK					
Fruit		Diced Peaches			Diced Pears
Vegetable				Cucumber Slices	
Meat or Meat Alt		Dannon Light & Fit Vanilla Yogurt (D)			
Grain	Whole Wheat Soft Mini Pretzel (W)		Trail Mix (Cheerios, Kix, Rice Chex & Raisins)	Whole Wheat Pita Bread Wedges (W)	Whole Grain Sweet Potato Crackers (S, W)
Milk*, fluid	Milk (D)		Milk (D)		
Condiments	Honey Mustard (E, S)			Hummus (C)	

Menu subject to change.

Revised 4/2024

*Milk: 1 yr old : unflavored whole milk, 2-12 yr old : unflavored low-fat milk, Lactose-Free Milk; Kikkoman Organic Soy

#7422

Lejeune-New River Child Youth Programs CDC/NR SAC 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			Age Legend: PT= Pre-Toddler, T=Toddler, PS=Preschool		
CHARLIE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 22, 2024	July 23, 2024	July 24, 2024	July 25, 2024	July 26, 2024
BREAKFAST					
Fruit	Diced Peaches	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Bananas	Mandarin Oranges (PT) (C) Sliced Oranges (T/PS) (C)	Blueberries
Meat or Meat Alt (Optional)		Egg Patty (D, E, S)			
Grain	Cornflakes Cereal (W)		Kix Cereal	Cream of Wheat w/ Brown Sugar (D, W)	Whole Wheat Pancakes (D, E, S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments		Ketchup (C), Shredded Cheese (D)		Butter (D)	Syrup, Butter (D)
LUNCH					
Fruit	Mandarin Oranges (C)	Fruit Cocktail (PT) Tropical Fruit (T/PS) (C)	Diced Pears	Applesauce	Fruit Cocktail
Vegetable	Potato Salad (E, S)	Green Peas	Diced Carrots	Chopped Broccoli	Sweet Potato
Meat or Meat Alt	Sliced Turkey & Cheese (D)	Diced Chicken w/ Alfredo Sauce (D, S)	Cowboy Beans (Ground Turkey, Baked Beans) (C)	Diced Turkey w/ Gravy (D, S, W)	Ground Turkey in Sloppy Joe Sauce (C)
Grain	Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments	Mustard, Mayo (E)				Ketchup (C), Jelly, Butter (D)
SNACK					
Fruit			Diced Peaches (PT) Apple Slices (T/PS)		
Vegetable		Cucumber Slices			
Meat or Meat Alt			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
Grain	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Wheat Pita Bread Wedges (W)	Whole Grain Cheese Snack Crackers (D, S, W)
Milk*, fluid	Milk (D)			Milk (D)	
Condiments		Ranch Dressing (D, E, S)		Jelly	

Menu subject to change.

Revised 4/2024

*Milk: 1 yr old : unflavored whole milk, 2-12 yr old : unflavored low-fat milk, Lactose-Free Milk; Kikkoman Organic Soy

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus			Age Legend: PT= Pre-Toddler, T=Toddler, PS=Preschool		
ALPHA WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 29, 2024	July 30, 2024	July 31, 2024	August 1, 2024	August 2, 2024
BREAKFAST					
Fruit	Fruit Cocktail	Diced Pears (PT) Orange Slices (T/PS) (C)	Bananas	Fruit Cocktail (PT) Tropical Fruit (T/PS) (C)	Blueberries
Meat or Meat Alt (Optional)					
Grain	Whole Grain French Toast Sticks (D, E, S, W)	Life Cereal (W)	Oatmeal w/ Brown Sugar and Cinnamon (D)	Rice Chex Cereal	Whole Wheat Pancakes (D, E, S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments	Syrup		Butter (D)		Syrup, Butter (D)
LUNCH					
Fruit	Applesauce	Diced Peaches	Mandarin Oranges (C)	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Diced Pears
Vegetable	Green Beans	Corn	Potato Medley	Spinach	Diced Carrots
Meat or Meat Alt	Sliced Ham & Cheese (D)	Black Beans	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Meat Sauce (C)
Grain	Whole Wheat Flour Tortilla (W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)	Fried Jasmine Rice (S, W)	Whole Grain Spaghetti Noodles (W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments	Mustard, Mayo (E)	Salsa (C), Shredded Cheese (D)	Ketchup (C), Jelly, Shredded Cheese (D), Butter (D)		
SNACK					
Fruit			Diced Peaches (PT) Apple Slices (T/PS)		
Vegetable		Cucumber Slices			
Meat or Meat Alt			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
Grain	Whole Grain Sweet Potato Crackers (S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Grain Cheese Snack Crackers (D, S, W)	Whole Wheat Berry Animal Crackers (D, S, W)
Milk*, fluid	Milk (D)			Milk (D)	
Condiments		Ranch Dressing (D, E, S)			

Menus subject to change.

Revised 4/2024

*Milk: 1 yr old : unflavored whole milk, 2-12 yr old : unflavored low-fat milk, Lactose-Free Milk; Kikkoman Organic Soy