

HOBOKEN DAY CARE 100
Weekly Food INFANT Program Menu
MARCH 9-MARCH 13, 2020

*Birth-5 Months

**-6-11 Months

MONDAY 03/09	TUESDAY 03/10	WEDNESDAY 03/11	THURSDAY 03/12	FRIDAY 03/13
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
*4-6 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula **0-3 Tbsp: Infant Oatmeal Cereal	*4-6 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula **0-3 Tbsp: Infant Rice Cereal	*4-6 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Multi-Grain Cereal	*4-6 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Oatmeal Cereal	*4-6 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Rice Cereal
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
*4-8 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Cereal **1-4 Tbsp: Turkey & Rice (Peas & Carrots) **1-4 Tbsp: Pear Pineapple	*4-8 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Cereal **1-4 Tbsp: Sweet Potato & Corn **1-4 Tbsp: Mango	4-8 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Cereal **1-4 Tbsp: Apple Avocado	4-8 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Cereal **1-4 Tbsp: Macaroni & Cheese (Sweet Potato, Squash) **1-4 Tbsp: Peaches	4-8 fl.oz. Breastmilk/Formula **6-8 fl.oz. Breastmilk/Formula *0-3 Tbsp: Infant Cereal **1-4 Tbsp: Carrots **1-4 Tbsp: Apple, Strawberry, Banana
Snack	SNACK	SNACK	SNACK	SNACK
*4-8 fl.oz. Breastmilk/Formula **2-4 fl.oz. Breastmilk/Formula **0-4 Tbsp: Strawberry Apple Puffs	*4-6 fl.oz. Breastmilk/Formula **2-4 fl.oz. Breastmilk/Formula **0-4 Tbsp: Fruit & Veggie Melts	*4-6 fl.oz. Breastmilk/Formula **2-4 fl.oz. Breastmilk/Formula **0-4 Tbsp: Lil Crunchies	*4-6 fl.oz. Breastmilk/Formula **2-4 fl.oz. Breastmilk/Formula **0-4 Tbsp: Cheerios	*4-6 fl.oz. Breastmilk/Formula **2-4 fl.oz. Breastmilk/Formula **0-2: Soft Grain Bars

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