

# DECEMBER 2022 6–11 Months



## SITE NAME

WEEK 1	MONDAY (NOVEMBER 29 <sup>TH</sup> )	TUESDAY (NOVEMBER 30 <sup>TH</sup> )	WEDNESDAY (NOVEMBER 31 <sup>ST</sup> )	THURSDAY 1	FRIDAY 2
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz <b>**IFIF</b></li> <li>Infant Cereal 0-4 Tbsp</li> <li><b>OR</b></li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li><b>OR</b></li> <li>Cheese, Cottage Cheese,</li> <li><b>OR</b> Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Infant Oatmeal Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed Mango	Breast Milk/ IFIF Scrambled Eggs Mashed Avocado	Breast Milk/ IFIF Infant Rice Cereal Pureed Blueberries	Breast Milk/ IFIF Plain Yogurt Pureed Peaches
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz <b>**IFIF</b></li> <li>Infant Cereal 0-4 Tbsp</li> <li><b>OR</b></li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li><b>OR</b></li> <li>Cheese, Cottage Cheese,</li> <li><b>OR</b> Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Pureed Chicken Mashed Potatoes	Breast Milk/ IFIF Cottage Cheese Mashed Banana	Breast Milk/ IFIF Infant Rice Cereal Mashed Plums	Breast Milk/ IFIF Infant Oatmeal Mashed Peas	Breast Milk/ IFIF Pureed Turkey Mashed Sweet Potato
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 2-4oz <b>**IFIF</b></li> <li>Bread 0-1/2 slice</li> <li><b>OR</b></li> <li>Cracker 0-2 each</li> <li><b>OR</b></li> <li>Cereal 0-4 Tbsp</li> <li>Vegetable and/or Fruit 0-2 Tbsp</li> </ul>	Breast Milk/ IFIF Teething Biscuit Mashed Carrots	Breast Milk/ IFIF Puffed Cereal Snack Mashed Peas	Breast Milk/ IFIF Infant Oatmeal Mashed Green Beans	Breast Milk/ IFIF Teething Biscuit Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed Pears
WEEK 2	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz <b>**IFIF</b></li> <li>Infant Cereal 0-4 Tbsp</li> <li><b>OR</b></li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li><b>OR</b></li> <li>Cheese, Cottage Cheese,</li> <li><b>OR</b> Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Scrambled Eggs Mashed Avocado	Breast Milk/ IFIF Infant Rice Cereal Pureed Peaches	Breast Milk/ IFIF WG Patty Cake Pancake Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed Canned Apples	Breast Milk/ IFIF Infant Rice Cereal Pureed Pear
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz <b>**IFIF</b></li> <li>Infant Cereal 0-4 Tbsp</li> <li><b>OR</b></li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li><b>OR</b></li> <li>Cheese, Cottage Cheese,</li> <li><b>OR</b> Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Pureed Chicken Mashed Cauliflower	Breast Milk/ IFIF Infant Rice Cereal Mashed Green Beans	Breast Milk/ IFIF Infant Rice Cereal Mashed Carrots	Breast Milk/ IFIF Pureed Turkey Mashed Sweet Potatoes	Breast Milk/ IFIF Cottage Cheese Pureed Mango
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 2-4oz <b>**IFIF</b></li> <li>Bread 0-1/2 slice</li> <li><b>OR</b></li> <li>Cracker 0-2 each</li> <li><b>OR</b></li> <li>Cereal 0-4 Tbsp</li> <li>Vegetable and/or Fruit 0-2 Tbsp</li> </ul>	Breast Milk/ IFIF Teething Biscuit Pureed Fresh Melon	Breast Milk/ IFIF Infant Oatmeal Applesauce	Breast Milk/ IFIF Puffed Cereal Snack Mashed Banana	Breast Milk/ IFIF Teething Biscuit Mashed Broccoli	Breast Milk/ IFIF Infant Rice Cereal Mashed Peas

\*All cold cereals served are based upon WIC cereal list  
 \*ALL INFANT FORMULAS MUST BE IRON FORTIFIED (IFIF)  
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## SITE NAME

WEEK 3	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF</li> <li>Infant Cereal 0-4 Tbsp</li> <li>OR</li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li>OR</li> <li>Cheese, Cottage Cheese,</li> <li>OR Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Infant Rice Cereal Pureed Pears	Breast Milk/ IFIF Infant Oatmeal Mashed Banana	Breast Milk/ IFIF Scrambled Eggs Pureed Peaches	Breast Milk/ IFIF Plain Yogurt Pureed Blueberries	Breast Milk/ IFIF Infant Rice Cereal Pureed Fresh Fruit
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF</li> <li>Infant Cereal 0-4 Tbsp</li> <li>OR</li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li>OR</li> <li>Cheese, Cottage Cheese,</li> <li>OR Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Pureed Chicken Applesauce	Breast Milk/ IFIF Infant Rice Cereal Mashed Broccoli	Breast Milk/ IFIF Refried Beans Mashed Sweet Potato	Breast Milk/ IFIF Pureed Turkey Mashed Green Beans	Breast Milk/ IFIF Infant Rice Cereal Mashed Cauliflower
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 2-4oz **IFIF</li> <li>Bread 0-1/2 slice</li> <li>OR</li> <li>Cracker 0-2 each</li> <li>OR</li> <li>Cereal 0-4 Tbsp</li> <li>Vegetable and/or Fruit 0-2 Tbsp</li> </ul>	Breast Milk/ IFIF Puffed Cereal Snack Mashed Carrots	Breast Milk/ IFIF Teething Biscuit Mashed Honeydew	Breast Milk/ IFIF Infant Rice Cereal Applesauce	Breast Milk/ IFIF Infant Oatmeal Mashed Peas	Breast Milk/ IFIF Teething Biscuit Applesauce
WEEK 4	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF</li> <li>Infant Cereal 0-4 Tbsp</li> <li>OR</li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li>OR</li> <li>Cheese, Cottage Cheese,</li> <li>OR Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Infant Oatmeal Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed Mango	<h2>No School – Christmas Break</h2>		
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF</li> <li>Infant Cereal 0-4 Tbsp</li> <li>OR</li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li>OR</li> <li>Cheese, Cottage Cheese,</li> <li>OR Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul>	Breast Milk/ IFIF Pureed Chicken Mashed Potatoes	Breast Milk/ IFIF Cottage Cheese Mashed Banana			
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 2-4oz **IFIF</li> <li>Bread 0-1/2 slice</li> <li>OR</li> <li>Cracker 0-2 each</li> <li>OR</li> <li>Cereal 0-4 Tbsp</li> <li>Vegetable and/or Fruit 0-2 Tbsp</li> </ul>	Breast Milk/ IFIF Teething Biscuit Mashed Carrots	Breast Milk/ IFIF Puffed Cereal Snack Mashed Peas			

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WEEK 5	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz <b>**IFIF</b></li> <li>Infant Cereal 0-4 Tbsp</li> <li><b>OR</b></li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li><b>OR</b></li> <li>Cheese, Cottage Cheese, <b>OR</b> Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul> <p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8oz <b>**IFIF</b></li> <li>Infant Cereal 0-4 Tbsp</li> <li><b>OR</b></li> <li>Meat/Meat Alt. 0-4Tbsp</li> <li><b>OR</b></li> <li>Cheese, Cottage Cheese, <b>OR</b> Yogurt</li> <li>Vegetable and/or Fruit 0-2Tbsp</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 2-4oz <b>**IFIF</b></li> <li>Bread 0-1/2 slice</li> <li><b>OR</b></li> <li>Cracker 0-2 each</li> <li><b>OR</b></li> <li>Cereal 0-4 Tbsp</li> <li>Vegetable and/or Fruit 0-2 Tbsp</li> </ul>	<h1>No School – Christmas Break</h1>				

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