

OCTOBER 2019 INFANT LUNCH MENU 1130-0001

6-12 months

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

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.