

CREATIVE CARE CHILDREN'S SCHOOL

Menu #1

(Infant Menu)

8 months through 11 months

Week of: _____

MONDAY

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice infant cereal

1-4 Tbsp of Apple Sauce

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Mixed infant cereal

1-4 Tbsp of Medley Fruit
1-4 Tbsp Spaghetti in Tomato Sauce with Beef

SNACK

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

Rice Fruit puff

TUESDAY

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Oatmeal Infant Cereal

1-4 Tbsp, Banana

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice infant cereal

1-4 Tbsp, Apple Sauce
1-4 Tbsp of Chicken & Rice Dinner

SNACK

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

Graduates Lil' Crunchies
(Veggie Dip)

WEDNESDAY

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice infant cereal

1-4 Tbsp, Pears

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Oatmeal infant cereal

1-4 Tbsp, Peaches
1-4 Tbsp Mixed Vegetables & Beef

SNACK

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

Saltine Crackers

THURSDAY

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 Tbsp of Oatmeal infant cereal

1-4 Tbsp of Apple Sauce

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Mixed infant cereal

1-4 Tbsp, Pears
1-4 Tbsp of Mixed Vegetables & Turkey

SNACK

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

Rice Fruit puff

FRIDAY

BREAKFAST

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice infant cereal

1-4 Tbsp, Pears

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Oatmeal infant cereal

1-4 Tbsp of fresh fruit (banana)
1-4 Tbsp of Mixed Vegetables & Chicken

SNACK

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

Saltine Crackers

MONDAY**BREAKFAST**

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice infant cereal

1-4 Tbsp of Apple Sauce

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Mixed Grain infant cereal

1-4 Tbsp, Green Beans
1-4 Tbsp of Chicken Noodle

SNACK

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

Rice Fruit puff

TUESDAY**BREAKFAST**

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Oatmeal Infant Cereal

1-4 Tbsp, Banana

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice Grain infant cereal

1-4 Tbsp, Peas
1-4 Tbsp of Turkey & Rice Dinner
(carrots, turkey, peas and rice)

SNACK

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

Graduates Lil' Crunchies
(Mild Cheddar)

WEDNESDAY**BREAKFAST**

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice infant cereal

1-4 Tbsp, Pears

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

1-4 tablespoons (Tbsp)
of Oatmeal Grain infant cereal

1-4 Tbsp, Peaches
1-4 Tbsp of Mixed Vegetables and Chicken

SNACK

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

Saltine Crackers

THURSDAY**BREAKFAST**

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 Tbsp of Oatmeal infant cereal

1-4 Tbsp of Apple Sauce

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Mixed Grain infant cereal

1-4 Tbsp, Pears
1-4 Tbsp of Sweet Potato and Chicken

SNACK

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

Rice Fruit puff

FRIDAY**BREAKFAST**

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Rice infant cereal

1-4 Tbsp, Pears

LUNCH OR SUPPER

6-8 oz of COMPLETE
Milk-Based Infant
Formula with Iron
or Breastmilk

2-4 tablespoons (Tbsp)
of Oatmeal Grain infant cereal

1-4 Tbsp of fresh fruit (banana)
1-4 Tbsp of Mixed Vegetable and Beef

SNACK

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

Saltine Crackers