

SEPTEMBER 2023 INFANT LUNCH MENU 1130-0001

6-12 months

Monday

Tuesday

Wednesday

Thursday

Friday

					1
				Breast Milk or iron-fortified formula Black Beans Cooked Carrots Peaches	
4	5	6	7	8	
EACN CLOSED	Breast Milk or iron-fortified formula Mozzarella Cheese Stick (cut 1/4" pieces) Peas, Applesauce	Breast Milk or iron-fortified formula Ground Chicken Squash Pears	Breast Milk or iron-fortified formula Ground Turkey Breast Yams Peaches	Breast Milk or iron-fortified formula Black Beans Peas Pears	
11	12	13	14	15	
Breast Milk or iron-fortified formula Ground Turkey Breast Peas Applesauce	Breast Milk or iron-fortified formula Mozzarella Cheese Stick (cut 1/4" pieces), Broccoli Peaches	Breast Milk or iron-fortified formula Ground Chicken Squash Applesauce	Breast Milk or iron-fortified formula Ground Turkey Breast Peas Pears	Breast Milk or iron-fortified formula Black Beans Cooked Carrots Peaches	
18	19	20	21	22	
Breast Milk or iron-fortified formula Ground Turkey Breast Peas Applesauce	Breast Milk or iron-fortified formula Mozzarella Cheese Stick Cooked Carrots Peaches	Breast Milk or iron-fortified formula Ground Chicken Yams Pears	Breast Milk or iron-fortified formula Ground Turkey Breast Zucchini Banana	Breast Milk or iron-fortified formula Black Beans Broccoli Cooked Carrots	
25	26	27	28	29	
Breast Milk or iron-fortified formula Ground Turkey Breast Green Beans Peaches	Breast Milk or iron-fortified formula Mozzarella Cheese Stick Squash Bananas	Breast Milk or iron-fortified formula Ground Chicken Peas Pears	Breast Milk or iron-fortified formula Ground Turkey Breast Broccoli Mixed Fruit	Breast Milk or iron-fortified formula Black Beans Yams Mixed Fruit	

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

*CNL= Child Nutrition Label