

Infant Menu	Thursday 11-17-11	Friday 11-18-11	Monday 11-21-11	Tuesday 10-22-11	Wednesday 11-23-11
Breakfast					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T peaches 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T pears 2-4 T infant cereal
Lunch					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T bananas	4-8 fl oz. iron-fortified formula or breast milk 0-3 T pears puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T mashed potatoes	4-8 fl oz. iron-fortified formula or breast milk 0-3 T bananas	4-8 fl oz. iron-fortified formula or breast milk 0-3 T broccoli puree
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T mashed peas 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T mashed potatoes 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T cauliflower puree 2-4 T infant cereal and/or 1-4 T protein of the day
Snack					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
8 through 11 months	2-4 fl oz. iron-fortified formula or breast milk 1-2 animal crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 vanilla wafers	2-4 fl oz. iron-fortified formula or breast milk 1-2 arrow root crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 ritz crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 infant crackers

*Fruit may be substituted depending on the seasonal market

	Thursday 11-24-11	Friday 11-25-11	Monday 11-28-11	Tuesday 11-29-11	Wednesday 11-30-11
Infant Menu					
Breakfast					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T pears 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T peaches 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal
Lunch					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T green beans puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T mashed potatoes	4-8 fl oz. iron-fortified formula or breast milk 0-3 T broccoli puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T green peas puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T pears puree
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T green beans puree 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T sweet potatoes 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T broccoli puree 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T zucchini puree 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T green beans puree 2-4 T infant cereal and/or 1-4 T protein of the day
Snack					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
8 through 11 months	2-4 fl oz. iron-fortified formula or breast milk 1-2 animal crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 infant crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 arrow root crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 vanilla wafers	2-4 fl oz. iron-fortified formula or breast milk 1-2 ritz crackers

*Fruit may be substituted depending on the seasonal market

Infant Menu	Thursday 12-1-11	Friday 12-2-11	Monday 12-5-11	Tuesday 12-6-11	Wednesday 12-7-11
Breakfast					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T peaches 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T pears 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal
Lunch					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T bananas	4-8 fl oz. iron-fortified formula or breast milk 0-3 T mashed green beans	4-8 fl oz. iron-fortified formula or breast milk 0-3 T zucchini puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T peas puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T broccoli puree
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T mashed potatoes 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T zucchini puree 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T peas puree 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T broccoli puree 2-4 T infant cereal and/or 1-4 T protein of the day
Snack					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
8 through 11 month	2-4 fl oz. iron-fortified formula or breast milk 1-2 animal crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 vanilla wafers	2-4 fl oz. iron-fortified formula or breast milk 1-2 arrow root crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 ritz crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 infant crackers

*Fruit may be substituted depending on the seasonal market

Infant Menu	Thursday 12-8-11	Friday 12-9-11	Monday 12-12-11	Tuesday 12-13-11	Wednesday 12-14-11
Breakfast					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T peaches 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T pears 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T peaches 2-4 T infant cereal
Lunch					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T bananas	4-8 fl oz. iron-fortified formula or breast milk 0-3 T sweet corn puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T broccoli puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T applesauce	4-8 fl oz. iron-fortified formula or breast milk 0-3 T carrot puree
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T broccoli puree 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T cauliflower puree 2-4 T infant cereal and/or 1-4 T protein of the day
Snack					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
4 through 7 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk
8 through 11 months	2-4 fl oz. iron-fortified formula or breast milk 1-2 animal crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 infant crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 arrow root crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 vanilla wafers	2-4 fl oz. iron-fortified formula or breast milk 1-2 ritz crackers

*Fruit may be substituted depending on the seasonal market

Infant Menu	Thursday 12-15-11	Friday 12-16-11	Monday 12-19-11		
Breakfast					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk		
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal	4-8 fl oz. iron-fortified formula or breast milk 0-3 T infant cereal		
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T bananas 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T peaches 2-4 T infant cereal	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal		
Lunch					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk		
4 through 7 months	4-8 fl oz. iron-fortified formula or breast milk 0-3 T cauliflower puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T broccoli puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T mashed potatoes		
8 through 11 months	6-8 fl oz. iron-fortified formula or breast milk 1-4 T applesauce 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T broccoli puree 2-4 T infant cereal and/or 1-4 T protein of the day	6-8 fl oz. iron-fortified formula or breast milk 1-4 T mashed potatoes 2-4 T infant cereal and/or 1-4 T protein of the day		
Snack					
Birth to 3 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk		
4 through 7 months	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk	4-6 fl oz. iron-fortified formula or breast milk		
8 through 11 months	2-4 fl oz. iron-fortified formula or breast milk 1-2 animal crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 infant crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 arrow root crackers		

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