

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 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.

* 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

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,		
Storm Rations	AGE	
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)

#7422

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

Chilled Water is available throughout the day.

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	January 1, 2024	January 2, 2024	January 3, 2024	January 4, 2024	January 5, 2024
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 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	___ Pears (JF)	___ Blueberries
Additional Component May Be Offered With Parent Permission ¹⁰			___ Whole Wheat Biscuit (D, S, W)	___ Oatmeal w/ Brown Sugar and Cinnamon (D)	___ Rice Chex Cereal	___ Whole Grain French Toast Sticks (D, E, S, W)
LUNCH						
Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4}	0-5 Months	CLOSED HAPPY NEW YEAR	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	___ Egg Patty (D, E, S)	___ Ground Turkey Meat Sauce (C)	___ Teriyaki Diced Chicken (S, W, C)
Vegetable/Fruit ^{6,7}			___ Applesauce	___ Potato Medley	___ Diced Carrots	___ Crushed Pineapple (C)
Additional Component May Be Offered With Parent Permission ¹⁰			___ Whole Wheat Flour Tortilla (W)	___ Whole Wheat Biscuit (D, S, W)	___ Whole Grain Spaghetti Noodles (W)	___ Fried Jasmine Rice (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		___ Whole Grain Sweet Potato Crackers (S, W)	___ Whole Wheat Crackers (S, W)	___ Whole Grain Cheese Snack Crackers (D, S, W)	___ Kix Cereal
Vegetable/Fruit ^{6,7}			___ Squash (JF)	___ Diced Peaches	___ Applesauce	___ Sweet Potatoes (JF)
Additional Component May Be Offered With Parent Permission ¹⁰				___ Dannon Light & Fit Vanilla Yogurt		

JF=Infant Jar Food

Revised 1/2024

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**

BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	January 8, 2024	January 9, 2024	January 10, 2024	January 11, 2024	January 12, 2024
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	___ 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	___ Taco Seasoned Ground Turkey (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 w/ 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)	___ Cheerios Cereal	___ Whole Wheat Pita Bread Wedges (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			___ Cottage Cheese (D)		___ Cucumber Slices	

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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	January 15, 2024	January 16, 2024	January 17, 2024	January 18, 2024	January 19, 2024
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 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}			___ Mandarin Oranges (C)	___ Crushed Pineapple (C)	___ Mandarin Oranges (C)	___ Blueberries
Additional Component May Be Offered With Parent Permission ¹⁰			___ Cornflakes Cereal (W)	___ 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	CLOSED Dr. Martin Luther King Jr. Day	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	___ Cowboy Beans (C)	___ Diced Turkey w/ Gravy (D, S, W)	___ Ground Turkey in Sloppy Joe Sauce (C)
Vegetable/Fruit ^{6, 7}			___ Potato Salad (E,S)	___ Diced Carrots	___ Applesauce	___ Potato Medley
Additional Component May Be Offered With Parent Permission ¹⁰			___ Whole Wheat Pita Bread (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)
	6-12 Months					
Grain ^{6, 8, 9}	6-12 Months		___ Kix Cereal	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Whole Grain Cheese Snack Crackers (D, S, W)
Vegetable/Fruit ^{6, 7}			___ Carrots (JF)	___ Diced Peaches	___ Squash (JF)	___ Green Peas(JF)
Additional Component May Be Offered With Parent Permission ¹⁰				___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)

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ALPHA WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *	AGE	January 22, 2024	January 23, 2024	January 24, 2024	January 25, 2024	January 26, 2024
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	___ Pears (JF)	___ Blueberries
Additional Component May Be Offered With Parent Permission ¹⁰		___ Whole Wheat Biscuit (D, S, W)	___ Life Cereal (W)	___ Oatmeal w/ Brown Sugar and Cinnamon (D)	___ Rice Chex Cereal	___ Whole Grain French Toast Sticks (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)	___ Ground Turkey Meat Sauce (C)	___ Teriyaki Diced Chicken (S, W, C)
Vegetable/Fruit ^{6,7}		___ Applesauce	___ Diced Peaches	___ Potato Medley	___ Diced Carrots	___ Crushed Pineapple (C)
Additional Component May Be Offered With Parent Permission ¹⁰		___ Whole Wheat Flour Tortilla (W)	___ Jasmine Rice	___ Whole Wheat Biscuit (D, S, W)	___ Whole Grain Spaghetti Noodles (W)	___ Fried Jasmine Rice (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	___ Whole Grain Sweet Potato Crackers (S, W)	___ Whole Grain Cracker Bites (D, S, W)	___ Whole Wheat Crackers (S, W)	___ Whole Grain Cheese Snack Crackers (D, S, W)	___ Kix Cereal
Vegetable/Fruit ^{6,7}		___ Squash (JF)	___ Carrots (JF)	___ Diced Peaches	___ Applesauce	___ Sweet Potatoes (JF)
Additional Component May Be Offered With Parent Permission ¹⁰			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt		

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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**

BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	January 29, 2024	January 30, 2024	January 31, 2024	February 1, 2024	February 2, 2024
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	___ 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	___ Taco Seasoned Ground Turkey (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 w/ 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)	___ Cheerios Cereal	___ Whole Wheat Pita Bread Wedges (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			___ Cottage Cheese (D)		___ Cucumber Slices	

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