



February 2024 Menu 6-11 Months Old



SITE NAME

Week 1	Monday	Tuesday	Wednesday	Thursday 1
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 – 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 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 BISCUIT PUREED HONEYDEW
Week 2	Monday 5	Tuesday 6	Wednesday 7	Thursday 8
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 BROCOLLI	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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Week 3	Monday 12	Tuesday 13	Wednesday 14	Thursday 15
BREAKFAST • 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 • 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 • 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 19	Tuesday 20	Wednesday 21	Thursday 22
BREAKFAST • 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	President's Day No School	BREAST MILK/IFIF SCRAMBLED EGGS PUREED HONEYDEW	BREAST MILK/IFIF INFANT OATMEAL PUREED CANNED APPLES	BREAST MILK/IFIF COTTAGE CHEESE PUREED APRICOTS
LUNCH • 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 MASHED PEAS	BREAST MILK/IFIF PUREED CHICKEN FINELY CHOPPED TOMATO	BREAST MILK/IFIF MASHED MEATLOAF MASHED ZUCHINNI
SNACK • 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 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 26	Tuesday 27	Wednesday 28	Thursday 29
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 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 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
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 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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