

# MARCH 2022 INFANT LUNCH MENU 1130-0001

6-12 months

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breast Milk or iron-fortified formula Pinto Beans Yams Bananas	2 Breast Milk or iron-fortified formula Ground Chicken Breast Avocado Applesauce	3 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Peas, Peaches	4 Breast Milk or iron-fortified formula Pinto Beans Broccoli Banana
7 Breast Milk or iron-fortified formula Ground Turkey Breast Cooked Carrots Cantaloupe	8 Breast Milk or iron-fortified formula Pinto Beans Peas Pears	9 Breast Milk or iron-fortified formula Ground Chicken Breast Avocado Peaches	10 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Yams, Mixed Fruit	11 Breast Milk or iron-fortified formula Pinto Beans Cooked Carrots Watermelon
14 Breast Milk or iron-fortified formula Ground Turkey Breast Green Beans Mixed Fruit	15 Breast Milk or iron-fortified formula Pinto Beans Yams Peaches	16 Breast Milk or iron-fortified formula Ground Chicken Breast Broccoli Mixed Fruit	17 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Peas, Banana	18 Breast Milk or iron-fortified formula Pinto Beans Cooked Carrots Pears
21 Breast Milk or iron-fortified formula Ground Turkey Breast Peas Peaches	22 Breast Milk or iron-fortified formula Pinto Beans Yams Applesauce	23 Breast Milk or iron-fortified formula Ground Chicken Breast Cooked Carrots Pears	24 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Green Beans, Applesauce	25 Breast Milk or iron-fortified formula Pinto Beans Broccoli Mixed Fruit
28 Breast Milk or iron-fortified formula Ground Turkey Breast Squash Pears	29 Breast Milk or iron-fortified formula Pinto Beans Broccoli Peaches	30 Breast Milk or iron-fortified formula Ground Chicken Breast Green Beans Mixed Fruit	31 Breast Milk or iron-fortified formula Cheddar Cheese Sticks (cut into 1/4" pieces) Applesauce, peas	

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.