

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus			Age Legend: PT= Pre-Toddler, T=Toddler, PS=Preschool		
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
<b>BREAKFAST</b>					
<b>Fruit</b>	Fruit Cocktail	Diced Pears (PT) Orange Slices (T/PS) (C)	Bananas	Fruit Cocktail (PT) Tropical Fruit (T/PS) (C)	Blueberries
<b>Meat or Meat Alt (Optional)</b>					
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>		Syrup	Butter (D)		Syrup, Butter (D)
<b>LUNCH</b>					
<b>Fruit</b>	Applesauce	Diced Peaches	Mandarin Oranges (C)	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Diced Pears
<b>Vegetable</b>	Green Beans	Corn	Potato Medley	Spinach	Diced Carrots
<b>Meat or Meat Alt</b>	Sliced Ham & Cheese (D)	Black Beans	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Meat Sauce (C)
<b>Grain</b>	Whole Wheat Flour Tortilla (W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)	Fried Jasmine Rice (S, W)	Whole Grain Spaghetti Noodles (W)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>	Mustard, Mayo (E)	Salsa (C), Shredded Cheese (D)	Ketchup (C), Jelly, Shredded Cheese (D), Butter (D)		
<b>SNACK</b>					
<b>Fruit</b>			Diced Peaches (PT) Apple Slices (T/PS)		
<b>Vegetable</b>		Cucumber Slices			
<b>Meat or Meat Alt</b>			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)			Milk (D)	
<b>Condiments</b>		Ranch Dressing (D, E, S)			

Menus 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

#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		
BRAVO WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	October 7, 2024	October 8, 2024	October 9, 2024	October 10, 2024	October 11, 2024
<b>BREAKFAST</b>					
<b>Fruit</b>	Fruit Cocktail	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Bananas	Diced Peaches	Diced Mangoes
<b>Meat or Meat Alt (Optional)</b>			Egg Patty (D, E, S)		
<b>Grain</b>	Rice Krispy Cereal	Whole Wheat Pancakes (D, E, S, W)		Cheesy Grits (D, S, W)	Cheerios Cereal
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>		Syrup, Butter (D)	Ketchup (C), Shredded Cheese (D)	Butter (D)	
<b>LUNCH</b>					
<b>Fruit</b>	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)
<b>Vegetable</b>	Diced Carrots	Green Peas	Shredded Lettuce & Diced Tomatoes (C)	Sweet Potatoes	Corn
<b>Meat or Meat Alt</b>	Sunbutter & Jelly String Cheese (D)	Diced Ham	Taco Seasoned Ground Turkey (C)	Diced Chicken in BBQ Sauce (C)	Ground Turkey Chili (C)
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>			Ranch Dressing (D, E, S), Salsa (C), Shredded Cheese (D)	Jelly, Butter (D)	
<b>SNACK</b>					
<b>Fruit</b>		Diced Peaches			Diced Pears
<b>Vegetable</b>				Cucumber Slices	
<b>Meat or Meat Alt</b>		Dannon Light & Fit Vanilla Yogurt (D)			
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)		Milk (D)		
<b>Condiments</b>	Honey Mustard (E, S)			Hummus (C)	

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

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.	October 14, 2024	October 15, 2024	October 16, 2024	October 17, 2024	October 18, 2024
<b>BREAKFAST</b>					
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)
<b>LUNCH</b>					
Fruit	<b>CLOSED COLUMBUS DAY</b>	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)
<b>SNACK</b>					
Fruit		Fruit Cocktail	Diced Peaches (PT) Apple Slices (T/PS)		
Vegetable					
Meat or Meat Alt			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	

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus			Age Legend: PT= Pre-Toddler, T=Toddler, PS=Preschool		
ALPHA WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	October 21, 2024	October 22, 2024	October 23, 2024	October 24, 2024	October 25, 2024
<b>BREAKFAST</b>					
<b>Fruit</b>	Fruit Cocktail	Diced Pears (PT) Orange Slices (T/PS) (C)	Bananas	Fruit Cocktail (PT) Tropical Fruit (T/PS) (C)	Blueberries
<b>Meat or Meat Alt (Optional)</b>					
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>		Syrup	Butter (D)		Syrup, Butter (D)
<b>LUNCH</b>					
<b>Fruit</b>	Applesauce	Diced Peaches	Mandarin Oranges (C)	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Diced Pears
<b>Vegetable</b>	Green Beans	Corn	Potato Medley	Spinach	Diced Carrots
<b>Meat or Meat Alt</b>	Sliced Ham & Cheese (D)	Black Beans	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Meat Sauce (C)
<b>Grain</b>	Whole Wheat Flour Tortilla (W)	Jasmine Rice	Whole Wheat Biscuit (D, S, W)	Fried Jasmine Rice (S, W)	Whole Grain Spaghetti Noodles (W)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>	Mustard, Mayo (E)	Salsa (C), Shredded Cheese (D)	Ketchup (C), Jelly, Shredded Cheese (D), Butter (D)		
<b>SNACK</b>					
<b>Fruit</b>			Diced Peaches (PT) Apple Slices (T/PS)		
<b>Vegetable</b>		Cucumber Slices			
<b>Meat or Meat Alt</b>			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)			Milk (D)	
<b>Condiments</b>		Ranch Dressing (D, E, S)			

Menus 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

#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		
BRAVO WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	October 28, 2024	October 29, 2024	October 30, 2024	October 31, 2024	November 1, 2024
<b>BREAKFAST</b>					
<b>Fruit</b>	Fruit Cocktail	Crushed Pineapple(PT) (C) Pineapple Tidbits (T/PS) (C)	Bananas	Diced Peaches	Diced Mangoes
<b>Meat or Meat Alt (Optional)</b>			Egg Patty (D, E, S)		
<b>Grain</b>	Rice Krispy Cereal	Whole Wheat Pancakes (D, E, S, W)		Cheesy Grits (D, S, W)	Cheerios Cereal
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>		Syrup, Butter (D)	Ketchup (C), Shredded Cheese (D)	Butter (D)	
<b>LUNCH</b>					
<b>Fruit</b>	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)
<b>Vegetable</b>	Diced Carrots	Green Peas	Shredded Lettuce & Diced Tomatoes (C)	Sweet Potatoes	Corn
<b>Meat or Meat Alt</b>	Sunbutter & Jelly String Cheese (D)	Diced Ham	Taco Seasoned Ground Turkey (C)	Diced Chicken in BBQ Sauce (C)	Ground Turkey Chili (C)
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>			Ranch Dressing (D, E, S), Salsa (C), Shredded Cheese (D)	Jelly, Butter (D)	
<b>SNACK</b>					
<b>Fruit</b>		Diced Peaches			Diced Pears
<b>Vegetable</b>				Cucumber Slices	
<b>Meat or Meat Alt</b>		Dannon Light & Fit Vanilla Yogurt (D)			
<b>Grain</b>	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)
<b>Milk*, fluid</b>	Milk (D)		Milk (D)		
<b>Condiments</b>	Honey Mustard (E, S)			Hummus (C)	

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