

National Children's Center - CACFP Menu

Infants 8-11 months

Feb-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p style="text-align: right;">1</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Peach </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Broccoli  1-4 tbsp. Beef </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Wheat Bread</p>	<p style="text-align: right;">2</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Banana </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Green Beans  1-4 tbsp. Lima Beans</p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Saltine Crackers</p>	<p style="text-align: right;">3</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Watermelon </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Sweet Potato  1-4 tbsp. Beef </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Plain Bagel</p>	<p style="text-align: right;">4</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Oranges Manderines </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Plantain  1-4 tbsp. Chicken </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Graham Crackers</p>	<p style="text-align: right;">5</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Apricots </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Carrot  1-4 tbsp. Turkey </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Corn Muffin</p>
Week 2	<p style="text-align: right;">8</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Peach </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Corn  1-4 tbsp. Hard Boiled Egg </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Wheat Bread</p>	<p style="text-align: right;">9</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Banana </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Cabbage  1-4 tbsp. Chicken </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Graham Crackers</p>	<p style="text-align: right;">10</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Cantaloupe </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Cauliflower  1-4 tbsp. Meatsauce </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Soft Tortilla</p>	<p style="text-align: right;">11</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Pears </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Carrots  1-4 tbsp. Turkey </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Animal Crackers</p>	<p style="text-align: right;">12</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Apple Sauce </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Sweet Potato  1-4 tbsp. Chicken </p> <div style="background-color: yellow; padding: 5px; text-align: center;"> <p>Early Dismissal Feb 12th @ 1:00pm</p> </div>
Week 3	<div style="background-color: orange; padding: 5px; text-align: center; margin-bottom: 10px;"> <p>President's Day</p> </div> 	<p style="text-align: right;">16</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Applesauce </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Cabbage  1-4 tbsp. Mashed Lima Beans </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Saltine Crackers</p>	<p style="text-align: right;">17</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Watermelon </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Sweet Potato  1-4 tbsp. Beef </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Plain Bagel</p>	<p style="text-align: right;">18</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Pears </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Broccoli  1-4 tbsp. Chicken </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Graham Crackers</p>	<p style="text-align: right;">19</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Apricots </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Mashed Potato  1-4 tbsp. Turkey </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Corn Muffin</p>
Week 4	<p style="text-align: right;">22</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Peach </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Squash  1-4 tbsp. Hard Boiled Egg </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Wheat Bread</p>	<p style="text-align: right;">23</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Banana </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Corn  1-4 tbsp. Turkey </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Graham Crackers</p>	<p style="text-align: right;">24</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Cantaloupe </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Smashed Black Beans  1-4 tbsp. Chicken </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Soft Tortilla</p>	<p style="text-align: right;">25</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Pears </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Carrots  1-4 tbsp. Beef </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-2 Animal Crackers</p>	<p style="text-align: right;">26</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Apple Sauce </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Sweet potato  1-4 tbsp. Chicken </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Bran Muffin</p>
Week 5=3	<p style="text-align: right;">29</p> <p>Breakfast: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Rice Cereal* 1-4 tbsp. Pineapple </p> <p>Lunch: 6-8 fl. oz. Breast Milk or Formula* 2-4 tbsp. Infant Wheat Cereal* 1-4 tbsp. Corn  1-4 tbsp. Hard Boiled Egg </p> <p>Snack: 2-4 fl. oz. Breast Milk or Formula* 0-1/2 slice Wheat Bread</p>	 	<p style="text-align: center;"><i>Promoting Healthy Living</i></p>  		

*Infant Formulas and Cereals are iron-fortified