

# MARCH 2023 INFANT LUNCH MENU 1130-0001

6-12 months

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breast Milk or iron-fortified formula Ground Chicken Breast Peas Peaches	2 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Green Beans, Applesauce	3 Breast Milk or iron-fortified formula Black Beans Broccoli Banana
6 Breast Milk or iron-fortified formula Ground Turkey Breast Cooked Carrots Cantaloupe	7 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Peas, Pears	8 Breast Milk or iron-fortified formula Ground Chicken Breast Avocado Peaches	9 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Yams, Mixed Fruit	10 Breast Milk or iron-fortified formula Black Beans Cooked Carrots Watermelon
13 Breast Milk or iron-fortified formula Ground Turkey Breast Green Beans Mixed Fruit	14 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Yams, Peaches	15 Breast Milk or iron-fortified formula Ground Chicken Breast Broccoli Mixed Fruit	16 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Peas, Banana	17 Breast Milk or iron-fortified formula Black Beans Green Beans Pears
20 Breast Milk or iron-fortified formula Ground Turkey Breast Peas Peaches	21 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Yams, Applesauce	22 Breast Milk or iron-fortified formula Ground Chicken Breast Cooked Carrots Pears	23 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Green Beans, Applesauce	24 Breast Milk or iron-fortified formula Black Beans Broccoli Mixed Fruit
27 Breast Milk or iron-fortified formula Ground Turkey Breast Squash Pears	28 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Broccoli, Peaches	29 Breast Milk or iron-fortified formula Ground Chicken Breast Green Beans Mixed Fruit	30 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Applesauce, peas	31 Breast Milk or iron-fortified formula Black Beans Cooked Carrots Pears

WHOLE GRAIN RICH BREAD PRODUCTS ARE SERVED, PARENT'S CHOICE W/ IRON FORMULA IS OFFERED

\*Solid foods are gradually introduced, all solid foods must be pureed/chopped according to the child's developmental abilities.