



May Menu 6-11 Months Old



SITE NAME

Week 1	Monday 6	Tuesday 7	Wednesday 8	Thursday 9
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 13	Tuesday 14	Wednesday 15	Thursday 16
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)
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SITE NAME

Week 3	Monday 20	Tuesday 21	Wednesday 22	Thursday 23
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 BROCOLLI	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 27	Tuesday 28	Wednesday 29	Thursday 30
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 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
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 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
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 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

*All cereals served are based upon WIC cereal list

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May Menu 6-11 Months Old



SITE NAME

Week 5	Monday	Tuesday	Wednesday (May 1 st)	Thursday (May 2 nd)
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 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 COTTAGE CHEESE MASHED GREEN BEANS	BREAST MILK/IFIF PUREED TURKEY 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 INFANT OATMEAL PUREED MANDARIN ORANGES	BREAST MILK/IFIF TEETHING BISCUIT PUREED CARROTS

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