

# For Children Only

## Menu 1

(Infant Menu)

8 months through 11 months

Week of: \_\_\_\_\_

### **BREAKFAST**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Rice Infant Cereal  
1-4 Tbsp Apple Sauce

### **MONDAY**

#### **LUNCH OR SUPPER**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Oatmeal Infant Cereal  
1-4 Tbsp Lasagna with Meat Sauce Dinner  
1-4 Tbsp Green Beans

#### **SNACK**

2-4 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
or Fruit juice  
0-2 Graham Crackers

### **BREAKFAST**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Oatmeal Infant Cereal  
1-4 Tbsp Bananas

### **TUESDAY**

#### **LUNCH OR SUPPER**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Multigrain Infant Cereal  
1-4 Tbsp Chicken & Rice Dinner  
1-4 Tbsp Peas

#### **SNACK**

2-4 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
or Fruit juice  
0-2 Ritz Crackers

### **BREAKFAST**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Multigrain Infant Cereal  
1-4 Tbsp Pears

### **WEDNESDAY**

#### **LUNCH OR SUPPER**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Rice Infant Cereal  
1/2-2oz Macaroni & Cheese w/ Vegetables  
1-4 Tbsp Apple Sauce

#### **SNACK**

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

### **BREAKFAST**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Rice Infant Cereal  
1-4 Tbsp Apple Sauce

### **THURSDAY**

#### **LUNCH OR SUPPER**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Oatmeal Infant Cereal  
1-4 Tbsp Turkey & Rice  
1-4 Tbsp Sweet Potatoes

#### **SNACK**

2-4 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
or Fruit juice  
0-2 Graham Crackers

### **BREAKFAST**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Oatmeal Infant Cereal  
1-4 Tbsp Pears

### **FRIDAY**

#### **LUNCH OR SUPPER**

6-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
2-4 Tbsp of Multigrain Infant Cereal  
1-4 Tbsp Apples & Chicken  
1-4 Tbsp Fresh Fruit- Garden Vegetables

#### **SNACK**

2-4 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk  
or Fruit juice  
0-2 Ritz Crackers