

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
	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.