





	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, Saltines	HM or IFF, Cooked Apple Slices, Bread Slice	HM or IFF, Mixed Fruit, Goldfish	HM or IFF, Sliced Pears, Club Crackers	HM or IFF, Diced Peaches, English Muffin
Lunch	Cottage Cheese SIDES: Sweet Potato Fries Cooked Apple Slices HM or IFF	Taco Meat with Tortilla SIDES: Corn Mixed Fruit HM or IFF	Baked Chicken Breast SIDES: Carrot Coins Sliced Pears  HM or IFF	Yogurt SIDES: Baked Beans Diced Peaches HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Steamed Broccoli Applesauce HM or IFF
PM	HM or IFF, Diced Pears, Slice of Bread	HM or IFF, Carrot Coins, Club Crackers	HM or IFF, Banana, Tortilla	HM or IFF, Carrot Coins, Graham Cracker	HM or IFF, Baked Beans, Goldfish
10					
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Applesauce, Cheerios	HM or IFF, Pineapple Tidbits, Bagel	HM or IFF, Diced Pears, Graham Cracker	HM or IFF, Mandarin Oranges, Bread Slice	HM or IFF, Sliced Peaches, English Muffin
Lunch	Hamburger on WG Bread SIDES: Carrot Coins Pineapple Tidbits  HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Pears HM or IFF	Yogurt SIDES: Calico Beans Mandarin Oranges HM or IFF	Cottage Cheese SIDES: Steamed Broccoli Sliced Peaches HM or IFF	Toasted Cheese WG Sandwich SIDES: Steamed Cauliflower Mixed Fruit HM or IFF
PM	HM or IFF, Broccoli, Slice of Bread	HM or IFF, Carrot Coins, Breadstick	HM or IFF, Peas, Tortilla	HM or IFF, Calico Beans, Cheerios	HM or IFF, Broccoli, Graham Cracker
17					
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, WG Cheerios	HM or IFF, Cooked Apples, Saltines	HM or IFF, Apricots, Goldfish	HM or IFF, Sliced Pears, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Baked Chicken Breast SIDES: Mashed Potatoes Cooked Apple Slices HM or IFF	Taco Meat with Tortilla SIDES: Steamed Cauliflower Apricots HM or IFF	Cheeseburger on WG Bread SIDES: Green Beans Sliced Pears HM or IFF	WG Macaroni & Cheese with Ham SIDES: Carrot Coins 1/2 Banana HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Black Beans Applesauce HM or IFF 
PM	HM or IFF, Steamed Cauliflower, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Steamed Cauliflower, Tortilla	HM or IFF, Green Beans, Graham Cracker	HM or IFF, Carrot Coins, Goldfish
24					
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Applesauce, WG Cheerios	HM or IFF, Pineapple Tidbits, Graham Cracker	HM or IFF, Banana, Goldfish	HM or IFF, Mixed Fruit, Bread Slice	HM or IFF, Sliced Peaches, Club Cracker
Lunch	Yogurt SIDES: Stir Fry Vegetables Pineapple Tidbits HM or IFF	Sloppy Joe on WG Bread SIDES: Carrot Coins Applesauce  HM or IFF	Hot Dog on WG Bread SIDES: Baked Beans Mixed Fruit HM or IFF	Cottage Cheese SIDES: Steamed Green Beans Sliced Peaches HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Broccoli Diced Pears HM or IFF
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Stirfry Veggies, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Baked Beans, Goldfish	HM or IFF, Green Beans, Tortilla

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula