

MAY 2022 6-11 MONTH MENU

Site Name:

WEEK 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
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- OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Infant Rice Cereal Mashed Banana	Breast Milk/ IFIF Scrambled Eggs Mashed Avocado	Breast Milk/ IFIF Plain Yogurt Pureed Peaches	Breast Milk/ IFIF Infant Oatmeal Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed Pear
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- OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Pureed Chicken Mashed Green Beans	Breast Milk/ IFIF Infant Rice Cereal Mashed Cauliflower	Breast Milk/ IFIF Infant Rice Cereal Mashed Carrots	Breast Milk/ IFIF Pureed Turkey Mashed Sweet Potatoes	Breast Milk/ IFIF Cottage Cheese Mashed Peas
SNACK Breast Milk/Iron Fortified Infant Formula 2-4 oz **IFIF Bread 0-1/2 slice- OR Cracker 0-2 each- OR Cereal 0-4 Tbsp Vegetables and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Teething Biscuit Pureed Fresh Melo	Breast Milk/ IFIF Infant Oatmeal Applesauce	Breast Milk/ IFIF Puffed Cereal Snack Pureed Mango	Breast Milk/ IFIF Teething Biscuit Mashed Broccoli	Breast Milk/ IFIF Infant Rice Cereal Mashed Zucchini
WEEK 2	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
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- OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Scrambled Eggs Mashed Banana	Breast Milk/ IFIF Infant Rice Cereal Mashed Avocado	Breast Milk/ IFIF Plain Yogurt Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed Mango	Breast Milk/ IFIF Infant Oatmeal Pureed Berries
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- OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Pureed Chicken Pureed Butternut Squash	Breast Milk/ IFIF Pureed Lentils Mashed Carrots	Breast Milk/ IFIF Infant Rice Cereal Mashed Cauliflower	Breast Milk/ IFIF Pureed Turkey Mashed Asparagus	Breast Milk/ IFIF Infant Rice Cereal Mashed Green Beans
SNACK Breast Milk/Iron Fortified Infant Formula 2-4 oz **IFIF Bread 0-1/2 slice- OR Cracker 0-2 each- OR Cereal 0-4 Tbsp Vegetables and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Infant oatmeal Mashed Kiwi	Breast Milk/ IFIF Puffed Cereal Snack Mashed Sweet Potatoes	Breast Milk/ IFIF Infant Oatmeal Mashed Carrots	Breast Milk/ IFIF Teething Biscuit Mashed potatoes	Breast Milk/ IFIF Infant Rice Pureed Peaches

Todos cereals frios son basidos en la lista de cereal de WIC
TODA FORMULA INFANTIL DEBER SER FORTIFICADA CON HIERRO
ESTA INSTITUICION ES UN PROVEEDOR DE IGUALES OPORTUNIDADES.

MAY 2022 6-11 MONTH MENU

Site Name:

WEEK 3	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
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-OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Infant Rice Cereal Pureed Fresh Fruit	Breast Milk/ IFIF Infant Oatmeal Mashed Banana	Breast Milk/ IFIF Scrambled Eggs Pureed Pear	Breast Milk/ IFIF Plain Yogurt Pureed Berries	Breast Milk/ IFIF Infant Rice Cereal Pureed Peaches
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-OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Pureed Chicken Applesauce	Breast Milk/ IFIF Infant Rice Cereal Mashed Broccoli	Breast Milk/ IFIF Mashed Lentils Mashed Sweet Potato	Breast Milk/ IFIF Pureed Turkey Mashed Green Beans	Breast Milk/ IFIF Infant Rice Cereal Mashed Cauliflower
SNACK Breast Milk/Iron Fortified Infant Formula 2-4 oz **IFIF Bread 0-1/2 slice-OR Cracker 0-2 each-OR Cereal 0-4 Tbsp Vegetables and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Puffed Cereal Snack Mashed Carrots	Breast Milk/ IFIF Teething Biscuit Mashed Kiwi	Breast Milk/ IFIF Infant Rice Cereal Applesauce	Breast Milk/ IFIF Infant Oatmeal Mashed Peas	Breast Milk/ IFIF Teething Biscuit Applesauce
WEEK 4	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
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-OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Infant Oatmeal Pureed berries	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 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-OR Yogurt Vegetable and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Pureed Chicken Pureed Butternut Squash	Breast Milk/ IFIF Infant Rice Cereal Mashed Zucchini	Breast Milk/ IFIF Infant Rice Cereal Mashed Kiwi	Breast Milk/ IFIF Cottage Cheese Mashed Peas	Breast Milk/ IFIF Pureed Turkey Mashed Sweet Potato
SNACK Breast Milk/Iron Fortified Infant Formula 2-4 oz **IFIF Bread 0-1/2 slice-OR Cracker 0-2 each-OR Cereal 0-4 Tbsp Vegetables and/or Fruit 0-2 Tbsp	Breast Milk/ IFIF Teething Biscuit Mashed Carrots	Breast Milk/ IFIF Infant Rice Cereal Mashed Bananas	Breast Milk/ IFIF Infant Oatmeal Mashed Green Beans	Breast Milk/ IFIF Teething Biscuit Applesauce	Breast Milk/ IFIF Infant Rice Cereal Pureed pears

Todos cereals frios son basidos en la lista de cereal de WIC
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Site Name:

WEEK 5	MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY
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-OR Yogurt• Vegetable and/or Fruit 0-2 Tbsp	CENTER CLOSED FOR HOLIDAY	Breast Milk/ IFIF Scrambled Eggs Mashed Avocado			
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-OR Yogurt Vegetable and/or Fruit 0-2 Tbsp		Breast Milk/ IFIF Infant Rice Cereal Mashed Cauliflower			
SNACK		Breast Milk/ IFIF Infant Oatmeal Applesauce			

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