

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.

BRAVO WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	DATE: June 3, 2019	DATE: June 4, 2019	DATE: June 5, 2019	DATE: June 6, 2019	DATE: June 7, 2019
BREAKFAST					
Fruit	Fruit Cocktail	Crushed Pineapple(PT) Pineapple Tidbits (T/PS)	Bananas	Diced Peaches	Diced Mangoes
Meat or Meat Alternative (Optional)			Scrambled Eggs		
Grain	Rice Krispy Cereal	Whole Wheat Biscuit		Cheesy Grits	Cheerios Cereal
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments		Jelly	Ketchup		
LUNCH					
Fruit	Diced Pears	Mandarin Oranges (PT) Sliced Oranges (T/PS)	Applesauce (PT) Strawberries (T/PS)	Fruit Cocktail (PT) Tropical Fruit (T/PS)	Applesauce (PT) Apple Slices (T/PS)
Vegetable	Diced Carrots	Green Peas	Shredded Lettuce & Diced Tomatoes	Sweet Potatoes	Green Beans
Meat or Meat Alternative	Sunbutter & Jelly String Cheese	Diced Ham	Taco Seasoned Ground Beef, Shredded Cheese	Diced Chicken in BBQ Sauce	Ground Turkey Chili
Grain	Whole Wheat Bread	Whole Grain Macaroni Noodles with Cheese	Whole Wheat Flour Tortilla	Whole Wheat Bun	Cornbread
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments			Ranch Dressing		
SNACK					
Fruit		Diced Peaches			Diced Pears
Vegetable				Cucumber Slices	
Meat or Meat Alternative		Cottage Cheese			
Grain	Whole Wheat Breadstick		Trail Mix (Cheerios, Kix, Rice Chex, Raisins)	Whole Wheat Pita Bread Wedges	Whole Grain Cheddar Goldfish Crackers
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)		Whole Milk (PT) 1% Milk (T/PS)		
Condiments	Marinara Sauce			Hummus	

Menu subject to change.

*Milk: 1 yr old : unflavored whole milk, Lactaid; 2-5 yr old : unflavored low-fat milk, Lactaid; Kikkoman Organic Soy

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CHARLIE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	DATE: June 10, 2019	DATE: June 11, 2019	DATE: June 12, 2019	DATE: June 13, 2019	DATE: June 14, 2019
BREAKFAST					
Fruit	Mandarin Oranges	Crushed Pineapple(PT) Pineapple Tidbits (T/PS)	Bananas	Mandarin Oranges (PT) Orange Slices (T/PS)	Blueberries
Meat or Meat Alternative (Optional)		Cheesy Egg Omelet			
Grain	Cornflakes Cereal		Kix Cereal	Cream of Wheat w/ Brown Sugar	Whole Wheat Pancakes
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments					Syrup
LUNCH					
Fruit	Diced Peaches	Fruit Cocktail (PT) Tropical Fruit (T/PS)	Diced Pears (PT) Apple Slices (T/PS)	Applesauce	Fruit Cocktail
Vegetable	Mustard Potato Salad	Green Peas	Diced Carrots	Lima Beans	Chickpeas Tossed in Ranch Dressing
Meat or Meat Alternative	Sliced Turkey & Cheese	Diced Chicken	Cowboy Beans (Ground Turkey, Baked Beans)	Meatloaf in Tomato Sauce	Ground Turkey in Sloppy Joe Sauce
Grain	Whole Wheat Pita Bread	Linguini Noodles with Alfredo Sauce	Cornbread	Wheat Roll	Whole Wheat Bun
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments	Mustard, Mayo			Butter, Ketchup	
SNACK					
Fruit			Diced Peaches (PT) Strawberries (T/PS)		
Vegetable		Cucumber Slices			
Meat or Meat Alternative			Vanilla Yogurt	Sliced Cheese (wrapped in tortilla)	String Cheese
Grain	Whole Grain Strawberry Yogurt Chex Mix	Whole Grain Oyster Crackers		Whole Wheat Tortilla	Whole Grain Cheez It Crackers
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)			Whole Milk (PT) 1% Milk (T/PS)	
Condiments		Ranch Dressing			

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ALPHA WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	DATE: June 17, 2019	DATE: June 18, 2019	DATE: June 19, 2019	DATE: June 20, 2019	DATE: June 21, 2019
BREAKFAST					
Fruit	Fruit Cocktail	Diced Pears (PT) Orange Slices (T/PS)	Bananas	Fruit Cocktail(PT) Tropical Fruit (T/PS)	Blueberries
Meat or Meat Alternative (Optional)					
Grain	Mini Bagel	Life Cereal	Oatmeal w/ Brown Sugar and Raisins	Rice Chex Cereal	Whole Grain French Toast Sticks
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments	Cream Cheese				Syrup
LUNCH					
Fruit	Applesauce	Diced Peaches	Mandarin Oranges	Diced Pears	Crushed Pineapple(PT) Pineapple Tidbits (T/PS)
Vegetable	Green Beans	Spinach	Potato Medley	Diced Carrots	Lima Beans
Meat or Meat Alternative	Sliced Ham & Cheese	Meatballs in BBQ Sauce	Scrambled Eggs & Turkey Sausage	Ground Turkey Meat Sauce	Teriyaki Diced Chicken
Grain	Whole Wheat Flour Tortilla	Wheat Roll	Whole Wheat Biscuit	Whole Grain Spaghetti Noodles	Fried Jasmine Rice
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments	Mustard, Mayo	Butter	Ketchup, Jelly		
SNACK					
Fruit			Diced Peaches (PT) Strawberries (T/PS)	Applesauce (PT) Apple Slices (T/PS)	
Vegetable		Cucumber Slices			
Meat or Meat Alternative			Vanilla Yogurt		
Grain	Whole Wheat Soft Mini Pretzel	Whole Grain Cheddar Goldfish Crackers		Whole Grain Cheez It Crackers	Whole Wheat Pita Bread Wedges
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)				Whole Milk (PT) 1% Milk (T/PS)
Condiments	Honey Mustard	Ranch Dressing			Jelly

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BRAVO WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider.	DATE: June 24, 2019	DATE: June 25, 2019	DATE: June 26, 2019	DATE: June 27, 2019	DATE: June 28, 2019
BREAKFAST					
Fruit	Fruit Cocktail	Crushed Pineapple(PT) Pineapple Tidbits (T/PS)	Bananas	Diced Peaches	Diced Mangoes
Meat or Meat Alternative (Optional)			Scrambled Eggs		
Grain	Rice Krispy Cereal	Whole Wheat Biscuit		Cheesy Grits	Cheerios Cereal
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments		Jelly	Ketchup		
LUNCH					
Fruit	Diced Pears	Mandarin Oranges (PT) Sliced Oranges (T/PS)	Applesauce (PT) Strawberries (T/PS)	Fruit Cocktail (PT) Tropical Fruit (T/PS)	Applesauce (PT) Apple Slices (T/PS)
Vegetable	Diced Carrots	Green Peas	Shredded Lettuce & Diced Tomatoes	Sweet Potatoes	Green Beans
Meat or Meat Alternative	Sunbutter & Jelly String Cheese	Diced Ham	Taco Seasoned Ground Beef, Shredded Cheese	Diced Chicken in BBQ Sauce	Ground Turkey Chili
Grain	Whole Wheat Bread	Whole Grain Macaroni Noodles with Cheese	Whole Wheat Flour Tortilla	Whole Wheat Bun	Cornbread
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)	Whole Milk (PT) 1% Milk (T/PS)
Condiments			Ranch Dressing		
SNACK					
Fruit		Diced Peaches			Diced Pears
Vegetable				Cucumber Slices	
Meat or Meat Alternative		Cottage Cheese			
Grain	Whole Wheat Breadstick		Trail Mix (Cheerios, Kix, Rice Chex, Raisins)	Whole Wheat Pita Bread Wedges	Whole Grain Cheddar Goldfish Crackers
Milk*, fluid	Whole Milk (PT) 1% Milk (T/PS)		Whole Milk (PT) 1% Milk (T/PS)		
Condiments	Marinara Sauce			Hummus	

Menu subject to change.

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