

Lejeune-New River Child Youth Programs Infant Menu

INFANT MEAL PATTERN	
BREAKFAST/LUNCH/SUPPER	SNACK
<b>0-5 MONTHS</b>	<b>0-5 MONTHS</b>
*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>
<b>6-12 MONTHS (When Developmentally Ready)<sup>6</sup></b>	<b>6-12 MONTHS (When Developmentally Ready)<sup>6</sup></b>
*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> Breastmilk or Iron Fortified Infant Formula: 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> Breastfeeding On-Site: 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> Breastmilk Serving Size: 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> Iron Fortified Infant Formula: Iron fortified infant cereal may not be offered in a bottle.	
<sup>5</sup> Yogurt: Yogurt must contain no more than 23 grams of total sugars per 6 oz.	
<sup>6</sup> Introduction of Solids: A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP Provision of Breastmilk or Infant Formula and Solid Foods form for guidance.	
<sup>7</sup> Juice: Vegetable/fruit juices must not be served.	
<sup>8</sup> Grains: Grains must be whole grain rich, enriched meal, or enriched flour.	
<sup>9</sup> Breakfast Cereal: 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> Additional Components: Extra components served with parent permission are not USDA reimbursable.	
<sup>11</sup> Water is available throughout the day: 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 01/2025

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	
<b>Storm Ration-Lunch</b>		
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	<input type="checkbox"/> Shredded Chicken w/ Mayo & Relish (E, S)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt		<input type="checkbox"/> Green Beans
Vegetable/Fruit <sup>6, 7</sup>	6-12 Months	<input type="checkbox"/> Wheat Crackers (S, W)
Additional Component May Be Offered With Parent Permission <sup>10</sup>		

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

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

BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	February 2, 2026	February 3, 2026	February 4, 2026	February 5, 2026	February 6, 2026
<b>BREAKFAST</b>						
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	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	<input type="checkbox"/> Pears (JF)	<input type="checkbox"/> Crushed Pineapples (C)	<input type="checkbox"/> Bananas	<input type="checkbox"/> Diced Peaches	<input type="checkbox"/> Diced Mangoes
Vegetable/Fruit <sup>6, 7</sup>		<input type="checkbox"/> Rice Crispy Cereal	<input type="checkbox"/> Whole Wheat Pancakes (D, E, S, W)	<input type="checkbox"/> Egg Patty (D, E, S)	<input type="checkbox"/> Cheesy Grits (D, S, W)	<input type="checkbox"/> Cheerios Cereal
<b>LUNCH</b>						
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	<input type="checkbox"/> String Cheese (D)	<input type="checkbox"/> Diced Ham	<input type="checkbox"/> Ground Turkey Taco Meat (C)	<input type="checkbox"/> Diced Chicken w/ BBQ Sauce (C)	<input type="checkbox"/> Ground Turkey Chili (C)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	<input type="checkbox"/> Diced Carrots	<input type="checkbox"/> Green Peas	<input type="checkbox"/> Applesauce	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Corn
Vegetable/Fruit <sup>6, 7</sup>		<input type="checkbox"/> Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	<input type="checkbox"/> Whole Grain Macaroni & Cheese (D, S, W)	<input type="checkbox"/> Whole Wheat Flour Tortilla (W)	<input type="checkbox"/> Whole Wheat Biscuit (D, S, W)	<input type="checkbox"/> Cornbread (D, E, S, W)
<b>SNACK</b>						
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	<input type="checkbox"/> Cheerios Cereal	<input type="checkbox"/> Whole Wheat Crackers (S, W)	<input type="checkbox"/> Kix Cereal	<input type="checkbox"/> Whole Grain Veggie Crackers (D, S, W)	<input type="checkbox"/> Whole Grain Sweet Potato Crackers (S, W)
Grain <sup>6, 8, 9</sup>	6-12 Months	<input type="checkbox"/> Green Beans(JF)	<input type="checkbox"/> Diced Peaches	<input type="checkbox"/> Squash (JF)	<input type="checkbox"/> Green Peas (JF)	<input type="checkbox"/> Diced Pears
Vegetable/Fruit <sup>6, 7</sup>			<input type="checkbox"/> Dannon Light & Fit Vanilla Yogurt (D)		<input type="checkbox"/> Cucumber Slices	
Additional Component May Be Offered With Parent Permission <sup>10</sup>						

JF=Infant Jar Food

Revised 09/2025

Menus subject to change.

This institution is an equal opportunity provider.

## Lejeune-New River Child Youth Programs Infant Menu

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

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

CHARLIE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	February 9, 2026	February 10, 2026	February 11, 2026	February 12, 2026	February 13, 2026
<b>BREAKFAST</b>						
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	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	<input type="checkbox"/> Diced Peaches	<input type="checkbox"/> Crushed Pineapple (C)	<input type="checkbox"/> Bananas	<input type="checkbox"/> Mandarin Oranges (C)	<input type="checkbox"/> Blueberries
		<input type="checkbox"/> Cornflakes Cereal (W)	<input type="checkbox"/> Egg Patty (D, E, S)	<input type="checkbox"/> Kix Cereal	<input type="checkbox"/> Cream of Wheat w/ Brown Sugar (D, W)	<input type="checkbox"/> Whole Wheat Pancakes (D, E, S, W)
<b>LUNCH</b>						
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	<input type="checkbox"/> Sliced Turkey	<input type="checkbox"/> Diced Chicken w/ Alfredo Sauce (D, S)	<input type="checkbox"/> Cowboy Beans (C)	<input type="checkbox"/> Diced Turkey w/ Gravy (D, S, W)	<input type="checkbox"/> Ground Turkey Sloppy Joe (C)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	<input type="checkbox"/> Potato Salad (E,S)	<input type="checkbox"/> Green Peas	<input type="checkbox"/> Diced Carrots	<input type="checkbox"/> Applesauce	<input type="checkbox"/> Sweet Potatoes
		<input type="checkbox"/> Whole Wheat Pita Bread (W)	<input type="checkbox"/> Linguini Noodles (W)	<input type="checkbox"/> Cornbread (D, E, S, W)	<input type="checkbox"/> Jasmine Rice	<input type="checkbox"/> Whole Wheat Biscuit (D, S, W)
<b>SNACK</b>						
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	<input type="checkbox"/> Kix Cereal	<input type="checkbox"/> Whole Wheat Crackers (S, W)	<input type="checkbox"/> Cheerios Cereal	<input type="checkbox"/> Whole Wheat Pita Bread Wedges (W)	<input type="checkbox"/> Rice Chex Cereal
Vegetable/Fruit <sup>6, 7</sup>	6-12 Months	<input type="checkbox"/> Carrots (JF)	<input type="checkbox"/> Sweet Potatoes (JF)	<input type="checkbox"/> Diced Peaches	<input type="checkbox"/> Squash (JF)	<input type="checkbox"/> Green Peas(JF)
			<input type="checkbox"/> Cucumber Slices	<input type="checkbox"/> Dannon Light & Fit Vanilla Yogurt (D)		<input type="checkbox"/> String Cheese (D)

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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

ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *	AGE	February 16, 2026	February 17, 2026	February 18, 2026	February 19, 2026	February 20, 2026
<b>BREAKFAST</b>						
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		<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months		<input type="checkbox"/> Bananas (JF)	<input type="checkbox"/> Diced Pears	<input type="checkbox"/> Peaches (JF)	<input type="checkbox"/> Blueberries
			<input type="checkbox"/> Life Cereal (W)	<input type="checkbox"/> Oatmeal w/ Brown Sugar and Cinnamon (D)	<input type="checkbox"/> Rice Chex Cereal	<input type="checkbox"/> Whole Wheat Pancakes (D, E, S, W)
<b>LUNCH</b>						
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		<input type="checkbox"/> Sliced Ham	<input type="checkbox"/> Egg Patty (D, E, S)	<input type="checkbox"/> Teriyaki Diced Chicken (S, W, C)	<input type="checkbox"/> Ground Turkey Spaghetti Sauce (C)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months		<input type="checkbox"/> Applesauce	<input type="checkbox"/> Potato Medley	<input type="checkbox"/> Crushed Pineapple (C)	<input type="checkbox"/> Diced Carrots
			<input type="checkbox"/> Whole Wheat Flour Tortilla (W)	<input type="checkbox"/> Whole Wheat Biscuit (D, S, W)	<input type="checkbox"/> Fried Jasmine Rice (S, W)	<input type="checkbox"/> Whole Grain Spaghetti Noodles (W)
<b>SNACK</b>						
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		<input type="checkbox"/> Whole Grain Sweet Potato Crackers (S, W)	<input type="checkbox"/> Cheerios Cereal	<input type="checkbox"/> Whole Wheat Crackers (S, W)	<input type="checkbox"/> Kix Cereal
Grain <sup>6, 8, 9</sup>	6-12 Months		<input type="checkbox"/> Green Beans (JF)	<input type="checkbox"/> Diced Peaches	<input type="checkbox"/> Applesauce (JF)	<input type="checkbox"/> Sweet Potatoes (JF)
			<input type="checkbox"/> String Cheese (D)	<input type="checkbox"/> Dannon Light & Fit Vanilla Yogurt (D)		<input type="checkbox"/> String Cheese (D)

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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	February 23, 2026	February 24, 2026	February 25, 2026	February 26, 2026	February 27, 2026
<b>BREAKFAST</b>						
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	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)	<input type="checkbox"/> Iron Fortified Infant Oatmeal Cereal (W)	<input type="checkbox"/> Iron Fortified Infant Rice Cereal (S)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	<input type="checkbox"/> Pears (JF)	<input type="checkbox"/> Crushed Pineapples (C)	<input type="checkbox"/> Bananas	<input type="checkbox"/> Diced Peaches	<input type="checkbox"/> Diced Mangoes
Vegetable/Fruit <sup>6, 7</sup>		<input type="checkbox"/> Rice Crispy Cereal	<input type="checkbox"/> Whole Wheat Pancakes (D, E, S, W)	<input type="checkbox"/> Egg Patty (D, E, S)	<input type="checkbox"/> Cheesy Grits (D, S, W)	<input type="checkbox"/> Cheerios Cereal
<b>LUNCH</b>						
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	<input type="checkbox"/> String Cheese (D)	<input type="checkbox"/> Diced Ham	<input type="checkbox"/> Ground Turkey Taco Meat (C)	<input type="checkbox"/> Diced Chicken w/ BBQ Sauce (C)	<input type="checkbox"/> Ground Turkey Chili (C)
Iron-Fortified Infant Cereal <sup>4, 6, 8</sup> or Meat/Meat Alt	6-12 Months	<input type="checkbox"/> Diced Carrots	<input type="checkbox"/> Green Peas	<input type="checkbox"/> Applesauce	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Corn
Vegetable/Fruit <sup>6, 7</sup>		<input type="checkbox"/> Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	<input type="checkbox"/> Whole Grain Macaroni & Cheese (D, S, W)	<input type="checkbox"/> Whole Wheat Flour Tortilla (W)	<input type="checkbox"/> Whole Wheat Biscuit (D, S, W)	<input type="checkbox"/> Cornbread (D, E, S, W)
<b>SNACK</b>						
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	<input type="checkbox"/> Cheerios Cereal	<input type="checkbox"/> Whole Wheat Crackers (S, W)	<input type="checkbox"/> Kix Cereal	<input type="checkbox"/> Whole Grain Veggie Crackers (D, S, W)	<input type="checkbox"/> Whole Grain Sweet Potato Crackers (S, W)
Grain <sup>6, 8, 9</sup>	6-12 Months	<input type="checkbox"/> Green Beans(JF)	<input type="checkbox"/> Diced Peaches	<input type="checkbox"/> Squash (JF)	<input type="checkbox"/> Green Peas (JF)	<input type="checkbox"/> Diced Pears
Vegetable/Fruit <sup>6, 7</sup>			<input type="checkbox"/> Dannon Light & Fit Vanilla Yogurt (D)		<input type="checkbox"/> Cucumber Slices	
Additional Component May Be Offered With Parent Permission <sup>10</sup>						

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