

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 Ready⁶)	6-12 MONTHS (When Developmentally Ready⁶)
*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 <u>Breastmilk or Iron Fortified Infant Formula</u> : 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 <u>Breastfeeding On-Site</u> : 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 <u>Breastmilk Serving Size</u> : 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 <u>Iron Fortified Infant Formula</u> : Iron fortified infant cereal may not be offered in a bottle.
⁵ <u>Yogurt</u> : Yogurt must contain no more than 23 grams of total sugars per 6 oz.
⁶ <u>Introduction of Solids</u> : A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP <i>Provision of Breastmilk or Infant Formula and Solid Foods</i> form for guidance.
⁷ <u>Juice</u> : Vegetable/fruit juices must not be served.
⁸ <u>Grains</u> : Grains must be whole grain rich, enriched meal, or enriched flour.
⁹ <u>Breakfast Cereal</u> : 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).
¹⁰ <u>Additional Components</u> : Extra components served with parent permission are not USDA reimbursable.

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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
MEAL COMPONENT	AGE	DATE: June 3, 2019	DATE: June 4, 2019	DATE: June 5, 2019	DATE: June 6, 2019	DATE: June 7, 2019
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal
Vegetable/Fruit ^{6,7}		Fruit Cocktail	Crushed Pineapple	Bananas	Diced Peaches	Diced Mangoes
Additional Component May Be Offered With Parent Permission ¹⁰		Rice Crispy Cereal	Whole Wheat Biscuit	Scrambled Eggs	Cheesy Grits	Cheerios Cereal
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Sunbutter & Jelly/ String Cheese	Diced Ham	Taco Seasoned Ground Beef	Diced Chicken w/ BBQ Sauce	Ground Turkey Chili
Vegetable/Fruit ^{6,7}		Diced Carrots/ Diced Pears	Green Peas/ Mandarin Oranges	Squash/ Applesauce	Sweet Potatoes/ Fruit Cocktail	Green Beans/ Applesauce
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Bread	Whole Grain Macaroni Noodles with Cheese	Whole Wheat Flour Tortilla	Whole Wheat Bun	Cornbread
SNACK						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Grain ^{6,8,9}	6-12 Months	Whole Wheat Breadstick	Whole Wheat Crackers	Trail Mix (Cheerios, Kix, Rice Chex, Raisins)	Whole Wheat Pita Bread Wedges	Whole Grain Goldfish Crackers
Vegetable/Fruit ^{6,7}		Sweet Potatoes	Diced Peaches	Pears	Bananas	Diced Pears
Additional Component May Be Offered With Parent Permission ¹⁰			Cottage Cheese		Cucumber Slices	

Menus subject to change.

This institution is an equal opportunity provider.

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CHARLIE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	DATE: June 10, 2019	DATE: June 11, 2019	DATE: June 12, 2019	DATE: June 13, 2019	DATE: June 14, 2019
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal
Vegetable/Fruit ^{6,7}		Mandarin Oranges	Crushed Pineapple	Bananas	Mandarin Oranges	Blueberries
Additional Component May Be Offered With Parent Permission ¹⁰		Cornflakes Cereal	Cheesy Egg Omelet	Kix Cereal	Cream of Wheat w/ Brown Sugar	Whole Wheat Pancakes
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Sliced Turkey	Diced Chicken	Cowboy Beans	Meatloaf in Tomato Sauce	Ground Turkey in Sloppy Joe Sauce
Vegetable/Fruit ^{6,7}		Potato Salad/ Diced Peaches	Green Peas/ Fruit Cocktail	Diced Carrots/ Diced Pears	Lima Beans/ Applesauce	Chickpeas/ Fruit Cocktail
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Pita Bread	Linguini Noodles with Alfredo Sauce	Cornbread	Wheat Roll	Whole Wheat Bun
SNACK						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Grain ^{6,8,9}	6-12 Months	Rice Chex Cereal	Whole Grain Oyster Crackers	Cheerios Cereal	Whole Wheat Crackers	Whole Grain Cheez-It Crackers
Vegetable/Fruit ^{6,7}		Applesauce	Sweet Potatoes	Diced Peaches	Squash	Pears
Additional Component May Be Offered With Parent Permission ¹⁰			Cucumber Slices	Vanilla Yogurt		String Cheese

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ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	DATE: June 17, 2019	DATE: June 18, 2019	DATE: June 19, 2019	DATE: June 20, 2019	DATE: June 21, 2019
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal
Vegetable/Fruit ^{6,7}		Fruit Cocktail	Diced Pears	Bananas	Fruit Cocktail	Blueberries
Additional Component May Be Offered With Parent Permission ¹⁰		Mini Bagel	Life Cereal	Oatmeal w/ Brown Sugar and Raisins	Rice Chex Cereal	Whole Grain French Toast Sticks
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Sliced Ham/ String Cheese	Meatballs in BBQ Sauce	Scrambled Eggs	Ground Turkey Meat Sauce	Teriyaki Diced Chicken
Vegetable/Fruit ^{6,7}		Green Beans/ Applesauce	Spinach/ Diced Peaches	Potato Medley/ Mandarin Oranges	Diced Carrots/ Diced Pears	Lima Beans/ Crushed Pineapple
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Flour Tortilla	Wheat Roll	Whole Wheat Biscuit	Whole Grain Spaghetti Noodles	Fried Jasmine Rice
SNACK						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Grain ^{6,8,9}	6-12 Months	Whole Wheat Soft Mini Pretzel	Whole Grain Cheddar Goldfish Crackers	Whole Wheat Crackers	Whole Grain Cheez-it Crackers	Whole Wheat Pita Bread Wedges
Vegetable/Fruit ^{6,7}		Squash	Pears	Diced Peaches	Applesauce	Sweet Potatoes
Additional Component May Be Offered With Parent Permission ¹⁰			Cucumber Slices	Vanilla Yogurt		

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BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	DATE: June 24, 2019	DATE: June 25, 2019	DATE: June 26, 2019	DATE: June 27, 2019	DATE: June 28, 2019
BREAKFAST						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal
Vegetable/Fruit ^{6,7}		Fruit Cocktail	Crushed Pineapple	Bananas	Diced Peaches	Diced Mangoes
Additional Component May Be Offered With Parent Permission ¹⁰		Rice Crispy Cereal	Whole Wheat Biscuit	Scrambled Eggs	Cheesy Grits	Cheerios Cereal
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt	6-12 Months	Sunbutter & Jelly/ String Cheese	Diced Ham	Taco Seasoned Ground Beef	Diced Chicken w/ BBQ Sauce	Ground Turkey Chili
Vegetable/Fruit ^{6,7}		Diced Carrots/ Diced Pears	Green Peas/ Mandarin Oranges	Squash/ Applesauce	Sweet Potatoes/ Fruit Cocktail	Green Beans/ Applesauce
Additional Component May Be Offered With Parent Permission ¹⁰		Whole Wheat Bread	Whole Grain Macaroni Noodles with Cheese	Whole Wheat Flour Tortilla	Whole Wheat Bun	Cornbread
SNACK						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula	Breastmilk or Iron-Fortified Infant Formula
	6-12 Months					
Grain ^{6,8,9}	6-12 Months	Whole Wheat Breadstick	Whole Wheat Crackers	Trail Mix (Cheerios, Kix, Rice Chex, Raisins)	Whole Wheat Pita Bread Wedges	Whole Grain Goldfish Crackers
Vegetable/Fruit ^{6,7}		Sweet Potatoes	Diced Peaches	Pears	Bananas	Diced Pears
Additional Component May Be Offered With Parent Permission ¹⁰			Cottage Cheese		Cucumber Slices	