

# CREATIVE CARE CHILDREN'S SCHOOL

## Menu #1

(Infant Menu)

4 months through 7 months

Week of: \_\_\_\_\_

### MONDAY

#### BREAKFAST

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

#### LUNCH OR SUPPER

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

0-3 Tbsp , Mixed Vegetables or  
Mixed Fruit

#### SNACK

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

### TUESDAY

#### BREAKFAST

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

#### LUNCH OR SUPPER

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

0-3 Tbsp, Green Beans, or Peaches

#### SNACK

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

### WEDNESDAY

#### BREAKFAST

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

#### LUNCH OR SUPPER

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

0-3 Tbsp, Corn or Apple Sauce

#### SNACK

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

### THURSDAY

#### BREAKFAST

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

#### LUNCH OR SUPPER

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

0-3 Tbsp, Peas or Pears

#### SNACK

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

### FRIDAY

#### BREAKFAST

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Outmeal infant cereal

#### LUNCH OR SUPPER

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

0-3 Tbsp, Carrots or Bananas

#### SNACK

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

4 months through 7 months

**MONDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal Grain infant cereal

0-3 Tbsp, Green Beans or Peaches

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**TUESDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed Grain infant cereal

0-3 Tbsp, Peas or Apple Sauce

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**WEDNESDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

0-3 Tbsp, Corn, Mixed Fruit

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**THURSDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

0-3 Tbsp, Sweet Potato or Mixed Fruit

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**FRIDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed Grain infant cereal

0-3 Tbsp, Carrots or Mango

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**MONDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Outmeal infant cereal

0-3 Tbsp, Green Beans or Banana

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**TUESDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

0-3 Tbsp, Sweet Potato or Mixed Fruit

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**WEDNESDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

0-3 Tbsp, Green Beans, Apple Sauce

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**THURSDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Outmeal infant cereal

0-3 Tbsp, Corn or Pears

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**FRIDAY**

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

0-3 Tbsp, Carrots or Mango

**SNACK**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

**BREAKFAST**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

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Formula with Iron  
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Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

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Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

**MONDAY**

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

0-3 Tbsp, Green Beans or Apple Sauce

**TUESDAY**

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

0-3 Tbsp, Mixed Vegetables or Peaches

**WEDNESDAY**

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Rice infant cereal

0-3 Tbsp, Carrots or Apple Sauce

**THURSDAY**

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Oatmeal infant cereal

0-3 Tbsp, Peas or Pears

**FRIDAY**

**LUNCH OR SUPPER**

4-8 oz of COMPLETE  
Milk-Based Infant  
Formula with Iron  
or Breastmilk

0-3 tablespoons (Tbsp)  
of Mixed infant cereal

0-3 Tbsp, Carrots or Mixed Fruit

**SNACK**

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