

Infant Menu (6 month to 12 months)

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Formula or Breast Milk
Rice Cereal
Applesauce

Formula or Breast Milk
Oatmeal Cereal
Banana

Formula or Breast Milk
Rice Cereal
Peaches

Formula or Breast Milk
Oatmeal Cereal
Banana

Formula or Breast Milk
Wheat Cereal
Pears

Lunch

Formula or Breast Milk
Scrambled egg yolk or
Rice Cereal
Sweet potatoes

Formula or Breast Milk
Ground Beef or Oatmeal
Cereal
Green Beans

Formula or Breast Milk
Cheddar Cheese or Rice
Cereal
White Potato

Formula or Breast Milk
Chicken Breast or
Oatmeal Cereal
Carrots

Formula or Breast Milk
Tilapia or Wheat Cereal
Peas

Snack

Formula or Breast Milk
oyster crackers & Banana

Formula or Breast Milk
Cheerios & applesauce

Formula or Breast Milk
Banana & ritz crackers

Formula or Breast Milk
Wheat Crackers &
applesauce

Formula or Breast Milk
Cheerios & Banana

Times of meals and Amounts of Food / formula are served as per parent instruction.

Please keep us posted as your baby grows and his/her meal patterns change.

Please label all bottles/food from home with first and Last name.

Approximate recommended serving sizes:

Formula/ Breast milk 4-8oz

Cereal 1-4 Tablespoons

Protein 1-4 Tablespoons

Fruits and Vegetables 1-4 Tablespoons

Grains

All children 12 months and older are served off of our 4 week rotating menu.