

	BREAKFAST	LUNCH/SUPPER	SNACK
Monday	Breast milk or iron-fortified formula Iron-fortified infant oatmeal Peaches	Breast milk or iron-fortified formula Cottage cheese Butternut squash	Breast milk or iron-fortified formula Whole-wheat bread Broccoli
Tuesday	Breast milk or iron-fortified formula Scrambled eggs Honeydew	Breast milk or iron-fortified formula Kidney beans Zucchini	Breast milk or iron-fortified formula Cheerios Banana
Wednesday	Breast milk or iron-fortified formula Iron-fortified infant mixed-grain cereal Mango	Breast milk or iron-fortified formula Turkey Cauliflower	Breast milk or iron-fortified formula Teething biscuit Carrots
Thursday	Breast milk or iron-fortified formula Iron-fortified infant rice cereal Cantaloupe	Breast milk or iron-fortified formula Flaked white fish Plum	Breast milk or iron-fortified formula Bagel slices Spinach
Friday	Breast milk or iron-fortified formula Plain yogurt Avocado	Breast milk or iron-fortified formula Chicken Sweet potato	Breast milk or iron-fortified formula Whole-grain crackers Pears

Depending on an infant’s growth, development and eating habits:

1. Solid foods are gradually introduced around 6 months of age.
2. All solid foods must be pureed, mashed or chopped to appropriate consistency.

This institution is an equal opportunity provider.