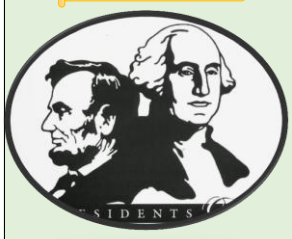
National Children's Center - CACFP Menu

Infants 4-7 months

Feb-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Squash **Snack:** 4-6 fl. oz. Breast Milk or Formula*	2 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Squash **Snack:** 4-6 fl. oz. Breast Milk or Formula*	3 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Squash **Snack:** 4-6 fl. oz. Breast Milk or Formula*	4 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Squash **Snack:** 4-6 fl. oz. Breast Milk or Formula*	5 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Squash **Snack:** 4-6 fl. oz. Breast Milk or Formula*
Week 2 / 5	8 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Green Beans **Snack:** 4-6 fl. oz. Breast Milk or Formula*	9 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Green Beans **Snack:** 4-6 fl. oz. Breast Milk or Formula*	10 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Green Beans **Snack:** 4-6 fl. oz. Breast Milk or Formula*	11 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Green Beans **Snack:** 4-6 fl. oz. Breast Milk or Formula*	12 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Green Beans **Early Dismissal** **Feb 12th @ 1:00pm**
Week 3	15 President's Day 	16 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Sweet Potato **Snack:** 4-6 fl. oz. Breast Milk or Formula*	17 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Sweet Potato **Snack:** 4-6 fl. oz. Breast Milk or Formula*	18 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Sweet Potato **Snack:** 4-6 fl. oz. Breast Milk or Formula*	19 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Rice Cereal* 0-3 tbsp. Sweet Potato **Snack:** 4-6 fl. oz. Breast Milk or Formula*
Week 4	22 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Carrots **Snack:** 4-6 fl. oz. Breast Milk or Formula*	23 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Carrots **Snack:** 4-6 fl. oz. Breast Milk or Formula*	24 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Carrots **Snack:** 4-6 fl. oz. Breast Milk or Formula*	25 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Carrots **Snack:** 4-6 fl. oz. Breast Milk or Formula*	26 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Carrots **Snack:** 4-6 fl. oz. Breast Milk or Formula*
Week 5=3 Week 5=2	29 **Breakfast:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* **Lunch:** 4-8 fl. oz. Breast Milk or Formula* 0-3 tbsp. Infant Wheat Cereal* 0-3 tbsp. Green Beans **Snack:** 4-6 fl. oz. Breast Milk or Formula*				

*Infant Formulas and Cereals are iron-fortified