#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, TD=Toddler, PS=Preschool**

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.	PT/TD	PS	SAC	November 30, 2026	December 1, 2026	December 2, 2026	December 3, 2026	December 4, 2026
BREAKFAST								
Fruit	1/4 c	1/2 c	1/2 c	Diced Peaches	Crushed Pineapple(PT) (C) Pineapple Tidbits (TD/PS) (C)	Applesauce (PT) Bananas (TD/PS)	Mandarin Oranges (PT) (C) Sliced Oranges (TD/PS) (C)	Blueberries
Meat or Meat Alt (Optional)	1/2 oz	1/2 oz	1oz		Egg Patty (D, E, S)			
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Cornflakes Cereal (W)		Kix Cereal	Cream of Wheat w/ Brown Sugar (D, W)	Whole Wheat Pancakes (D, E, S, W)
Milk*, fluid	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments					Ketchup (C)			Syrup
LUNCH								
Fruit	1/8 c	1/4 c	1/4 c	Mandarin Oranges (C)	Fruit Cocktail (PT) (C) Tropical Fruit (TD/PS) (C)	Diced Pears	Applesauce	Fruit Cocktail (C)
Vegetable	1/8 c	1/4 c	1/2 c	Potato Salad (E, S)	Green Peas	Diced Carrots	Chopped Broccoli	Sweet Potatoes
Meat or Meat Alt	1 oz	1 1/2 oz	2 oz	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 Sloppy Joe (C)
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)
Milk*, fluid	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments				Mayo (E)				Jelly
SNACK								
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches (PT) Apple Slices (TD/PS)		
Vegetable	1/2 c	1/2 c	3/4 c		Cucumber Slices			
Meat or Meat Alt	1/2 oz	1/2 oz	1 oz	String Cheese (D)		Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	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	4 oz	4 oz	8 oz				Milk (D)	
Condiments					Ranch Dressing (D, E, S)		Jelly	

Menu subject to change.

Revised 5/2026

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

#7422

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Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus **Age Legend: PT= Pre-Toddler, TD=Toddler, PS=Preschool**

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.	PT/TD	PS	SAC	December 7, 2026	December 8, 2026	December 9, 2026	December 10, 2026	December 11, 2026
BREAKFAST								
Fruit	1/4 c	1/2 c	1/2 c	Fruit Cocktail (C)	Diced Pears (PT) Orange Slices (TD/PS) (C)	Crushed Pineapple (PT) (C) Bananas (TD/PS)	Fruit Cocktail (PT) (C) Tropical Fruit (TD/PS) (C)	Blueberries
Meat or Meat Alt (Optional)	1/2 oz	1/2 oz	1oz					
Grain	1/2 oz eq	1/2 oz eq	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	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments					Syrup			Syrup
LUNCH								
Fruit	1/8 c	1/4 c	1/4 c	Applesauce	Diced Peaches	Mandarin Oranges (C)	Crushed Pineapple(PT) (C) Pineapple Tidbits (TD/PS) (C)	Diced Pears
Vegetable	1/8 c	1/4 c	1/2 c	Green Beans	Corn	Potato Medley	Spinach	Diced Carrots
Meat or Meat Alt	1 oz	1 1/2 oz	2 oz	Sliced Ham & Cheese (D)	Black Beans	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Spaghetti Sauce (C)
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	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	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments				Mayo (E)	Salsa (C), Shredded Cheese (D)	Ketchup (C), Jelly		
SNACK								
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches (PT) Apple Slices (TD/PS)		
Vegetable	1/2 c	1/2 c	3/4 c		Cucumber Slices			
Meat or Meat Alt	1/2 oz	1/2 oz	1 oz			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	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	4 oz	4 oz	8 oz	Milk (D)			Milk (D)	
Condiments					Ranch Dressing (D, E, S)			

Menus subject to change.

Revised 5/2026

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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

BRAVO WEEK	Minimum portions			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider, employer and lender.	PT/TD	PS	SAC	December 14, 2026	December 15, 2026	December 16, 2026	December 17, 2026	December 18, 2026
BREAKFAST								
Fruit	1/4 c	1/2 c	1/2 c	Fruit Cocktail (C)	Crushed Pineapple (PT) (C) Pineapple Tidbits (TD/PS) (C)	Diced Pears (PT) Bananas (TD/PS)	Diced Peaches	Diced Mangoes
Meat or Meat Alt (Optional)	1/2 oz	1/2 oz	1oz			Egg Patty (D, E, S)		
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Rice Krispy Cereal	Whole Wheat Pancakes (D, E, S, W)		Cheesy Grits (D, S, W)	Cheerios Cereal
Milk*, fluid	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments					Syrup	Ketchup (C)		
LUNCH								
Fruit	1/8 c	1/4 c	1/4 c	Diced Pears	Mandarin Oranges (PT) (C) Sliced Oranges (TD/PS) (C)	Applesauce	Fruit Cocktail (PT) (C) Tropical Fruit (TD/PS) (C)	Applesauce (PT) Apple Slices (TD/PS)
Vegetable	1/8 c	1/4 c	1/2 c	Diced Carrots	Green Peas	Shredded Lettuce & Diced Tomatoes (C)	Sweet Potatoes	Corn
Meat or Meat Alt	1 oz	1 1/2 oz	2 oz	Sunbutter & Jelly String Cheese (D)	Diced Ham	Ground Turkey Taco Meat (C)	Diced Chicken w/ BBQ Sauce (C)	Ground Turkey Chili (C)
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Whole Wheat Bread (S, W)	Whole Grain Macaroni & Cheese (D, S, W)	Whole Wheat Flour Tortilla (W)	Whole Wheat Biscuit (D, S, W)	Cornbread (D, E, S, W)
Milk*, fluid	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
Condiments						Salsa (C), Shredded Cheese (D)	Jelly	
SNACK								
Fruit	1/2 c	1/2 c	3/4 c		Diced Peaches			Diced Pears
Vegetable	1/2 c	1/2 c	3/4 c				Cucumber Slices	
Meat or Meat Alt	1/2 oz	1/2 oz	1 oz		Dannon Light & Fit Vanilla Yogurt (D)			
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Whole Grain Cracker Bites (D, S, W)		Trail Mix (Cheerios, Kix, Rice Chex & Raisins)	Whole Grain Veggie Crackers (D, S, W)	Whole Grain Sweet Potato Crackers (S, W)
Milk*, fluid	4 oz	4 oz	8 oz	Milk (D)		Milk (D)		
Condiments							Ranch Dressing (D, E, S)	

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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

CHARLIE WEEK	Minimum portions			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider, employer and lender.	PT/TD	PS	SAC	December 21, 2026	December 22, 2026	December 23, 2026	December 24, 2026	December 25, 2026
BREAKFAST								
Fruit	1/4 c	1/2 c	1/2 c	Diced Peaches	Crushed Pineapple(PT) (C) Pineapple Tidbits (TD/PS) (C)	Applesauce (PT) Bananas (TD/PS)	Mandarin Oranges (PT) (C) Sliced Oranges (TD/PS) (C)	
Meat or Meat Alt (Optional)	1/2 oz	1/2 oz	1oz		Egg Patty (D, E, S)			
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Cornflakes Cereal (W)		Kix Cereal	Cream of Wheat w/ Brown Sugar (D, W)	
Milk*, fluid	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments					Ketchup (C)			
LUNCH								
Fruit	1/8 c	1/4 c	1/4 c	Mandarin Oranges (C)	Fruit Cocktail (PT) (C) Tropical Fruit (TD/PS) (C)	Diced Pears	Applesauce	
Vegetable	1/8 c	1/4 c	1/2 c	Potato Salad (E, S)	Green Peas	Diced Carrots	Green Beans	
Meat or Meat Alt	1 oz	1 1/2 oz	2 oz	Sliced Turkey & 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	1/2 oz eq	1/2 oz eq	1 oz eq	Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)	Wheat Twin Crackers (S, W)	
Milk*, fluid	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments				Mayo (E)				
SNACK								
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches (PT) Apple Slices (TD/PS)		
Vegetable	1/2 c	1/2 c	3/4 c		Cucumber Slices			
Meat or Meat Alt	1/2 oz	1/2 oz	1 oz			Dannon Light & Fit Vanilla Yogurt (D)		
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Wheat Pita Bread Wedges (W)	
Milk*, fluid	4 oz	4 oz	8 oz	Milk (D)			Milk (D)	
Condiments					Ranch Dressing (D, E, S)		Jelly	

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

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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.	PT/TD	PS	SAC	December 28, 2026	December 29, 2026	December 30, 2026	December 31, 2026	January 1, 2027
BREAKFAST								
Fruit	1/4 c	1/2 c	1/2 c	Fruit Cocktail (C)	Diced Pears (PT) Orange Slices (TD/PS) (C)	Crushed Pineapple (PT) (C) Bananas (TD/PS)	Fruit Cocktail (PT) (C) Tropical Fruit (TD/PS) (C)	
Meat or Meat Alt (Optional)	1/2 oz	1/2 oz	1oz					
Grain	1/2 oz eq	1/2 oz eq	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	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments					Syrup			
LUNCH								
Fruit	1/8 c	1/4 c	1/4 c	Applesauce	Diced Peaches	Mandarin Oranges (C)	Crushed Pineapple(PT) (C) Pineapple Tidbits (TD/PS) (C)	
Vegetable	1/8 c	1/4 c	1/2 c	Green Beans	Corn	Potato Medley	Green Beans	
Meat or Meat Alt	1 oz	1 1/2 oz	2 oz	Sliced Ham & Cheese (D)	Black Beans	Egg Patty (D, E, S)	Shredded Chicken w/ Mayo & Relish (E, S)	**CLOSED**
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Whole Wheat Flour Tortilla (W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)	Wheat Twin Crackers (S, W)	
Milk*, fluid	4 oz	6 oz	8 oz	Milk (D)	Milk (D)	Milk (D)	Milk (D)	
Condiments				Mayo (E)	Salsa (C), Shredded Cheese (D)	Ketchup (C), Jelly		
SNACK								
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches (PT) Apple Slices (TD/PS)		
Vegetable	1/2 c	1/2 c	3/4 c		Cucumber Slices			
Meat or Meat Alt	1/2 oz	1/2 oz	1 oz			Dannon Light & Fit Vanilla Yogurt (D)	String Cheese (D)	
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Whole Grain Sweet Potato Crackers (S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Grain Cheese Snack Crackers (D, S, W)	
Milk*, fluid	4 oz	4 oz	8 oz	Milk (D)				
Condiments					Ranch Dressing (D, E, S)			

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