

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 23 grams of total 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 sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
¹⁰ <u>Additional Components</u> : Extra components served with parent permission are not USDA reimbursable.

* 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

Substitutes available to children with food allergies or intolerances on CYP website. See "Allergy Substitutions."

Chilled Water is available throughout the day.

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	<input type="checkbox"/> Shredded Chicken w/ Mayo & Relish (E, S)
Vegetable/Fruit ^{6,7}		<input type="checkbox"/> Green Beans
Additional Component May Be Offered With Parent Permission ¹⁰		<input type="checkbox"/> 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

BRAVO WEEK	AGE	MONDAY December 30, 2024	TUESDAY December 31, 2024	WEDNESDAY January 1, 2024	THURSDAY January 2, 2024	FRIDAY January 3, 2024
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	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					
	6-12 Months	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)			___ Iron Fortified Infant Rice Cereal (S)
		___ Pears (JF)	___ Crushed Pineapples (C)			___ Bananas (JF)
Additional Component May Be Offered With Parent Permission ¹⁰		___ Rice Crispy Cereal	___ Whole Wheat Pancakes (D, E, 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)	Breastmilk or Iron-Fortified Infant Formula (D, S)			Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
	6-12 Months	___ String Cheese (D)	___ Diced Ham	CLOSED HAPPY NEW YEAR	CLOSED HAPPY NEW YEAR	___ Sliced Ham
		___ Diced Carrots	___ Green Peas			___ Applesauce
Additional Component May Be Offered With Parent Permission ¹⁰	___ Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	___ Whole Grain Macaroni w/ Cheese (D, S, W)	___ Whole Wheat Flour Tortilla (W)			
SNACK						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	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					
	6-12 Months	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)			___ Whole Grain Sweet Potato Crackers (S, W)
		___ Green Beans(JF)	___ Diced Peaches			___ Diced Pears
Additional Component May Be Offered With Parent Permission ¹⁰		___ Dannon Light & Fit Vanilla Yogurt (D)				

JF=Infant Jar Food

Revised 8/2024

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	January 6, 2024	January 7, 2024	January 8, 2024	January 9, 2024	January 10, 2024
BREAKFAST						
Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4}	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 ^{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)	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 ^{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 in Sloppy Joe Sauce (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)	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 ^{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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#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.

Chilled Water is available throughout the day.

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	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *		January 13, 2024	January 14, 2024	January 15, 2024	January 16, 2024	January 17, 2024
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	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 ^{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)	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 ^{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 Meat 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)	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 ^{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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Revised 8/2024

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	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	January 20, 2024	January 21, 2024	January 22, 2024	January 23, 2024	January 24, 2024
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	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 ^{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)
Vegetable/Fruit ^{6,7}			___ Pears (JF)	___ Crushed Pineapples (C)	___ Diced Peaches	___ Diced Mangoes
Additional Component May Be Offered With Parent Permission ¹⁰		___ Rice Crispy Cereal	___ 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	CLOSED Dr. Martin Luther King Jr Day	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 ^{4,6,8} or Meat/Meat Alt	6-12 Months		___ String Cheese (D)	___ Taco Seasoned Ground Turkey (C)	___ Diced Chicken w/ BBQ Sauce (C)	___ Ground Turkey Chili (C)
Vegetable/Fruit ^{6,7}			___ Diced Carrots	___ Applesauce	___ Sweet Potatoes	___ Corn
Additional Component May Be Offered With Parent Permission ¹⁰		___ Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	___ 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)	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 ^{6,8,9}	6-12 Months		___ Cheerios Cereal	___ Kix Cereal	___ Whole Wheat Pita Bread Wedges (W)	___ Whole Grain Sweet Potato Crackers (S, W)
Vegetable/Fruit ^{6,7}			___ Green Beans(JF)	___ Squash (JF)	___ Green Peas (JF)	___ Diced Pears
Additional Component May Be Offered With Parent Permission ¹⁰				___ Cucumber Slices		

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Revised 8/2024

Substitutes available to children with food allergies or intolerances on CYP website. See "Allergy Substitutions."

Chilled Water is available throughout the day.

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	January 27, 2024	January 28, 2024	January 29, 2024	January 30, 2024	January 31, 2024
BREAKFAST						
Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4}	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 ^{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	___ 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)
Additional Component May Be Offered With Parent Permission ¹⁰						
LUNCH						
Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4}	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 ^{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 in Sloppy Joe Sauce (C)
		___ Potato Salad (E,S)	___ Green Peas	___ Diced Carrots	___ Applesauce	___ Sweet Potatoes
Vegetable/Fruit ^{6,7}	6-12 Months	___ Whole Wheat Pita Bread (W)	___ Linguini Noodles (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)	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 ^{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		___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)
Additional Component May Be Offered With Parent Permission ¹⁰						

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