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	*2-4 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	*0-1/2 slice bread ⁸ ; or 0-2 crackers ⁸ ; or 0-4 tbsp. iron fortified infant cereal ^{4, 8} ; or ready-						
beans, or cooked dry peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese;	to-eat breakfast cereal ^{8, 9} ; and						
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						
*0-2 tbsp. vegetable or fruit ⁷ , or a combination of both							

MEMO NOTES

¹Breastmilk 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

²Breastfeeding 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.

³Breastmilk 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.

⁴Iron Fortified Infant Formula: Iron fortified infant cereal may not be offered in a bottle.

⁵Yogurt: Yogurt must contain no more than 23 grams of total sugars per 6 oz.

⁶Introduction 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.

⁷Juice: Vegetable/fruit juices must not be served.

⁸Grains: Grains must be whole grain rich, enriched meal, or enriched flour.

⁹Breakfast 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.

¹⁰Additional Components: Extra components served with parent permission are not USDA reimbursable.

¹¹Water 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

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

Water is available throughout the day 11.

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,}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)						
4	6-12 Months							
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		Shredded Chicken w/ Mayo & Relish (E, S)						
Vegetable/Fruit ^{6, 7}	6-12 Months	Green Beans						
Additional Component May Be Offered With		Wheat Crackers (S, W)						
Parent Permission ¹⁰								

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PARENTS: Place a check mar	k next to ite	CHILDS NAME:						
Food Allergen Ingredients Le	egend: D=Da	iry, E=Eggs, S=Soy, W=W	heat, C=Citrus					
BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MEAL COMPONENT	AGE	December 1, 2025	December 2, 2025	December 3, 2025	December 4, 2025	December 5, 2025		
BREAKFAST								
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months			Breastmilk or Iron-Fortified	Breastmilk or Iron-Fortified	Breastmilk or Iron-Fortified		
nfant Formula ^{1, 4}	6-12 Months	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)		
ron-Fortified Infant Cereal ^{4, 6, 8} or		Iron Fortified Infant Rice	Iron Fortified Infant	Iron Fortified Infant Rice	Iron Fortified Infant	Iron Fortified Infant Rice		
Meat/Meat Alt		Cereal (S)	Oatmeal Cereal (W)	Cereal (S)	Oatmeal Cereal (W)	Cereal (S)		
Vegetable/Fruit ^{6, 7}	6-12 Months	Pears (JF)	Crushed Pineapples (C)	Bananas	Diced Peaches	Diced Mangoes		
Additional Component May Be Offered With Parent Permission ¹⁰		Rice Crispy Cereal	Whole Wheat Pancakes (D, E, S, W)	Egg Patty (D, E, S)	Cheesy Grits (D, S, W)	Cheerios Cereal		
			LUNCH					
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months			Breastmilk or Iron-Fortified	Breastmilk or Iron-Fortified	Breastmilk or Iron-Fortified		
nfant Formula ^{1, 4}	6-12 Months	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)		
ron-Fortified Infant Cereal ^{4, 6, 8} or	0-12 101011113	String Cheese (D)	Diced Ham	Ground Turkey Taco	Diced Chicken w/ BBQ	Ground Turkey Chili (C)		
Meat/Meat Alt				Meat (C)	Sauce (C)	, , ,		
Vegetable/Fruit ^{6, 7}	6-12 Months	Diced Carrots	Green Peas	Applesauce	Sweet Potatoes	Corn		
Additional Component May Be	6-12 MONUS	Whole Wheat Bread (S,	Whole Grain Macaroni &	Whole Wheat Flour	Whole Wheat Biscuit (D,	Cornbread (D, E, S, W)		
Offered With Parent Permission ¹⁰		W) w/ Sunbutter & Jelly	Cheese (D, S, W)	Tortilla (W)	S, W)	combread (b, E, 3, w)		
			SNACK					
Breastmilk ¹⁻³ or Iron-Fortified	0-5 Months			Breastmilk or Iron-Fortified	Breastmilk or Iron-Fortified	Breastmilk or Iron-Fortified		
nfant Formula ^{1, 4}	6-12 Months	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)	Infant Formula (D, S)		
Grain ^{6, 8, 9}		Cheerios Cereal	Whole Wheat Crackers	Kix Cereal	Whole Grain Veggie	Whole Grain Sweet		
or ann			(S, W)		Crackers (D, S, W)	Potato Crackers (S, W)		
Vegetable/Fruit ^{6, 7}	6 4 9 9 4 1	Green Beans(JF)	Diced Peaches	Squash (JF)	Green Peas (JF)	Diced Pears		
Additional Component May Be	6-12 Months		Dannon Light & Fit		Cucumber Slices			
Offered With Parent Permission ¹⁰			Vanilla Yogurt (D)		cacamber sinces			

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 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	December 8, 2025	December 9, 2025	December 10, 2025	December 11, 2025	December 12, 2025		
			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)					
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	0-12 WORKINS	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	Mandarin Oranges (C)	Blueberries		
Additional Component May Be Offered With Parent Permission ¹⁰		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	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	Clina d Turden	Disad Chishan/	Courbon Books (C)	Dieed Turkey w/ Crey	Canada Tudan Claran		
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		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		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	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)	Breastmilk or Iron-Fortified Infant Formula (D, S)					
Infant Formula ^{1, 4}	6-12 Months							
Grain ^{6, 8, 9}		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			Cucumber Slices	Dannon Light & Fit Vanilla Yogurt (D)		String Cheese (D)		

JF= Infant Jar Food Revised 09/2025

List of substitutes available to children with food allergies or intolerances can be found on the CYP website.

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

Water is available throughout the day¹¹.

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	December 15, 2025	December 16, 2025	December 17, 2025	December 18, 2025	December 19, 2025	
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)	
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		Iron Fortified Infant Oatmeal Cereal (W)	Iron Fortified Infant Rice Cereal (S)		Iron Fortified Infant Rice Cereal (S)	Iron Fortified Infant Oatmeal Cereal (W)	
Vegetable/Fruit ^{6, 7}	6-12 Months	Bananas (JF)	Diced Pears	Bananas	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)		Whole Wheat Pancakes (D, E, S, W)	

LUNCH

Breastmilk ¹⁻³ or Iron-Fortified	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)
Infant Formula ^{1, 4}	6-12 Months					
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		Sliced Ham	Black Beans	Egg Patty (D, E, S)	Teriyaki Diced Chicken (S, W, C)	Ground Turkey Spaghetti Sauce (C)
Vegetable/Fruit ^{6, 7}	6-12 Months	Applesauce	Diced Peaches	Potato Medley	Crushed Pineapple (C)	Diced Carrots
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Flour Tortilla <mark>(W)</mark>	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 6-12 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)				
Grain ^{6, 8, 9}		Whole Grain Sweet Potato Crackers (S, W)	Rice Chex Cereal	Cheerios Cereal	Whole Wheat Crackers (S, W)	Kix Cereal
Vegetable/Fruit ^{6, 7}	6-12 Months	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 mar	k next to ite	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	December 22, 2025	December 23, 2025	December 24, 2025	December 25, 2025	December 26, 2025		
			BREAKFAST					
Breastmilk ¹⁻³ or Iron-Fortified	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)		
Infant Formula ^{1, 4}	6-12 Months		illiant i officia (b, 3)	illiant i officia (b, 3)		illiant i official (b, 3)		
Iron-Fortified Infant Cereal ^{4, 6, 8} or		Iron Fortified Infant Rice	Iron Fortified Infant	Iron Fortified Infant Rice		Iron Fortified Infant Rice		
Meat/Meat Alt		Cereal <mark>(S)</mark>	Oatmeal Cereal (W)	Cereal (S)		Cereal (S)		
Vegetable/Fruit ^{6, 7}	6-12 Months	Pears (JF)	Crushed Pineapples (C)	Mandarin Oranges (C)		Diced Peaches		
Additional Component May Be Offered With Parent Permission ¹⁰	0-12 WORLINS	Rice Crispy Cereal	Whole Wheat Pancakes (D, E, S, W)	Egg Patty (D, E, S)		Cheerios Cereal		
			LUNCH					
Breastmilk ¹⁻³ or Iron-Fortified	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)		
Infant Formula ^{1, 4}	6-12 Months	illiant Formula (b, 3)	Infant Formula (D, S)	illiant Formula (D, 3)		illiant Formula (b, 3)		
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		String Cheese (D)	Diced Ham	Ground Turkey Taco Meat (C)	CLOSED	Shredded Chicken w/ Mayo & Relish (E, S)		
Vegetable/Fruit ^{6, 7}	6-12 Months	Diced Carrots	Green Peas	Applesauce		Green Beans		
Additional Component May Be Offered With Parent Permission ¹⁰	o 12 mondis	Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	Whole Grain Macaroni & Cheese (D, S, W)	Whole Wheat Flour Tortilla (W)		Wheat Crackers (S, W)		
			SNACK					
Breastmilk ¹⁻³ or Iron-Fortified	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)		
Infant Formula ^{1, 4}	6-12 Months							
Grain ^{6, 8, 9}		Cheerios Cereal	Whole Wheat Crackers (S, W)	Kix Cereal		Whole Grain Sweet Potato Crackers (S, W)		
Vegetable/Fruit ^{6, 7}	6-12 Months	Green Beans(JF)	Diced Peaches	Squash (JF)		Diced Pears		
Additional Component May Be Offered With Parent Permission ¹⁰			Dannon Light & Fit Vanilla Yogurt (D)					

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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	December 29, 2025	December 30, 2025	December 31, 2025	January 1, 2026	January 2, 2026		
			BREAKFAST					
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1, 4}		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		Iron Fortified Infant Oatmeal Cereal (W)	Iron Fortified Infant Rice Cereal (S)	Iron Fortified Infant Oatmeal Cereal (W)		Iron Fortified Infant Oatmeal Cereal (W)		
Vegetable/Fruit ^{6, 7}	6-12 Months	Diced Peaches	Crushed Pineapple (C)	Bananas (JF)		Mandarin Oranges (C)		
Additional Component May Be Offered With Parent Permission ¹⁰		Cornflakes Cereal (W)	Egg Patty (D, E, S)	Kix 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)		
	6-12 Months							
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt		Sliced Turkey	Diced Chicken w/ Alfredo Sauce (D, S)	Cowboy Beans (C)		String Cheese (D)		
Vegetable/Fruit ^{6, 7}	6-12 Months	Potato Salad (E,S)	Green Peas	Diced Carrots	CLOSED	Green Beans		
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Pita Bread (W)	Linguini Noodles (W)	Cornbread (D, E, S, W)		Whole Wheat Bread (S, W) w/ Sunbutter & Jelly		
			SNACK					
Breastmilk ¹⁻³ or Iron-Fortified	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)		
Infant Formula ^{1, 4}	6-12 Months							
Grain ^{6, 8, 9}		Kix Cereal	Whole Wheat Crackers (S, W)	Cheerios Cereal		Rice Chex Cereal		
Vegetable/Fruit ^{6, 7}	6-12 Months	Carrots (JF)	Sweet Potatoes (JF)	Diced Peaches		Diced Pears		
Additional Component May Be Offered With Parent Permission ¹⁰			Cucumber Slices	Dannon Light & Fit Vanilla Yogurt (D)				

JF= Infant Jar Food Revised 09/2025