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 Ready[6])	**6-12 MONTHS (When Developmentally Ready[6])**
*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]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
[2]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.
[3]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.
[4]Iron Fortified Infant Formula: Iron fortified infant cereal may not be offered in a bottle.
[5]Yogurt: Yogurt must contain no more than 12 grams of added sugars per 6 oz.
[6]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.
[7]Juice: Vegetable/fruit juices must not be served.
[8]Grains: Grains must be whole grain rich, enriched meal, or enriched flour.
[9]Breakfast Cereal: Breakfast cereal must contain no more than 6 grams of added sugars per dry ounce.
[10]Additional Components: Extra components served with parent permission are not USDA reimbursable.
[11]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

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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[11.]

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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Water is available throughout the day[11.]

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	September 28, 2026	September 29, 2026	September 30, 2026	October 1, 2026	October 2, 2026
BREAKFAST						
Breastmilk[1-3] or Iron-Fortified Infant Formula[1, 4]	0-5 Months 6-12 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)
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]	6-12 Months	____Diced Peaches	____Crushed Pineapple (C)	____Bananas (JF)	____Mandarin Oranges (C)	____Blueberries
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 6-12 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)
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)
Vegetable/Fruit[6, 7]	6-12 Months	____Potato Salad (E,S)	____Green Peas	____Diced Carrots	____Applesauce	____Sweet Potatoes
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 6-12 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)
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
Vegetable/Fruit[6, 7]	6-12 Months	____Carrots (JF)	____Sweet Potatoes (JF)	____Diced Peaches	____Squash (JF)	____Green Peas(JF)
Additional Component May Be Offered With Parent Permission[10]	6-12 Months		____Cucumber Slices	____Dannon Light & Fit Vanilla Yogurt (D)		____String Cheese (D)

JF= Infant Jar Food

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Water is available throughout the day[11].

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *	**AGE**	October 5, 2026	October 6, 2026	October 7, 2026	October 8, 2026	October 9, 2026
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 (JF)	____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 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)	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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Water is available throughout the day[11.]

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**	October 12, 2026	October 13, 2026	October 14, 2026	October 15, 2026	October 16, 2026
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**	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)	____Ground Turkey Taco Meat (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 Grain Veggie Crackers (D, S, 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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Water is available throughout the day[11].

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**	October 19, 2026	October 20, 2026	October 21, 2026	October 22, 2026	October 23, 2026
BREAKFAST						
Breastmilk[1-3] or Iron-Fortified Infant Formula[1, 4]	**0-5 Months** / **6-12 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)
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]	**6-12 Months**	____Diced Peaches	____Crushed Pineapple (C)	____Bananas (JF)	____Mandarin Oranges (C)	____Blueberries
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** / **6-12 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)
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)
Vegetable/Fruit[6, 7]	**6-12 Months**	____Potato Salad (E,S)	____Green Peas	____Diced Carrots	____Applesauce	____Sweet Potatoes
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** / **6-12 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)
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
Vegetable/Fruit[6, 7]	**6-12 Months**	____Carrots (JF)	____Sweet Potatoes (JF)	____Diced Peaches	____Squash (JF)	____Green Peas(JF)
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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Water is available throughout the day[11].

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *	**AGE**	October 26, 2026	October 27, 2026	October 28, 2026	October 29, 2026	October 30, 2026
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 (JF)	____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 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)	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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