

For Children Only

Menu 1

(Infant Menu)

6 months through 11 months

Week of: _____

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Rice Infant Cereal
0-2 Tbsp Apple Sauce

MONDAY

LUNCH

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Oatmeal Infant Cereal or
0-4 Tbsp Lasagna with Meat Sauce Dinner
0-2 Tbsp Green Beans

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-2 Tbsp Bananas
0-2 Saltine Crackers

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Oatmeal Infant Cereal
0-2 Tbsp Bananas

TUESDAY

LUNCH

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Multigrain Infant Cereal or
0-4 Tbsp Chicken Dinner
0-2 Tbsp Peas

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-2 Tbsp Sweet Potatoes
0-2 Saltine Crackers

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Multigrain Infant Cereal
0-2 Tbsp Apple Sauce

WEDNESDAY

LUNCH

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Rice Infant Cereal or
0-4 Tbsp Macaroni & Cheese Dinner
0-2 Tbsp Apple Sauce

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-2 Tbsp Green Beans
0-2 Saltine Crackers

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Rice Infant Cereal
0-2 Tbsp Apple Sauce

THURSDAY

LUNCH

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Oatmeal Infant Cereal or
0-4 Tbsp Turkey Dinner
0-2 Tbsp Sweet Potatoes

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-2 Tbsp Bananas
0-2 Saltine Crackers

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Oatmeal Infant Cereal
0-2 Tbsp Bananas

FRIDAY

LUNCH

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-4 Tbsp Multigrain Infant Cereal or
0-4 Tbsp Chicken Dinner
0-2 Tbsp Carrots

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
0-2 Tbsp Apple Sauce
0-2 Saltine Crackers