



# April 2024 Menu 6-11 Months Old



SITE NAME

Week 1	Monday 1	Tuesday 2	Wednesday 3	Thursday 4
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>Bread 0-½ Slice</li> <li>Cracker 0-2 Each</li> <li>Infant Cereal 0-4 TBSP</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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 8	Tuesday 9	Wednesday 10	Thursday 11
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>Bread 0-½ Slice</li> <li>Cracker 0-2 Each</li> <li>Infant Cereal 0-4 TBSP</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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)\*

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SITE NAME

Week 3	Monday 15	Tuesday 16	Wednesday 17	Thursday 18
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>• Infant Cereal 0-4 TBSP</li> <li>• OR Meat/Meat Alt. 0-4 TBSP</li> <li>• OR Cheese, Cottage Cheese, Yogurt</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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
<b>LUNCH</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>• Infant Cereal 0-4 TBSP</li> <li>• OR Meat/Meat Alt. 0-4 TBSP</li> <li>• OR Cheese, Cottage Cheese, Yogurt</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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
<b>SNACK</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>• Bread 0-½ Slice</li> <li>• Cracker 0-2 Each</li> <li>• Infant Cereal 0-4 TBSP</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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 22	Tuesday 23	Wednesday 24	Thursday 25
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>• Infant Cereal 0-4 TBSP</li> <li>• OR Meat/Meat Alt. 0-4 TBSP</li> <li>• OR Cheese, Cottage Cheese, Yogurt</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF INFANT RICE CEREAL GERBER BABY FOOD – BANANA	BREAST MILK/IFIF SCRAMBLED EGGS PUREED HONEYDEW	BREAST MILK/IFIF INFANT OATMEAL PUREED CANNED APPLES	BREAST MILK/IFIF COTTAGE CHEESE PUREED APRICOTS
<b>LUNCH</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>• Infant Cereal 0-4 TBSP</li> <li>• OR Meat/Meat Alt. 0-4 TBSP</li> <li>• OR Cheese, Cottage Cheese, Yogurt</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF MASHED MEATBALLS MASHED POTATOES	BREAST MILK/IFIF INFANT RICE CEREAL MASHED PEAS	BREAST MILK/IFIF PUREED CHICKEN FINELY CHOPPED TOMATO	BREAST MILK/IFIF MASHED MEATLOAF MASHED ZUCHINI
<b>SNACK</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF</li> <li>• Bread 0-½ Slice</li> <li>• Cracker 0-2 Each</li> <li>• Infant Cereal 0-4 TBSP</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF TEETHING BISCUIT	BREAST MILK/IFIF PUFF CEREAL SNACK PUREED PEARS	BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES	BREAST MILK/IFIF INFANT RICE CEREAL GERBER BABY FOOD – BANANA

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Week 5	Monday 29	Tuesday 30	Wednesday (May 1 <sup>st</sup> )	Thursday (May 2 <sup>nd</sup> )
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>• Infant Cereal 0-4 TBSP</li> <li>• OR Meat/Meat Alt. 0-4 TBSP</li> <li>• OR Cheese, Cottage Cheese, Yogurt</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF INFANT RICE CEREAL APPLESAUCE	BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES	BREAST MILK/IFIF INFANT OATMEAL PUREED APRICOTS	BREAST MILK/IFIF INFANT RICE CEREAL GERBER BABY FOOD – BANANAS
<b>LUNCH</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>• Infant Cereal 0-4 TBSP</li> <li>• OR Meat/Meat Alt. 0-4 TBSP</li> <li>• OR Cheese, Cottage Cheese, Yogurt</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF REFRIED BEANS MASHED BELL PEPPER	BREAST MILK/IFIF PUREED CHICKEN MASHED BROCCOLI	BREAST MILK/IFIF COTTAGE CHEESE MASHED GREEN BEANS	BREAST MILK/IFIF PUREED TURKEY PUREED PEACHES
<b>SNACK</b> <ul style="list-style-type: none"> <li>• Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>• Bread 0-½ Slice</li> <li>• Cracker 0-2 Each</li> <li>• Infant Cereal 0-4 TBSP</li> <li>• Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF TEETHING BISCUITS MASHED HONEYDEW	BREAST MILK/IFIF PUFF CEREAL SNACK PUREED MIXED FRUIT	BREAST MILK/IFIF INFANT OATMEAL PUREED MANDARIN ORANGES	BREAST MILK/IFIF TEETHING BISCUIT PUREED CARROTS

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