

FEBRUARY 2023 6–11 Months



SITE NAME

WEEK 1	MONDAY (January 30 th)	TUESDAY (JANUARY 31 ST)	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	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	NO SCHOOL
LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	Breast Milk/ IFIF Pureed Chicken Mashed Potatoes	Breast Milk/ IFIF Cottage Cheese Mashed Banana	Breast Milk/ IFIF Infant Rice Cereal Mashed Apricots	Breast Milk/ IFIF Infant Oatmeal Mashed Peas	
SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 2-4oz **IFIF Bread 0-1/2 slice OR Cracker 0-2 each OR Cereal 0-4 Tbsp Vegetable and/or Fruit 0-2 Tbsp 	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 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	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
LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	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
SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 2-4oz **IFIF Bread 0-1/2 slice OR Cracker 0-2 each OR Cereal 0-4 Tbsp Vegetable and/or Fruit 0-2 Tbsp 	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 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	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
LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	Breast Milk/ IFIF Pureed Chicken Mashed Potatoes	Breast Milk/ IFIF Cottage Cheese Mashed Banana	Breast Milk/ IFIF Infant Rice Cereal Mashed Apricots	Breast Milk/ IFIF Infant Oatmeal Mashed Peas	Breast Milk/ IFIF Pureed Turkey Mashed Sweet Potato
SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 2-4oz **IFIF Bread 0-1/2 slice OR Cracker 0-2 each OR Cereal 0-4 Tbsp Vegetable and/or Fruit 0-2 Tbsp 	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 4	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	NO SCHOOL	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
LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 		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
SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 2-4oz **IFIF Bread 0-1/2 slice OR Cracker 0-2 each OR Cereal 0-4 Tbsp Vegetable and/or Fruit 0-2 Tbsp 		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

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FEBRUARY 2023 6–11 Months



SITE NAME

WEEK 1	MONDAY 27	TUESDAY 28	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	Breast Milk/ IFIF Infant Oatmeal Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed Mango			
LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8oz **IFIF Infant Cereal 0-4 Tbsp OR Meat/Meat Alt. 0-4Tbsp OR Cheese, Cottage Cheese, OR Yogurt Vegetable and/or Fruit 0-2Tbsp 	Breast Milk/ IFIF Pureed Chicken Mashed Potatoes	Breast Milk/ IFIF Cottage Cheese Mashed Banana			
SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 2-4oz **IFIF Bread 0-1/2 slice OR Cracker 0-2 each OR Cereal 0-4 Tbsp Vegetable and/or Fruit 0-2 Tbsp 	Breast Milk/ IFIF Teething Biscuit Mashed Carrots	Breast Milk/ IFIF Puffed Cereal Snack Mashed Peas			

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