

Creative Care Children's School

Menu 1

Week of: _____

(Infant Menu)

8 months through 11 months

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Rice Infant Cereal
1-4 Tbsp Apple Sauce

MONDAY

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Oatmeal Infant Cereal
1-4 Tbsp Lasagna with Meat Sauce Dinner
1-4 Tbsp Green Beans

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
or Fruit juice
0-2 Graham Crackers

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Oatmeal Infant Cereal
1-4 Tbsp Bananas

TUESDAY

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Multigrain Infant Cereal
1-4 Tbsp Chicken & Rice Dinner
1-4 Tbsp Peas

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
or Fruit juice
0-2 Ritz Crackers

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Multigrain Infant Cereal
1-4 Tbsp Pears

WEDNESDAY

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Rice Infant Cereal
1/2-2oz Macaroni & Cheese w/ Vegetables
1-4 Tbsp Apple Sauce

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
or Fruit juice
0-2 Saltine Crackers

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Rice Infant Cereal
1-4 Tbsp Apple Sauce

THURSDAY

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Oatmeal Infant Cereal
1-4 Tbsp Turkey & Rice
1-4 Tbsp Sweet Potatoes

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
or Fruit juice
0-2 Graham Crackers

FRIDAY

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
2-4 Tbsp of Multigrain Infant Cereal
1-4 Tbsp Apples & Chicken
1-4 Tbsp Fresh Fruit- Garden Vegetables

SNACK

2-4 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk
or Fruit juice
0-2 Ritz Crackers