

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Brkfst	IFC or Yogurt Diced Pears & 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, Diced Pears, Saltines	HM or IFF, Cooked Apple Slices, Bread Slice	HM or IFF, Diced Peaches, Goldfish	HM or IFF, Mandarin Oranges, Club Crackers	HM or IFF, Mixed Fruit, English Muffin
Lunch	Hot Dog on WG Bread SIDES: Country Vegetables Cooked Apple Slices HM or IFF	Taco Meat with Tortilla SIDES: Black Beans Diced Peaches HM or IFF	Baked Chicken Breast SIDES: Steamed Green Beans Mandarin Oranges HM or IFF	WG Macaroni & Cheese with Ham SIDES: Steamed Broccoli Mixed Fruit HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Carrot Coins Applesauce HM or IFF
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Country Vegetables, Club Crackers	HM or IFF, Banana, Tortilla	HM or IFF, Green Beans, Graham Cracker	HM or IFF, Broccoli, Goldfish
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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, Pineapple, Graham Cracker	HM or IFF, Mandarin Oranges, Bread Slice	HM or IFF, Diced Peaches, English Muffin
Lunch	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Peaches HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Broccoli Mixed Fruit HM or IFF
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Corn, Breadstick	HM or IFF, Carrot Coins, Tortilla	HM or IFF, Mixed Fruit, Cheerios	HM or IFF, Peas, Graham Cracker
18					
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, Diced Pears, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Hamburger on WG Bread SIDES: Carrot Coins Cooked Apple Slices HM or IFF	Chicken with Tortilla SIDES: Black Beans Apricots HM or IFF	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Steamed Broccoli 1/2 Banana HM or IFF	Toasted Cheese WG Sandwich SIDES: Steamed Cauliflower Applesauce HM or IFF
PM	HM or IFF, Broccoli, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Black Beans, Tortilla	HM or IFF, Corn, Graham Cracker	HM or IFF, Broccoli, Goldfish
25					
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		
AM	HM or IFF, Applesauce, WG Cheerios	HM or IFF, Diced Pears, Graham Cracker	HM or IFF, Mandarin Oranges, Goldfish		
Lunch	Yogurt SIDES: Sweet Potatoes Diced Pears HM or IFF	Chicken and Gravy over Mashed Potatoes SIDES: Mashed Potatoes Mandarin Oranges HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Green Beans Mixed Fruit HM or IFF		
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Carrot Coins, Bread Slice	HM or IFF, Carrot Coins, English Muffin		

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula