

INFANT MENU	Friday 4-16-10	Monday 4-19-10	Tuesday 4-20-10	Wednesday 4-21-10	Thursday 4-22-10
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 peas 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 cauliflower 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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 graham crackers

	Friday 4-23-10	Monday 4-26-10	Tuesday 4-27-10	Wednesday 4-28-10	Thursday 4-29-10
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 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 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 green beans puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T sweet 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 zucchini puree	4-8 fl oz. iron-fortified formula or breast milk 0-3 T green beans 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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 graham 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

INFANT MENU	Friday 4-30-10	Monday 5-3-10	Tuesday 5-4-10	Wednesday 5-5-10	Thursday 5-5-10
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 potatoes	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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 graham crackers

INFANT MENU	Friday 5-7-10	Monday 5-10-10	Tuesday 5-11-10	Wednesday 5-12-10	Thursday 5-13-10
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 applesauce	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 cauliflower 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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 meat puree 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 graham 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

INFANT MENU	Friday 5-14-10	Monday 5-15-10	Tuesday 5-16-10		
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 applesauce	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 meat puree 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 meat puree 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 meat puree 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 graham crackers	2-4 fl oz. iron-fortified formula or breast milk 1-2 arrow root crackers		

