

For Children Only

Menu 1

(Infant Menu)

4 months through 7 months

Week of: _____

BREAKFAST

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Rice Infant Cereal

MONDAY

LUNCH OR SUPPER

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Oatmeal Infant Cereal
0-3 Tbsp. Garden Vegetables

SNACK

4-6 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

BREAKFAST

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Oatmeal Infant Cereal

TUESDAY

LUNCH OR SUPPER

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Multigrain Infant Cereal
0-3 Tbsp. Peaches

SNACK

4-6 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

BREAKFAST

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Multigrain Infant Cereal

WEDNESDAY

LUNCH OR SUPPER

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Rice Infant Cereal
0-3 Tbsp. Squash

SNACK

4-6 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

BREAKFAST

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Rice Infant Cereal

THURSDAY

LUNCH OR SUPPER

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Oatmeal Infant Cereal
0-3 Tbsp. Pears

SNACK

4-6 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

BREAKFAST

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Oatmeal Infant Cereal

FRIDAY

LUNCH OR SUPPER

4-8 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

0-3 Tbsp. of Multigrain Infant Cereal
0-3 Tbsp. Bananas

SNACK

4-6 oz. of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk