

**PRCCC Fall 2019 Infant Menu- 6 through 11 months (as developmentally appropriate)**  
**(Birth - 5 months: 4-6 ounces of breast milk or formula is recommended for all meals/snack)**

**Formula Provided- Enfamil with Iron**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
<b>Monday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Peaches	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Shredded Cheese 0-2 TBSP- Baby Food Carrots/Cooked Carrots	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Rice Cereal 0-2 TBSP- Baby Food Applesauce/Canned Apple Slices
<b>Tuesday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Pears /Mandarin Oranges	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Ground Chicken 0-2 TBSP--Baby Food Squash	2-4 ounces-Breast Milk/ Formula 0-1/2 slice- WW Bun 0-2 TBSP- Baby Food Green Beans
<b>Wednesday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Peaches	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Ground Beef 0-2 TBSP- Baby Food Peas/ Cooked Zucchini	2-4 ounces-Breast Milk/ Formula 0-1/2 slice - WW Bun 0-2 TBSP- Baby Food Carrots
<b>Thursday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Applesauce	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Ground Cooked Black Beans 0-2 TBSP- Baby Food Sweet Potato	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Squash
<b>Friday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Banana/ Banana	6-8 ounces-Breast Milk/ Formula 0-8 TBSP- Cottage Cheese 0-2 TBSP- Baby Food Green Beans	2-4 ounces-Breast Milk/ Formula 0-4 TBSP-Cheerios (WGR) 0-2 TBSP- Baby Food Pears

**Week 1**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
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<b>Monday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- ½ Cheese Omelet 0-2 TBSP- Baby Food Peaches	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Ground Chicken 0-2 TBSP- Baby Food Peas/Cooked Zucchini	2-4 ounces-Breast Milk/ Formula 0-1/2 slice – Pita bread 0-2 TBSP- Baby Food Applesauce/ Canned Apple Slices
<b>Tuesday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Vanilla Yogurt 0-2 TBSP- Baby Food Pears/ Diced Peaches	6-8 ounces-Breast Milk/ Formula 0-8 TBSP- Cottage Cheese 0-2 TBSP- Baby Food Carrots	2-4 ounces-Breast Milk/ Formula 0-1/2 tortilla – Soft WW Tortilla 0-2 TBSP- Baby Food Banana
<b>Wednesday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Applesauce/ mandarin oranges	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Ground Beef 0-2 TBSP- Baby Food Peas / Peas	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Rice Cereal 0-2 TBSP- Baby Food Sweet Potato
<b>Thursday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Banana/ Banana	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Ground turkey 0-2 TBSP- Baby Food Green Beans/ Green Beans	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Cheerios (WGR) 0-2 TBSP- Baby Food Squash
<b>Friday</b>	6-8 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Pears/ Diced Pears	6-8 ounces-Breast Milk/ Formula 0-4 ounces- Vanilla Low fat Yogurt 0-2 TBSP- Baby Food Sweet Potato	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Carrots

**Week 2**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
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<b>Monday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Applesauce	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Ground Turkey 0-2 TBSP- Baby Food Peas/ Peas	2-4 ounces-Breast Milk/ Formula 0-1/2 Slice – WW Burger Bun 0-2 TBSP- Baby Food Peaches/ Mandarin Oranges
<b>Tuesday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Applesauce/ Applesauce	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Shredded Cheese 0-2 TBSP- Baby Food Green Beans/ Green Beans	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Rice Cereal 0-2 TBSP- Baby Food Squash
<b>Wednesday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Vanilla Yogurt 0-2 TBSP- Baby Food Banana	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Ground Turkey 0-2 TBSP- Baby Food Sweet Potato	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Cheerios (WGR) 0-2 TBSP- Baby Food Banana/ Banana
<b>Thursday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- ½ Cheese Omelet 0-2 TBSP- Baby Food Peas	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Ground Chicken 0-2 TBSP- Baby Food Pears/ Pears	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- WW Soft Tortilla Shell (WGR) 0-2 TBSP- Baby Food Green Beans
<b>Friday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Peaches / Peaches	6-8 ounces-Breast Milk/ Formula 0-8TBSP- Cottage Cheese 0-2 TBSP- Baby Food Carrots/ Cooked Carrots	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Rice Cereal 0-2 TBSP- Baby Food Applesauce

**Week 3**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
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<b>Monday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Bananas/Banana	6-8 ounces-Breast Milk/ Formula 0-4 ounces- Vanilla Yogurt 0-2 TBSP- Baby Food Sweet Potato	2-4 ounces-Breast Milk/ Formula 0-1/2 slice - WW Burger Roll 0-2 TBSP- Baby Food Peas
<b>Tuesday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Applesauce/ Canned Apple Slices	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Ground Beef 0-2 TBSP- Baby Food Green Beans	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Rice Cereal 0-2 TBSP- Baby Food Peaches/ Mandarin Oranges
<b>Wednesday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Pears/ Pears	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Ground Turkey 0-2 TBSP- Baby Food Carrots/ Cooked Carrot Coins	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Cheerios (WGR) 0-2 TBSP- Baby Food Squash
<b>Thursday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Banana/ Banana	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Shredded Cheese 0-2 TBSP- Baby Food Sweet potato/ Cooked Zucchini	2-4 ounces-Breast Milk/ Formula 0-1/2 slice - Mini Pita Bread 0-2 TBSP- Baby Food Carrots
<b>Friday</b>	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Peaches/ Peaches	6-8 ounces-Breast Milk/ Formula 0-4TBSP- Ground Chicken 0-2 TBSP- Baby Food Peas/ Peas	2-4 ounces-Breast Milk/ Formula 0-4 TBSP- Gerber Oatmeal Cereal (WGR) 0-2 TBSP- Baby Food Green Beans

**Week 4**





