

OCTOBER 2021 INFANT LUNCH MENU 1130-0001

6-12 months

Monday	Tuesday	Wednesday	Thursday	Friday
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				Breast Milk or iron-fortified formula Grilled Cheese Sandwich (Provolone) Yams, Cooked Carrots
4	5	6	7	8
Breast Milk or iron-fortified formula Ground Chicken Mixed Fruit Broccoli	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 Grilled Cheese Sandwich (Provolone) 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 Grapes (cut 1/4" pieces)	Breast Milk or iron-fortified formula Ground Chicken Mixed Fruit Green Beans	Breast Milk or iron-fortified formula Ground Turkey Breast Peas Banana	Breast Milk or iron-fortified formula Grilled Cheese Sandwich (Provolone) Pears, Squash
18	19	20	21	22
Breast Milk or iron-fortified formula Ground Turkey Breast Peas Peaches	Breast Milk or iron-fortified formula Mozzarella Cheese Stick (cut 1/4" pieces), Yams Broccoli, Peaches	Breast Milk or iron-fortified formula Ground Chicken Cooked Carrots Applesauce	Breast Milk or iron-fortified formula Ground Turkey Breast Green Beans Banana	Breast Milk or iron-fortified formula Grilled Cheese Sandwich (Provolone) Cooked Carrots, Pears
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 Yams 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 Grilled Cheese Sandwich (Provolone) Yams, Bananas

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.