

MARIA EARLY LEARNING CENTER

INFANT MENU - WEEK OF SEPTEMBER 26th

AGE/MEAL	PORTION/SIZE/COMPONENT	MONDAY 9/26/16	TUESDAY 9/27/16	WEDNESDAY 9/28/16	THURSDAY 9/29/16	FRIDAY 9/30/16
BREAKFAST						
0 - 3 MO.	4-6 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
4 - 7 MO.	4-8 fl. Oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	0-3 Tbsp infant cereal	RICE	OATMEAL	RICE	OATMEAL	RICE
8 - 11 MO.	6-8 fl. Oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	2-4 Tbsp infant cereal	RICE	OATMEAL	RICE	OATMEAL	RICE
	1-4 Tbsp fruit or vegetable or both	PUREED FRUIT COCKTAIL	PUREED BERRIES	PUREED WATERMELON	PUREED TROPICAL FRUIT	PUREED MANDARIN ORANGES
LUNCH						
0 - 3 MO.	4-6 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
4 - 7 MO.	4-8 fl. Oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	0-3 Tbsp infant cereal	RICE	OATMEAL	RICE	OATMEAL	RICE
	0-3 Tbsp fruit or vegetable or both	PUREED APPLESAUCE	PUREED PEACHES	PUREED PEARS	PUREED MIXED FRUIT	PUREED APRICOTS
		PUREED CARROTS	PUREED BROCCOLI	PUREED LIMA BEANS	PUREED SQUASH	PUREED GREEN BEANS
8 - 11 MO.	6-8 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	2-4 Tbsp infant cereal and/or 1-4Tbsp meat, poultry, egg yolk, or cooked dry beans or peas, or 1/2 to 2 oz. cheese or 1-4 oz(volume) cottage cheese, 1-4 oz. (weight) cheese food or cheese spread	PUREED BLACK BEANS	PUREED BEEF	PUREED CHICKEN	PUREED REFRIED BEANS	PUREED TURKEY
	1-4 Tbsp. fruit or vegetable or both	PUREED APPLESAUCE	PUREED PEACHES	PUREED PEARS	PUREED MIXED FRUIT	PUREED APRICOTS
		PUREED CARROTS	PUREED BROCCOLI	PUREED LIMA BEANS	PUREED SQUASH	PUREED GREEN BEANS
SNACK						
0 - 7 MO.	4-6 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
8 - 11 MO.	2-4 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	Or fruit juice Or 0-1/2 sliced bread Or 0-2 crackers	WHEAT RITZ CRACKERS	STRING CHEESE	NUTRIGRAIN BARS	WHEAT THINS	SNACK MIX

- 1 Infant formula and dry infant cereal must be iron fortified. **WEEK 1**
- 2 Formula or breast milk, or portions of both, may be served- however, it is recommended that breast milk be served in place of formula from birth through 11 months.
- 3 For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amounts of breast milk may be offered, with additional breast milk offered, if the infant is still hungry.
- 4 A serving of infant cereal, fruit, or vegetable is required only when the infant is developmentally ready to accept it.
5. A serving of grains or bread must be made from whole grain or enriched meal or flour.