

#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. | September 2, 2024 | September 3, 2024 | September 4, 2024 | September 5, 2024 | September 6, 2024 |
| BREAKFAST | | | | | |
| Fruit | | Diced Peaches | Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C) | Mandarin Oranges (PT) (C) Sliced Oranges (T/PS) (C) | Blueberries |
| Meat or Meat Alt (Optional) | | | | | |
| 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) |
| Condiments | | | | Butter (D) | Syrup, Butter (D) |
| LUNCH | | | | | |
| Fruit | CLOSED LABOR DAY | Mandarin Oranges (C) | Diced Pears | Applesauce | Fruit Cocktail |
| Vegetable | | Potato Salad (E, S) | Diced Carrots | Chopped Broccoli | Sweet Potatoes |
| Meat or Meat Alt | | Sliced Turkey & Cheese (D) | 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) | Cornbread (D, E, S, W) | Jasmine Rice | Whole Wheat Biscuit (D, S, W) |
| Milk*, fluid | | 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 | | | | | |
| Meat or Meat Alt | | String Cheese (D) | Dannon Light & Fit Vanilla Yogurt (D) | | String Cheese (D) |
| Grain | | Whole Wheat Berry Animal Crackers (D, S, W) | | Whole Wheat Pita Bread Wedges (W) | Whole Grain Cheese Snack Crackers (D, S, W) |
| Milk*, fluid | | | | Milk (D) | |
| Condiments | | | | Jelly | |

Menu subject to change.

Revised 8/2024

*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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|--|--|--|--|---|---|
| ALPHA WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| This institution is an equal opportunity provider. | September 9, 2024 | September 10, 2024 | September 11, 2024 | September 12, 2024 | September 13, 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 | 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 | 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) | | | |

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|--|-------------------------------------|---|--|--|--|
| BRAVO WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| This institution is an equal opportunity provider. | September 16, 2024 | September 17, 2024 | September 18, 2024 | September 19, 2024 | September 20, 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) | |

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|--|---|---|--|--|---|
| CHARLIE WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| This institution is an equal opportunity provider. | September 23, 2024 | September 24, 2024 | September 25, 2024 | September 26, 2024 | September 27, 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 Potatoes |
| 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 | |

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|--|--|--|--|---|---|
| ALPHA WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| This institution is an equal opportunity provider. | September 30, 2024 | October 1, 2024 | October 2, 2024 | October 3, 2024 | October 4, 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 | 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 | 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 | String Cheese (D) | | 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) | |
| Condiments | | Ranch Dressing (D, E, S) | | | |

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