



Young infants Menu (Birth through 3 months, fed breast milk or formula by bottles on demand)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
Lunch	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula
Snacks	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula



Younger Infants Menu (4 months through 7 months)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breast Milk or Formula Rice Cereal	Breast Milk or Formula Oatmeal Cereal	Breast Milk or Formula Rice Cereal	Breast Milk or Formula Oatmeal Cereal	Breast Milk or Formula Rice Cereal
Lunch	Breast Milk or Formula Oatmeal Cereal Squash	Breast Milk or Formula Rice Cereal Green Beans	Breast Milk or Formula Oatmeal Cereal Carrots	Breast Milk or Formula Rice Cereal Sweet Potatoes	Breast Milk or Formula Oatmeal Cereal Peas
Snacks	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula



Older Infants Menu (8 months up to first birthday)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breast Milk or Formula Rice Cereal Apple Sauce	Breast Milk or Formula Oatmeal Cereal Peaches	Breast Milk or Formula Rice Cereal Pears	Breast Milk or Formula Oatmeal Cereal Bananas	Breast Milk or Formula Rice Cereal Apple Sauce
Lunch	Breast Milk or Formula Oatmeal Cereal Squash	Breast Milk or Formula Rice Cereal Green Beans	Breast Milk or Formula Oatmeal Cereal Carrots	Breast Milk or Formula Rice Cereal Sweet Potatoes	Breast Milk or Formula Oatmeal Cereal Peas
Snacks	Breast Milk or Formula Soda Crackers	Breast Milk or Formula Graham Crackers	Breast Milk or Formula Cheese Crackers	Apple Juice Soda Crackers	Pear Juice Animal Crackers