



March 2024 Menu 6-11 Months Old



SITE NAME

| Week 1 | Monday 4 | Tuesday 5 | Wednesday 6 | Thursday 7 |
|--|--|--|--|---|
| BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF INFANT RICE CEREAL APPLESAUCE | BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES | BREAST MILK/IFIF SCRAMBLED EGGS PUREED APRICOTS | BREAST MILK/IFIF INFANT RICE CEREAL GERBER BABY FOOD – BANANAS |
| LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF PUREED TURKEY MASHED CANTALOUPE | BREAST MILK/IFIF INFANT OATMEAL MASHED BROCCOLI AND CAULIFLOWER | BREAST MILK/IFIF PUREED CHICKEN MASHED PEAS AND CARROTS | BREAST MILK/IFIF COTTAGE CHEESE PUREED PEACHES |
| SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Bread 0-½ Slice Cracker 0-2 Each Infant Cereal 0-4 TBSP Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF TEETHING BISCUITS CHOPPED ORANGES | BREAST MILK/IFIF PUFF CEREAL SNACK MASHED CUCUMBER | BREAST MILK/IFIF INFANT OATMEAL PUREED STRAWBERRIES | BREAST MILK/IFIF TEETHING BISCUIT PUREED HONEYDEW |
| Week 2 | Monday 11 | Tuesday 12 | Wednesday 13 | Thursday 14 |
| BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF SCRAMBLED EGGS PUREED PEARS | BREAST MILK/IFIF INFANT OATMEAL PUREED MANGO | BREAST MILK/IFIF INFANT RICE CEREAL PUREED CANNED APPLES | BREAST MILK/IFIF INFANT OATMEAL PUREED APRICOTS |
| LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF PUREED CHICKEN MASHED GREEN BEANS | BREAST MILK/IFIF COTTAGE CHEESE PUREED APPLES | BREAST MILK/IFIF PUREED TURKEY FINELY CHOPPED CHERRY TOMATOES | BREAST MILK/IFIF INFANT RICE CEREAL PUREED HONEYDEW |
| SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Bread 0-½ Slice Cracker 0-2 Each Infant Cereal 0-4 TBSP Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF INFANT RICE CEREAL APPLESAUCE | BREAST MILK/IFIF TEETHING BISCUIT MASHED BROCCOLI | BREAST MILK/IFIF PLAIN YOGURT PUREED CANTALOUPE | BREAST MILK/IFIF TEETHING BISCUIT GERBER BABY FOOD – BANANA |

*All cereals served are based upon WIC cereal list
 ALL INFANT FORMULA MUST BE IRON FORTIFIED (IFIF)
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



March 2024 Menu 6-11 Months Old



SITE NAME

| Week 3 | Monday 18 | Tuesday 19 | Wednesday 20 | Thursday 21 |
|---|---|---|--|---|
| BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF INFANT OATMEAL PUREED STRAWBERRIES | BREAST MILK/IFIF INFANT RICE CEREAL PUREED CANTALOUPE | BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES | BREAST MILK/IFIF COTTAGE CHEESE APPLESAUCE |
| LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF PUREED TURKEY MASHED CAULIFLOWER AND BROCCOLI | BREAST MILK/IFIF PUREED CHICKEN PUREED PINEAPPLE | BREAST MILK/IFIF INFANT OATMEAL MASHED GREEN BEANS | BREAST MILK/IFIF PUREED CHICKEN MASHED SWEET POTATOES |
| SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Bread 0-½ Slice Cracker 0-2 Each Infant Cereal 0-4 TBSP Vegetable and/or Fruit 0-2 TBSP | BREAST MILK/IFIF PUFF CEREAL SNACK APPLESAUCE | BREAST MILK/IFIF TEETHING BISCUIT PUREED HONEYDEW | BREAST MILK/IFIF INFANT RICE CEREAL GERBER BABY FOOD – BANANA | BREAST MILK/IFIF PUFF CEREAL SNACK PUREED CARROTS |
| Week 4 | Monday 25 | Tuesday 26 | Wednesday 27 | Thursday 28 |
| BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | Spring Break No School | | | |
| LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP | | | | |
| SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Bread 0-½ Slice Cracker 0-2 Each Infant Cereal 0-4 TBSP Vegetable and/or Fruit 0-2 TBSP | | | | |

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