

NOVEMBER 2022 INFANT LUNCH MENU 1130-0001

6-12 months

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Breast Milk or iron-fortified formula Mozzarella Cheese Stick (cut 1/4" pieces) Cooked Carrots, Peaches	Breast Milk or iron-fortified formula Ground Chicken Broccoli Banana	Breast Milk or iron-fortified formula Ground Turkey Breast Zucchini Pears	Breast Milk or iron-fortified formula Black Beans Cooked Carrots Peaches
7	8	9	10	11
Breast Milk or iron-fortified formula Ground Chicken Green Beans Mixed Fruit	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
14	15	16	17	18
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
21	22	23	24	25
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	EACN CLOSED	EACN CLOSED
28	29	30		
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		

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.