

## Lejeune-New River Child Youth Programs Infant Menu

INFANT MEAL PATTERN	
BREAKFAST/LUNCH/SUPPER	SNACK
0-5 MONTHS	0-5 MONTHS
*4-6 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup>	*4-6 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup>
6-12 MONTHS (When Developmentally Ready <sup>6</sup> )	6-12 MONTHS (When Developmentally Ready <sup>6</sup> )
*6-8 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup> ; and *0-4 tbsp. iron-fortified infant cereal <sup>4,8</sup> , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or 1/2 cup yogurt <sup>5</sup> ; or a combination of the above; and *0-2 tbsp. vegetable or fruit <sup>7</sup> , or a combination of both	*2-4 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup> ; and *0-1/2 slice bread <sup>8</sup> ; or 0-2 crackers <sup>8</sup> ; or 0-4 tbsp. iron fortified infant cereal <sup>4,8</sup> ; or ready-to-eat breakfast cereal <sup>8,9</sup> ; and *0-2 tbsp. vegetable or fruit <sup>7</sup> , or a combination of both
MEMO NOTES	
<sup>1</sup> <u>Breastmilk or Iron Fortified Infant Formula</u> : Breastmilk or iron fortified infant formula, or portions of both, must be served; it is recommended that breastmilk be served in place of iron fortified infant formula from birth through 11 months	
<sup>2</sup> <u>Breastfeeding On-Site</u> : In lieu of providing expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursable meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required.	
<sup>3</sup> <u>Breastmilk Serving Size</u> : For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more.	
<sup>4</sup> <u>Iron Fortified Infant Formula</u> : Iron fortified infant cereal may not be offered in a bottle.	
<sup>5</sup> <u>Yogurt</u> : Yogurt must contain no more than 23 grams of total sugars per 6 oz.	
<sup>6</sup> <u>Introduction of Solids</u> : A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP <i>Provision of Breastmilk or Infant Formula and Solid Foods</i> form for guidance.	
<sup>7</sup> <u>Juice</u> : Vegetable/fruit juices must not be served.	
<sup>8</sup> <u>Grains</u> : Grains must be whole grain rich, enriched meal, or enriched flour.	
<sup>9</sup> <u>Breakfast Cereal</u> : Breakfast cereal must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).	
<sup>10</sup> <u>Additional Components</u> : Extra components served with parent permission are not USDA reimbursable.	
<sup>11</sup> <u>Water is available throughout the day</u> : Infants older than 6 months may have small amounts of water (1-2 oz) with solid foods.	
* Infant menu must be followed to meet meal pattern requirements when an infant is developmentally ready. If an infant is not developmentally ready to consume what is stated on the menu, then accommodations and substitutions may be made to allow for infant's readiness level	

(JF)= Infant Jar Food

Revised 09/2025

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

CHILDS NAME: \_\_\_\_\_

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus		
Storm Rations	AGE	
Storm Ration-Lunch		
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1, 4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months	
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	___ Shredded Chicken w/ Mayo & Relish (E, S)
Vegetable/Fruit <sup>6, 7</sup>		___ Green Beans
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Wheat Crackers (S, W)

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

CHILDS NAME: \_\_\_\_\_

Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus						
CHARLIE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	December 29, 2025	December 30, 2025	December 31, 2025	January 1, 2026	January 2, 2026
BREAKFAST						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)		
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)		
Vegetable/Fruit <sup>6,7</sup>		___ Diced Peaches	___ Crushed Pineapple (C)	___ Bananas (JF)		
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Cornflakes Cereal (W)	___ Egg Patty (D, E, S)	___ Kix Cereal		
LUNCH						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)		
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	___ Sliced Turkey	___ Diced Chicken w/ Alfredo Sauce (D, S)	___ Cowboy Beans (C)		
Vegetable/Fruit <sup>6,7</sup>		___ Potato Salad (E,S)	___ Green Peas	___ Diced Carrots	CLOSED	CLOSED
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Wheat Pita Bread (W)	___ Linguini Noodles (W)	___ Cornbread (D, E, S, W)		
SNACK						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)		
	6-12 Months					
Grain <sup>6,8,9</sup>	6-12 Months	___ Kix Cereal	___ Whole Wheat Crackers (S, W)	___ Cheerios Cereal		
Vegetable/Fruit <sup>6,7</sup>		___ Carrots (JF)	___ Sweet Potatoes (JF)	___ Diced Peaches		
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		

#7422

## Lejeune-New River Child Youth Programs Infant Menu

List of substitutes available to children with food allergies or intolerances can be found on the CYP website.

Water is available throughout the day<sup>11</sup>.**PARENTS: Place a check mark next to items your child has tried at home and can have while in care.****CHILDS NAME:** \_\_\_\_\_**Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus**

ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *	AGE	January 5, 2026	January 6, 2026	January 7, 2026	January 8, 2026	January 9, 2026
BREAKFAST						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)
Vegetable/Fruit <sup>6,7</sup>		___ Bananas (JF)	___ Diced Pears	___ Bananas	___ Peaches (JF)	___ Blueberries
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ 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)
LUNCH						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	___ Sliced Ham	___ Black Beans	___ Egg Patty (D, E, S)	___ Teriyaki Diced Chicken (S, W, C)	___ Ground Turkey Spaghetti Sauce (C)
Vegetable/Fruit <sup>6,7</sup>		___ Applesauce	___ Diced Peaches	___ Potato Medley	___ Crushed Pineapple (C)	___ Diced Carrots
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Wheat Flour Tortilla (W)	___ Jasmine Rice	___ Whole Wheat Biscuit (D, S, W)	___ Fried Jasmine Rice (S, W)	___ Whole Grain Spaghetti Noodles (W)
SNACK						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Grain <sup>6,8,9</sup>	6-12 Months	___ Whole Grain Sweet Potato Crackers (S, W)	___ Rice Chex Cereal	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal
Vegetable/Fruit <sup>6,7</sup>		___ Green Beans (JF)	___ Carrots (JF)	___ Diced Peaches	___ Applesauce (JF)	___ Sweet Potatoes (JF)
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)

JF=Infant Jar Food

Revised 09/2025

Menus subject to change.

This institution is an equal opportunity provider.

**PARENTS: Place a check mark next to items your child has tried at home and can have while in care.****CHILDS NAME:** \_\_\_\_\_**Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus**

BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	January 12, 2026	January 13, 2026	January 14, 2026	January 15, 2026	January 16, 2026
BREAKFAST						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1, 4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	___Iron Fortified Infant Rice Cereal (S)	___Iron Fortified Infant Oatmeal Cereal (W)	___Iron Fortified Infant Rice Cereal (S)	___Iron Fortified Infant Oatmeal Cereal (W)	___Iron Fortified Infant Rice Cereal (S)
Vegetable/Fruit <sup>6, 7</sup>		___Pears (JF)	___Crushed Pineapples (C)	___Bananas	___Diced Peaches	___Diced Mangoes
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___Rice Crispy Cereal	___Whole Wheat Pancakes (D, E, S, W)	___Egg Patty (D, E, S)	___Cheesy Grits (D, S, W)	___Cheerios Cereal
LUNCH						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1, 4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	___String Cheese (D)	___Diced Ham	___Ground Turkey Taco Meat (C)	___Diced Chicken w/ BBQ Sauce (C)	___Ground Turkey Chili (C)
Vegetable/Fruit <sup>6, 7</sup>		___Diced Carrots	___Green Peas	___Applesauce	___Sweet Potatoes	___Corn
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	___Whole Grain Macaroni & Cheese (D, S, W)	___Whole Wheat Flour Tortilla (W)	___Whole Wheat Biscuit (D, S, W)	___Cornbread (D, E, S, W)
SNACK						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1, 4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Grain <sup>6, 8, 9</sup>	6-12 Months	___Cheerios Cereal	___Whole Wheat Crackers (S, W)	___Kix Cereal	___Whole Grain Veggie Crackers (D, S, W)	___Whole Grain Sweet Potato Crackers (S, W)
Vegetable/Fruit <sup>6, 7</sup>		___Green Beans(JF)	___Diced Peaches	___Squash (JF)	___Green Peas (JF)	___Diced Pears
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___Dannon Light & Fit Vanilla Yogurt (D)		___Cucumber Slices	

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CHARLIE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	January 19, 2026	January 20, 2026	January 21, 2026	January 22, 2026	January 23, 2026
BREAKFAST						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1, 4</sup>	0-5 Months		Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months		___Iron Fortified Infant Rice Cereal (S)	___Iron Fortified Infant Oatmeal Cereal (W)	___Iron Fortified Infant Rice Cereal (S)	___Iron Fortified Infant Oatmeal Cereal (W)
Vegetable/Fruit <sup>6, 7</sup>			___Diced Peaches	___Crushed Pineapples (C)	___Mandarin Oranges (C)	___Blueberries
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___Cornflakes Cereal (W)	___Kix Cereal	___Cream of Wheat w/ Brown Sugar (D, W)	___Whole Wheat Pancakes (D, E, S, W)
LUNCH						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1, 4</sup>	0-5 Months		Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months		___Sliced Turkey	___Cowboy Beans (C)	___Diced Turkey w/ Gravy (D, S, W)	___Ground Turkey Sloppy Joe (C)
Vegetable/Fruit <sup>6, 7</sup>		CLOSED	___Potato Salad (E,S)	___Diced Carrots	___Applesauce	___Sweet Potatoes
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___Whole Wheat Pita Bread (W)	___Cornbread (D, E, S, W)	___Jasmine Rice	___Whole Wheat Biscuit (D, S, W)
SNACK						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1, 4</sup>	0-5 Months		Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Grain <sup>6, 8, 9</sup>	6-12 Months		___Kix Cereal	___Cheerios Cereal	___Whole Wheat Pita Bread Wedges (W)	___Rice Chex Cereal
Vegetable/Fruit <sup>6, 7</sup>			___Carrots (JF)	___Diced Peaches	___Squash (JF)	___Green Peas(JF)
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___String Cheese	___Dannon Light & Fit Vanilla Yogurt (D)		___String Cheese (D)

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Water is available throughout the day<sup>11</sup>.**PARENTS: Place a check mark next to items your child has tried at home and can have while in care.****CHILDS NAME:** \_\_\_\_\_**Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus**

ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *	AGE	January 26, 2026	January 27, 2026	January 28, 2026	January 29, 2026	January 30, 2026
BREAKFAST						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)
Vegetable/Fruit <sup>6,7</sup>		___ Bananas (JF)	___ Diced Pears	___ Bananas	___ Peaches (JF)	___ Blueberries
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ 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)
LUNCH						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	___ Sliced Ham	___ Black Beans	___ Egg Patty (D, E, S)	___ Teriyaki Diced Chicken (S, W, C)	___ Ground Turkey Spaghetti Sauce (C)
Vegetable/Fruit <sup>6,7</sup>		___ Applesauce	___ Diced Peaches	___ Potato Medley	___ Crushed Pineapple (C)	___ Diced Carrots
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Wheat Flour Tortilla (W)	___ Jasmine Rice	___ Whole Wheat Biscuit (D, S, W)	___ Fried Jasmine Rice (S, W)	___ Whole Grain Spaghetti Noodles (W)
SNACK						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Grain <sup>6,8,9</sup>	6-12 Months	___ Whole Grain Sweet Potato Crackers (S, W)	___ Rice Chex Cereal	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal
Vegetable/Fruit <sup>6,7</sup>		___ Green Beans (JF)	___ Carrots (JF)	___ Diced Peaches	___ Applesauce (JF)	___ Sweet Potatoes (JF)
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)

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