

# JANUARY 2022 INFANT LUNCH MENU 1130-0001

6-12 months

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breast Milk or iron-fortified formula Ground Chicken Breast Yams Mixed Fruit	4 Breast Milk or iron-fortified formula Mozzarella Cheese Sticks Green Beans Banana	5 Breast Milk or iron-fortified formula Mozzarella Cheese Stick Cooked Carrots Applesauce	6 Breast Milk or iron-fortified formula Mozzarella Cheese Sticks Peas Peaches	7 Breast Milk or iron-fortified formula Pinto Beans Green Beans Pears
10 Breast Milk or iron-fortified formula Ground Chicken Breast Squash Applesauce	11 Breast Milk or iron-fortified formula Mozzarella Cheese Sticks Cheddar Peas, Mixed Fruit	12 Breast Milk or iron-fortified formula Ground Turkey Breast Green Beans Pears	13 Breast Milk or iron-fortified formula Ground Turkey Breast Yams Mixed Fruit	14 Breast Milk or iron-fortified formula Pinto Beans Cooked Carrots Peaches
17 Breast Milk or iron-fortified formula Ground Chicken Breast Green Beans Mixed Fruit	18 Breast Milk or iron-fortified formula Mozzarella Cheese Sticks Peas Pears	19 Breast Milk or iron-fortified formula Ground Turkey Breast Yams Grapes (cut 1/2 pieces)	20 Breast Milk or iron-fortified formula Ground Chicken Breast Avocado Banana	21 Breast Milk or iron-fortified formula Pinto Beans Cooked Carrots Mixed Fruit
24 Breast Milk or iron-fortified formula Ground Chicken Breast Peas Peaches	25 Breast Milk or iron-fortified formula Mozzarella Cheese Sticks Cooked Carrots Pears	26 Breast Milk or iron-fortified formula Ground Turkey Breast Avocado Mixed Fruit	27 Breast Milk or iron-fortified formula Ground Turkey Breast Yams Banana	28 Breast Milk or iron-fortified formula Pinto Beans Green Beans Grapes (cut 1/4 pieces)
31 Breast Milk or iron-fortified formula Ground Chicken Breast Peas Applesauce				31

WHOLE GRAIN RICH BREAD PRODUCTS ARE SERVED

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