

 **MEAL SCHEDULE**

 **Breakfast: 9:00am**

 **Lunch: 2:30pm**

 **AM Snack: 11:30am**

 **PM Snack: 4:30pm**

# MPH Infant Meal Calendar



**INFANT MENU ITEMS ARE ALL ORGANIC**



**4 OUNCES OF WATER OFFERED AT MEALS**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>B:</b> Banana slices,, Oatmeal, Sprouted bread</p> <p><b>S:</b>Infant Protein bar</p> <p><b>L:</b>Shredded chicken breast/rice/avocado</p> <p><b>S:</b> Stage 1,2 or3 Puree/ Fruit and grain bar</p>	<p><b>B:</b> Banana nut muffin/boiled egg</p> <p><b>S:</b> Steamed baby carrots/ raisins/ sh. cheese</p> <p><b>L:</b> Tomato slices/ Whole wheat grilled cheese</p> <p><b>S:</b> Stage 1,2, or 3 Puree/Plum organic bar</p>	<p><b>B:</b> Whole wheat pancake/Soy yogurt/berries</p> <p><b>S:</b> Happy tot protein bar/applesauce</p> <p><b>L:</b> Tuna Salad/naan bread</p> <p><b>S:</b> Stage 1,2, or 3 Puree/Plum organic bar</p>	<p><b>B:</b> Diced sausage/scrambled eggs/cheese</p> <p><b>S:</b> Dehydrated strawberries/vanilla almond milk yogurt</p> <p><b>L:</b>kidfresh pasta/chicken and veggie meatball</p> <p><b>S:</b> Sliced grapes/ diced mozzarella cheese</p>	<p><b>B:</b> Honey vanilla yogurt/ blackberries/ sprouted raisin bread</p> <p><b>S:</b> sliced grapes/unsweetened applesauce</p> <p><b>L:</b>kidfresh fish sticks/string cheese/ mixed vegetables</p> <p><b>S:</b> Stage 1,2 or 3 purée/ snack wafers (2)</p>
<p><b>B:</b> T. sausage/Eggs/ Strawberries</p> <p><b>S:</b>Rice husks/ Unsweetened applesauce</p> <p><b>L:</b>Chicken bites/buttered macaroni</p> <p><b>S:</b> Sprouted bread/ 1tbsp almond butter</p>	<p><b>B:</b> Baked hashbrown/scrambled eggs/strawberries &amp; blueberries</p> <p><b>S:</b> Almond milk yogurt/ peaches/ cinnamon</p> <p><b>L:</b> 3 veggie tortellini/corn</p> <p><b>S:</b> Unsweetened applesauce/ raisins</p>	<p><b>B:</b> Boiled egg/ Berry mix/ whole wheat toast with sugar free jam</p> <p><b>S:</b> banana bread/cottage cheese</p> <p><b>L:</b>Breaded chicken bites/tomatoes/sh.cheese</p> <p><b>S:</b> Sliced grapes/ diced mozzarella cheese</p>	<p><b>B:</b> Oatmeal/ Steamed apples with cinnamon</p> <p><b>S:</b> rice husks (2)/ unsweetened applesauce</p> <p><b>L:</b>green beans/shredded rotisserie chicken/rice</p> <p><b>S:</b> plum organics blueberry oatmeal sandwich</p>	<p><b>B:</b> Boiled egg/ turkey sausage/ cuties tangerine</p> <p><b>S:</b> Plum Organic Mighty nut butter multigrain ba</p> <p><b>L:</b>Happy Tot squash ravioli/ shredded chicken</p> <p><b>S:</b> Stage 1,2 or 3 purée/ snack wafers (2)</p>
<p><b>B:</b> Blueberry waffle/almond butter/ Banana</p> <p><b>S:</b>Soy yogurt/raspberries</p> <p><b>L:</b>Butternut squash/ rice/G. Turkey</p> <p><b>S:</b> Unsweetened applesauce/Graham cracker</p>	<p><b>B:</b> F. toast stick/mixed berries/banana</p> <p><b>S:</b> pineapple slices/ vanilla soy yogurt</p> <p><b>L:</b> Chicken &amp; veggie meatballs/ white rice</p> <p><b>S:</b> Banana/ graham cracker</p>	<p><b>B:</b> Malt o meal/ boiled egg/sprouted bread</p> <p><b>S:</b> Unsweetened applesauce/almond butter cracker</p> <p><b>L:</b> Whole wheat spaghetti and tomato sauce/ G. turkey</p> <p><b>S:</b> Sprouted raisin bread/ 1 tbsp almond butter</p>	<p><b>B:</b> Whole wheat blueberry waffle/boiled egg/strawberry &amp; banana mix</p> <p><b>S:</b> diced nectarines/ vanilla soy yogurt</p> <p><b>L:</b>black beans/rice/tomato/avocado/cheese</p> <p><b>S:</b> plum organics strawberry snack bar</p>	<p><b>B:</b> Earths Best French toast stick/ scrambled egg/ strawberry slices</p> <p><b>S:</b> sliced blueberries / coconut milk yogurt</p> <p><b>L:</b> Whole wheat spaghetti/ beef meat sauce</p> <p><b>S:</b> Earths Best Organic snack bar</p>
<p><b>B:</b> Malt o meal OR /boiled egg/ sprouted bread</p> <p><b>S:</b>Fresh fruit smoothie/ Plum organic snack bar</p> <p><b>L:</b>Whole Wheat Quesadilla/ unsweetened applesauce</p> <p><b>S:</b> Stage 1,2 or 3 Puree/ graham cracker</p>	<p><b>B:</b> Soy chorizo/ scrambled egg</p> <p><b>S:</b> Diced mozzarella cheese/ sliced peaches</p> <p><b>L:</b>Turkey chili/white rice/sour cream</p> <p><b>S:</b> Stage 1,2 or 3 Puree/ graham cracker</p>	<p><b>B:</b> T. Sausage/tater rounds/scrambled eggs</p> <p><b>S:</b> Whole grain O's cereal/banana</p> <p><b>L:</b>Steamed brocolli/ Cheddar cheese/rice</p> <p><b>S:</b> Stage 1,2 or 3 Puree/ graham cracker</p>	<p><b>B:</b> Whole wheat cheerios (dry) /banana and strawberry mix</p> <p><b>S:</b> diced plum/unsweetened applesauce</p> <p><b>L:</b>Chicken salad/ wheat crackers/ diced grapes</p> <p><b>S:</b> Stage 1,2 or 3 Puree/ Graham cracker</p>	<p><b>B:</b> Whole wheat oatmeal/fresh berries (seasonal)</p> <p><b>S:</b> steamed sweet potato (mashed)</p> <p><b>L:</b>chicken breast/ corn/ diced tomato/ shredded mozzarella cheese/ avocado slices</p> <p><b>S:</b> Happy Tot fruit and grain protein bar</p>