

#7422

Lejeune-New River Child Youth Programs SAC (TTY/SSYP) 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					
CHARLIE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 1, 2024	July 2, 2024	July 3, 2024	July 4, 2024	July 5, 2024
<b>BREAKFAST</b>					
Fruit	Diced Peaches	Pineapple Tidbits (C)	Bananas		Blueberries
Meat or Meat Alt (Optional)		Egg Patty (D, E, S)			
Grain	Cornflakes Cereal (W)		Kix Cereal		Whole Wheat Waffles (D, E, S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)		Milk (D)
Condiments		Ketchup (C), Shredded Cheese (D), Salsa (C)			Syrup, Butter (D)
<b>LUNCH</b>					
Fruit	Mandarin Oranges (C)	Tropical Fruit (C)	Mandarin Oranges	<b>CLOSED</b>  <b>HAPPY FOURTH OF JULY</b>	Diced Pears
Vegetable	Potato Salad (E, S)	Green Peas	Carrot Sticks		Green Beans
Meat or Meat Alt	Sliced Turkey & Cheese (D)	Diced Chicken w/ Alfredo Sauce (D, S)	Cowboy Beans (Ground Turkey, Baked Beans) (C)		Sunbutter & Jelly String Cheese (D)
Grain	Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)		Whole Wheat Bread (S, W)
Milk*, fluid	Milk (D)	Milk (D)	Milk (D)		Milk (D)
Condiments	Pickles, Mustard, Mayo (E)				Ranch Dressing (D, E, S)
<b>SNACK</b>					
Fruit			Apples		
Vegetable		Cucumber Slices			
Meat or Meat Alt			Dannon Light & Fit Vanilla Yogurt (D)		
Grain	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Cracker Bites (D, S, W)			Cheez-It Crackers (D, S, W)
Milk*, fluid	Milk (D)				Milk (D)
Condiments		Ranch Dressing (D, E, S)			

Menu subject to change. Revised 4/2024

\*Milk: 6 yrs and older: Unflavored 1% Milk; Kikkoman Soy; Lactose-Free Milk; Fat-Free Chocolate Milk offered for Monday PM Snack

Condiments available upon request

Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus					
Alpha Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 8, 2024	July 9, 2024	July 10, 2024	July 11, 2024	July 12, 2024
<b>BREAKFAST</b>					
<b>Fruit</b>	Fruit Cocktail	Oranges (C)	Bananas	Tropical Fruit (C)	Blueberries
<b>Meat or Meat Alt (Optional)</b>					
<b>Grain</b>	Whole Grain French Toast Sticks (D, E, S, W)	Life Cereal (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)	Pineapple Tidbits (C)	Diced Pears
<b>Vegetable</b>	Green Beans	Corn	Potato Medley	Spinach	Diced Carrots
<b>Meat or Meat Alt</b>	Sliced Ham & Cheese (D)	Meatballs W/ BBQ Sauce (D, S, W, C)	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Meat Sauce (C)
<b>Grain</b>	Whole Wheat Bread (S, W)	Jasmine Rice	Whole Wheat Flour Tortilla (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>	Pickles, Mustard, Mayo (E)		Ketchup (C) Shredded Cheese (D), Salsa (C)		
<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 Grain Sweet Potato Crackers (S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Corn Tortilla Chips (S)	Cheddar Goldfish Cracker (D, W)
<b>Milk*, fluid</b>	Milk (D)				Milk (D)
<b>Condiments</b>		Ranch Dressing (D, E, S)		Salsa (C)	

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BRAVO WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 15, 2024	July 16, 2024	July 17, 2024	July 18, 2024	July 19, 2024
<b>BREAKFAST</b>					
<b>Fruit</b>	Fruit Cocktail	Pineapple Tidbits (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)	Whole Grain Muffins (E, S, W)
<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), Salsa (C)	Butter (D)	
<b>LUNCH</b>					
<b>Fruit</b>	Diced Pears	Oranges (C)	Applesauce	Tropical Fruit (C)	Apples
<b>Vegetable</b>	Carrot Sticks	Green Peas	Shredded Lettuce & Diced Tomatoes (C)	Sweet Potatoes	Mustard Potato Salad (E, S)
<b>Meat or Meat Alt</b>	Sunbutter & Jelly String Cheese (D)	Diced Ham	Taco Seasoned Ground Turkey (C)	Diced Chicken in BBQ Sauce (C)	100% Beef Hot Dog
<b>Grain</b>	Whole Wheat Bread (S, W)	Whole Grain Macaroni w/ Cheese (D, S, W)	Whole Wheat Flour Tortilla (W)	Whole Wheat Bun (S, W)	Whole Wheat Hot Dog Bun (W, S)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>	Ranch Dressing (D, E, S)		Ranch Dressing (D, E, S), Salsa (C), Shredded Cheese (D)		Ketchup (C), Mustard
<b>SNACK</b>					
<b>Fruit</b>			Fruit Cocktail		
<b>Vegetable</b>				Cucumber Slices	
<b>Meat or Meat Alt</b>					String Cheese (D)
<b>Grain</b>	Whole Wheat Soft Mini Pretzel (W)	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Corn Tortilla Chips (S)	Whole Wheat Pita Bread Wedges (W)	Cheez-It Crackers (D, S, W)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)			
<b>Condiments</b>	Honey Mustard (E, S)		Salsa (C)	Sunbutter, Ranch Dressing (D, E, S)	

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CHARLIE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 22, 2024	July 23, 2024	July 24, 2024	July 25, 2024	July 26, 2024
<b>BREAKFAST</b>					
<b>Fruit</b>	Diced Peaches	Pineapple Tidbits (C)	Bananas	Oranges (C)	Blueberries
<b>Meat or Meat Alt (Optional)</b>		Egg Patty (D, E, S)			
<b>Grain</b>	Cornflakes Cereal (W)		Kix Cereal	Cream of Wheat w/ Brown Sugar (D, W)	Whole Wheat Waffles (D, E, S, W)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>		Ketchup (C), Shredded Cheese (D), Salsa (C)		Butter (D)	Syrup, Butter (D)
<b>LUNCH</b>					
<b>Fruit</b>	Mandarin Oranges (C)	Tropical Fruit (C)	Diced Pears	Applesauce	Fruit Cocktail
<b>Vegetable</b>	Potato Salad (E, S)	Green Peas	Diced Carrots	Chopped Broccoli	Sweet Potato
<b>Meat or Meat Alt</b>	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)
<b>Grain</b>	Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)	Jasmine Rice	Whole Wheat Bun (W, S)
<b>Milk*, fluid</b>	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
<b>Condiments</b>	Pickles, Mustard, Mayo (E)				
<b>SNACK</b>					
<b>Fruit</b>			Apples	Diced Peaches	
<b>Vegetable</b>		Cucumber Slices			Carrot Sticks
<b>Meat or Meat Alt</b>			Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)
<b>Grain</b>	Whole Wheat Berry Animal Crackers (D, S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Corn Tortilla Chips (S)	
<b>Milk*, fluid</b>	Milk (D)				
<b>Condiments</b>		Ranch Dressing (D, E, S)		Salsa (C)	Ranch Dressing (D, E, S)

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Alpha Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	July 29, 2024	July 30, 2024	July 31, 2024	August 1, 2024	August 2, 2024
<b>BREAKFAST</b>					
<b>Fruit</b>	Fruit Cocktail	Oranges (C)	Bananas	Tropical Fruit (C)	Blueberries
<b>Meat or Meat Alt (Optional)</b>					
<b>Grain</b>	Whole Grain French Toast Sticks (D, E, S, W)	Life Cereal (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)	Pineapple Tidbits (C)	Diced Pears
<b>Vegetable</b>	Green Beans	Corn	Potato Medley	Spinach	Diced Carrots
<b>Meat or Meat Alt</b>	Sliced Ham & Cheese (D)	Meatballs W/ BBQ Sauce (D, S, W, C)	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Meat Sauce (C)
<b>Grain</b>	Whole Wheat Bread (S, W)	Jasmine Rice	Whole Wheat Flour Tortilla (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>	Pickles, Mustard, Mayo (E)		Ketchup (C) Shredded Cheese (D), Salsa (C)		
<b>SNACK</b>					
<b>Fruit</b>			Apples	Diced Peaches	
<b>Vegetable</b>		Cucumber Slices			
<b>Meat or Meat Alt</b>			Dannon Light & Fit Vanilla Yogurt (D)		
<b>Grain</b>	Whole Grain Sweet Potato Crackers (S, W)	Whole Grain Cracker Bites (D, S, W)		Whole Corn Tortilla Chips (S)	Cheddar Goldfish Cracker (D, W)
<b>Milk*, fluid</b>	Milk (D)				Milk (D)
<b>Condiments</b>		Ranch Dressing (D, E, S)		Salsa (C)	

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