

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 ¹⁻³ or Iron Fortified Infant Formula ^{1,4}	*4-6 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1,4}
6-12 MONTHS (When Developmentally Ready⁶)	6-12 MONTHS (When Developmentally Ready⁶)
*6-8 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1,4} ; and *0-4 tbsp. iron-fortified infant cereal ^{4,8} , 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 ⁵ ; or a combination of the above; and *0-2 tbsp. vegetable or fruit ⁷ , or a combination of both	*2-4 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1,4} ; and *0-1/2 slice bread ⁸ ; or 0-2 crackers ⁸ ; or 0-4 tbsp. iron fortified infant cereal ^{4,8} ; or ready-to-eat breakfast cereal ^{8,9} ; and *0-2 tbsp. vegetable or fruit ⁷ , or a combination of both
MEMO NOTES	
¹ <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	
² <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.	
³ <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.	
⁴ <u>Iron Fortified Infant Formula</u> : Iron fortified infant cereal may not be offered in a bottle.	
⁵ <u>Yogurt</u> : Yogurt must contain no more than 12 grams of added sugars per 6 oz.	
⁶ <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.	
⁷ <u>Juice</u> : Vegetable/fruit juices must not be served.	
⁸ <u>Grains</u> : Grains must be whole grain rich, enriched meal, or enriched flour.	
⁹ <u>Breakfast Cereal</u> : Breakfast cereal must contain no more than 6 grams of added sugars per dry ounce.	
¹⁰ <u>Additional Components</u> : Extra components served with parent permission are not USDA reimbursable.	
¹¹ <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 01/2026

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 ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months	
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	___ Shredded Chicken w/ Mayo & Relish (E, S)
Vegetable/Fruit ^{6,7}		___ Green Beans
Additional Component May Be Offered With Parent Permission ¹⁰		___ Wheat Crackers (S, W)

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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	April 27, 2026	April 28, 2026	April 29, 2026	April 30, 2026	May 1, 2026
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} 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)
		___ Pears (JF)	___ Crushed Pineapples (C)	___ Bananas	___ Diced Peaches	___ Diced Mangoes
Vegetable/Fruit ^{6,7}						
Additional Component May Be Offered With Parent Permission ¹⁰		___ Rice Crispy Cereal	___ Whole Wheat Pancakes (D, E, S, W)	___ Egg Patty (D, E, S)	___ Cheesy Grits (D, S, W)	___ Cheerios Cereal
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} 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)
		___ Diced Carrots	___ Green Peas	___ Applesauce	___ Sweet Potatoes	___ Corn
Vegetable/Fruit ^{6,7}						
Additional Component May Be Offered With Parent Permission ¹⁰		___ 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 ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Grain ^{6,8,9}	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)
		___ Green Beans(JF)	___ Diced Peaches	___ Squash (JF)	___ Green Peas (JF)	___ Diced Pears
Vegetable/Fruit ^{6,7}						
Additional Component May Be Offered With Parent Permission ¹⁰			___ Dannon Light & Fit Vanilla Yogurt (D)		___ Cucumber Slices	

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Revised 09/2025

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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	May 4, 2026	May 5, 2026	May 6, 2026	May 7, 2026	May 8, 2026
BREAKFAST						
Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} 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)
		___ Diced Peaches	___ Crushed Pineapple (C)	___ Bananas	___ Mandarin Oranges (C)	___ Blueberries
Vegetable/Fruit ^{6,7}	6-12 Months					
Additional Component May Be Offered With Parent Permission ¹⁰	6-12 Months	___ Cornflakes Cereal (W)	___ Egg Patty (D, E, S)	___ Kix Cereal	___ Cream of Wheat w/ Brown Sugar (D, W)	___ Whole Wheat Pancakes (D, E, S, W)
LUNCH						
Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	___ Sliced Turkey	___ Diced Chicken w/ Alfredo Sauce (D, S)	___ Cowboy Beans (C)	___ Diced Turkey w/ Gravy (D, S, W)	___ Ground Turkey Sloppy Joe (C)
		___ Potato Salad (E,S)	___ Green Peas	___ Diced Carrots	___ Applesauce	___ Sweet Potatoes
Vegetable/Fruit ^{6,7}	6-12 Months					
Additional Component May Be Offered With Parent Permission ¹⁰	6-12 Months	___ Whole Wheat Pita Bread (W)	___ Linguini Noodles (W)	___ Cornbread (D, E, S, W)	___ Jasmine Rice	___ Whole Wheat Biscuit (D, S, W)
SNACK						
Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Grain ^{6,8,9}	6-12 Months	___ Kix Cereal	___ Whole Wheat Crackers (S, W)	___ Cheerios Cereal	___ Whole Wheat Pita Bread Wedges (W)	___ Rice Chex Cereal
		___ Carrots (JF)	___ Sweet Potatoes (JF)	___ Diced Peaches	___ Squash (JF)	___ Green Peas(JF)
Vegetable/Fruit ^{6,7}	6-12 Months					
Additional Component May Be Offered With Parent Permission ¹⁰	6-12 Months		___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)

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Revised 09/2025

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

Water is available throughout the day¹¹.

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CHILDS NAME: _____

Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus						
ALPHA WEEK	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *		May 11, 2026	May 12, 2026	May 13, 2026	May 14, 2026	May 15, 2026
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} 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 ^{6,7}		___ Bananas (JF)	___ Diced Pears	___ Bananas	___ Peaches (JF)	___ Blueberries
Additional Component May Be Offered With Parent Permission ¹⁰		___ 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 ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} 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 ^{6,7}		___ Applesauce	___ Diced Peaches	___ Potato Medley	___ Crushed Pineapple (C)	___ Diced Carrots
Additional Component May Be Offered With Parent Permission ¹⁰		___ 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 ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Grain ^{6,8,9}	6-12 Months	___ Whole Grain Sweet Potato Crackers (S, W)	___ Rice Chex Cereal	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal
Vegetable/Fruit ^{6,7}		___ Green Beans (JF)	___ Carrots (JF)	___ Diced Peaches	___ Applesauce (JF)	___ Sweet Potatoes (JF)
Additional Component May Be Offered With Parent Permission ¹⁰			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)

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Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus						
BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	May 18, 2026	May 19, 2026	May 20, 2026	May 21, 2026	May 22, 2026
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} 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)
		___ Pears (JF)	___ Crushed Pineapples (C)	___ Bananas	___ Diced Peaches	___ Diced Mangoes
Vegetable/Fruit ^{6,7}						
Additional Component May Be Offered With Parent Permission ¹⁰		___ Rice Crispy Cereal	___ Whole Wheat Pancakes (D, E, S, W)	___ Egg Patty (D, E, S)	___ Cheesy Grits (D, S, W)	___ Cheerios Cereal
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} 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)
		___ Diced Carrots	___ Green Peas	___ Applesauce	___ Sweet Potatoes	___ Corn
Vegetable/Fruit ^{6,7}						
Additional Component May Be Offered With Parent Permission ¹⁰		___ 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 ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
	6-12 Months					
Grain ^{6,8,9}	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)
		___ Green Beans(JF)	___ Diced Peaches	___ Squash (JF)	___ Green Peas (JF)	___ Diced Pears
Vegetable/Fruit ^{6,7}						
Additional Component May Be Offered With Parent Permission ¹⁰			___ Dannon Light & Fit Vanilla Yogurt (D)		___ Cucumber Slices	

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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	May 25, 2026	May 26, 2026	May 27, 2026	May 28, 2026	May 29, 2026
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months		Breastmilk or Iron-Fortified Infant Formula (D, S)			
	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 Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months		___ Diced Peaches	___ Crushed Pineapple (C)	___ Mandarin Oranges (C)	___ Blueberries
Vegetable/Fruit ^{6,7}			___ Cornflakes Cereal (W)	___ Kix Cereal	___ Cream of Wheat w/ Brown Sugar (D, W)	___ Whole Wheat Pancakes (D, E, S, W)
Additional Component May Be Offered With Parent Permission ¹⁰						
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	CLOSED	Breastmilk or Iron-Fortified Infant Formula (D, S)			
	6-12 Months		___ Sliced Turkey	___ Cowboy Beans (C)	___ Diced Turkey w/ Gravy (D, S, W)	___ Ground Turkey Sloppy Joe (C)
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months		___ Potato Salad (E,S)	___ Diced Carrots	___ Applesauce	___ Sweet Potatoes
Vegetable/Fruit ^{6,7}			___ Whole Wheat Pita Bread (W)	___ Cornbread (D, E, S, W)	___ Jasmine Rice	___ Whole Wheat Biscuit (D, S, W)
Additional Component May Be Offered With Parent Permission ¹⁰						
SNACK						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months		Breastmilk or Iron-Fortified Infant Formula (D, S)			
	6-12 Months		___ Whole Wheat Crackers (S, W)	___ Cheerios Cereal	___ Whole Wheat Pita Bread Wedges (W)	___ Rice Chex Cereal
Grain ^{6,8,9}	6-12 Months		___ Sweet Potatoes (JF)	___ Diced Peaches	___ Squash (JF)	___ Green Peas(JF)
Vegetable/Fruit ^{6,7}			___ String Cheese (D)	___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)
Additional Component May Be Offered With Parent Permission ¹⁰						

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