Infants 4-11 Months

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast  Breast milk/formula,  Oatmeal cereal, pears | Breakfast  Breast milk/formula,  Mixed grain cereal, apples | Breakfast  Breast milk/formula,  Oatmeal cereal, peaches | Breakfast  Breast milk/formula,  Mixed grain cereal, mangos | Breakfast  Breast milk/formula,  Oatmeal cereal, Bananas |
| Lunch  Breast milk/formula,  Rice cereal, Ham, Sweet potatoes | Lunch  Breast milk/formula,  Barley cereal, Beef, Peas | Lunch  Breast milk/formula, Rice cereal, Chicken, Squash | Lunch  Breast milk/formula, Barley cereal, Turkey, Green beans | Lunch  Breast milk/formula, Rice cereal, Ham, Carrots |
| Snack  Breast milk/formula, teething biscuits | Snack  Breast milk/formula, animal crackers | Snack  Breast milk/formula, soft granola bar | Snack  Breast milk/formula, sesame sticks | Snack  Breast milk/formula, fish crackers |

Children 1 year and older

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast  Blueberry muffins, peaches, milk | Breakfast  Oatmeal, blueberries, milk | Breakfast  Waffles, fresh fruit, milk | Breakfast  Whole wheat bagels, mandarin oranges, milk | Breakfast  Cold cereal, fresh fruit, milk |
| Lunch  Grilled cheese sandwiches, tomato soup, salad, milk | Lunch  Pork chops, cornbread, peas, pears, milk | Lunch  Hamburgers, bun, fresh fruit, corn, milk | Lunch  Turkey, stuffing, fruit cocktail, broccoli, ranch, milk | Lunch  Chicken and alfredo noodles, green beans, blueberries, milk |
| Snack  Tortillas chips, milk | Snack  Animal crackers, milk | Snack  Soft granola bar, milk | Snack  Sesame sticks, milk | Snack  Fish crackers, milk |