

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 *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 12 grams of added 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 added sugars per dry ounce.	
¹⁰ <u>Additional Components</u> : Extra components served with parent permission are not USDA reimbursable.	
¹¹ <u>Water is available throughout the day</u> : 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 05/2026

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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=Egg, S=Soy, W=Wheat, C=Citrus		
Storm Rations	AGE	
Storm Ration-Lunch		
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1, 4}	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months	
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	6-12 Months	___ Shredded Chicken w/ Mayo & Relish (E, S)
Vegetable/Fruit ^{6, 7}		___ Green Beans
Additional Component May Be Offered With Parent Permission ¹⁰		___ Wheat Crackers (S, W)

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**

BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	November 2, 2026	November 3, 2026	November 4, 2026	November 5, 2026	November 6, 2026
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)	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	6-12 Months	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)
Vegetable/Fruit ^{6, 7}		___ Pears (JF)	___ Crushed Pineapples (C)	___ Bananas (JF)	___ 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 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)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	6-12 Months	___ String Cheese (D)	___ Diced Ham	___ Ground Turkey Taco Meat (C)	___ Diced Chicken w/ BBQ Sauce (C)	___ Ground Turkey Chili (C)
Vegetable/Fruit ^{6, 7}		___ Diced Carrots	___ Green Peas	___ Applesauce	___ Sweet Potatoes	___ Corn
Additional Component May Be Offered With Parent Permission ¹⁰		___ Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	___ Whole Grain Macaroni & Cheese (D, S, W)	___ Whole Wheat Flour Tortilla (W)	___ Whole Wheat Biscuit (D, S, W)	___ Cornbread (D, E, S, W)
SNACK						
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)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Grain ^{6, 8, 9}	6-12 Months	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal	___ Whole Grain Veggie Crackers (D, S, W)	___ Whole Grain Sweet Potato Crackers (S, W)
Vegetable/Fruit ^{6, 7}		___ Green Beans(JF)	___ Diced Peaches	___ Squash (JF)	___ Green Peas (JF)	___ Diced Pears
Additional Component May Be Offered With Parent Permission ¹⁰			___ Dannon Light & Fit Vanilla Yogurt (D)		___ Cucumber Slices	

JF=Infant Jar Food

Revised 05/2026

Menus subject to change.

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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	November 9, 2026	November 10, 2026	November 11, 2026	November 12, 2026	November 13, 2026
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)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	6-12 Months	___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}		___Diced Peaches	___Crushed Pineapple (C)		___Mandarin Oranges (C)	___Blueberries
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)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	6-12 Months	___Sliced Turkey	___Diced Chicken w/ Alfredo Sauce (D, S)	CLOSED	___Shredded Chicken w/ Mayo & Relish (E, S)	___Ground Turkey Sloppy Joe (C)
Vegetable/Fruit ^{6, 7}		___Potato Salad (E,S)	___Green Peas		___Green Beans	___Sweet Potatoes
Additional Component May Be Offered With Parent Permission ¹⁰		___Whole Wheat Pita Bread (W)	___Linguini Noodles (W)		___Wheat Crackers (S, W)	___Whole Wheat Biscuit (D, S, W)
SNACK						
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					
Grain ^{6, 8, 9}	6-12 Months	___Kix Cereal	___Whole Wheat Crackers (S, W)		___Cheerios Cereal	___Rice Chex Cereal
Vegetable/Fruit ^{6, 7}		___Carrots (JF)	___Sweet Potatoes (JF)		___Diced Peaches	___Green Peas(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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#7422

Lejeune-New River Child Youth Programs Infant Menu

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

Water is available throughout the day¹¹.**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**

ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *	AGE	November 16, 2026	November 17, 2026	November 18, 2026	November 19, 2026	November 20, 2026
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)	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	6-12 Months	___ 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}		___ Bananas (JF)	___ Diced Pears	___ Bananas (JF)	___ 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)	___ Rice Chex 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)	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	6-12 Months	___ Sliced Ham	___ Black Beans	___ Egg Patty (D, E, S)	___ Teriyaki Diced Chicken (S, W, C)	___ Ground Turkey Spaghetti Sauce (C)
Vegetable/Fruit ^{6,7}		___ Applesauce	___ Diced Peaches	___ Potato Medley	___ Crushed Pineapple (C)	___ Diced Carrots
Additional Component May Be Offered With Parent Permission ¹⁰		___ Whole Wheat Flour Tortilla (W)	___ 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	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)
	6-12 Months					
Grain ^{6,8,9}	6-12 Months	___ Whole Grain Sweet Potato Crackers (S, W)	___ Rice Chex Cereal	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal
Vegetable/Fruit ^{6,7}		___ 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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BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	November 23, 2026	November 24, 2026	November 25, 2026	November 26, 2026	November 27, 2026
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)		
	6-12 Months					
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	6-12 Months	___ Iron Fortified Infant Rice Cereal (S)	___ Iron Fortified Infant Oatmeal Cereal (W)	___ Iron Fortified Infant Rice Cereal (S)		
Vegetable/Fruit ^{6, 7}		___ Pears (JF)	___ Crushed Pineapples (C)	___ Bananas (JF)		
Additional Component May Be Offered With Parent Permission ¹⁰		___ Rice Crispy Cereal	___ Whole Wheat Pancakes (D, E, S, W)	___ Egg Patty (D, E, S)		
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	6-12 Months	___ String Cheese (D)	___ Diced Ham	___ Ground Turkey Taco Meat (C)	CLOSED	CLOSED
Vegetable/Fruit ^{6, 7}		___ Diced Carrots	___ Green Peas	___ Applesauce		
Additional Component May Be Offered With Parent Permission ¹⁰		___ Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	___ Whole Grain Macaroni & Cheese (D, S, W)	___ Whole Wheat Flour Tortilla (W)		
SNACK						
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					
Grain ^{6, 8, 9}	6-12 Months	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal		
Vegetable/Fruit ^{6, 7}		___ Green Beans(JF)	___ Diced Peaches	___ Squash (JF)		
Additional Component May Be Offered With Parent Permission ¹⁰			___ Dannon Light & Fit Vanilla Yogurt (D)			

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CHARLIE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	November 30, 2026	December 1, 2026	December 2, 2026	December 3, 2026	December 4, 2026
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)	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	6-12 Months	___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}		___Diced Peaches	___Crushed Pineapple (C)	___Bananas (JF)	___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)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal ^{4, 6, 8} or Meat/Meat Alt	6-12 Months	___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}		___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 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)	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Grain ^{6, 8, 9}	6-12 Months	___Kix Cereal	___Whole Wheat Crackers (S, W)	___Cheerios Cereal	___Whole Wheat Pita Bread Wedges (W)	___Rice Chex Cereal
Vegetable/Fruit ^{6, 7}		___Carrots (JF)	___Sweet Potatoes (JF)	___Diced Peaches	___Squash (JF)	___Green Peas(JF)
Additional Component May Be Offered With Parent Permission ¹⁰		String Cheese (D)	___Cucumber Slices	___Dannon Light & Fit Vanilla Yogurt (D)		___String Cheese (D)

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