

OCTOBER 2022 INFANT LUNCH MENU 1130-0001

6-12 months

Monday

Tuesday

Wednesday

Thursday

Friday

	3	4	5	6	7				
Breast Milk or iron-fortified formula Ground Chicken Broccoli Applesauce		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				
Breast Milk or iron-fortified formula Ground Chicken Green Beans Mixed Fruit	10	Breast Milk or iron-fortified formula Mozzarella Cheese Stick (cut 1/4" pieces) Peas, Applesauce	11	Breast Milk or iron-fortified formula Ground Chicken Squash Pears	12	Breast Milk or iron-fortified formula Ground Turkey Breast Yams Peaches	13	Breast Milk or iron-fortified formula Black Beans Peas Pears	14
Breast Milk or iron-fortified formula Ground Turkey Breast Peas Applesauce	17	Breast Milk or iron-fortified formula Mozzarella Cheese Stick (cut 1/4" pieces), Broccoli Peaches	18	Breast Milk or iron-fortified formula Ground Chicken Green Beans Applesauce	19	Breast Milk or iron-fortified formula Ground Turkey Breast Peas Pears	20	Breast Milk or iron-fortified formula Black Beans Cooked Carrots Peaches	21
Breast Milk or iron-fortified formula Ground Turkey Breast Peas Applesauce	24	Breast Milk or iron-fortified formula Mozzarella Cheese Stick Cooked Carrots Peaches	25	Breast Milk or iron-fortified formula Ground Chicken Yams Pears	26	Breast Milk or iron-fortified formula Ground Turkey Breast Peas Bananas	27	Breast Milk or iron-fortified formula Black Beans Green Beans Pears	28
Breast Milk or iron-fortified formula Ground Turkey Breast Green Beans Peaches	31								

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.