

# NOVEMBER 2022 6–11 Months



## SITE NAME

WEEK 1	MONDAY (OCTOBER 31 <sup>ST</sup> )	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
<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	<b>NO SCHOOL</b>
<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	
<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	
WEEK 2	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
<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	<b>NO SCHOOL</b>
<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	
<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	

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## SITE NAME

WEEK 3	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
<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 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 <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 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 <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 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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<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	<b>Thanksgiving Day</b>  <b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<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		
<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		

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## SITE NAME

WEEK 1	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY	FRIDAY
<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	Breast Milk/ IFIF Scrambled Eggs Mashed Avocado		
<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	Breast Milk/ IFIF Infant Rice Cereal Mashed Plums		
<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	Breast Milk/ IFIF Infant Oatmeal Mashed Green Beans		

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