



December 2024 Menu 6-11 Month Olds



SITE NAME

Week 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5
BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF INFANT RICE CEREAL PUREED PEARS	BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES	BREAST MILK/IFIF SCRAMBLED EGGS PUREED APRICOTS	BREAST MILK/IFIF INFANT RICE CEREAL APPLESAUCE
LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF PUREED TURKEY MASHED SWEET POTATO	BREAST MILK/IFIF BABY FOOD CHICKEN REFRIED BEANS	BREAST MILK/IFIF INFANT RICE CEREAL MASHED PEAS AND CARROTS	BREAST MILK/IFIF COTTAGE CHEESE PUREED BANANAS
SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Bread 0-½ Slice Cracker 0-2 Each Infant Cereal 0-4 TBSP Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF TEETHING BISCUIT CHOPPED ORANGES	BREAST MILK/IFIF PUFF CEREAL SNACK COOKED MASHED JICAMA	BREAST MILK/IFIF INFANT OATMEAL PUREED STRAWBERRIES	BREAST MILK/IFIF TEETHING BISCUIT MASHED CUCUMBERS
Week 2	Monday 9	Tuesday 10	Wednesday 11	Thursday 12
BREAKFAST <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF INFANT OATMEAL BABY FOOD BANANA	BREAST MILK/IFIF INFANT OATMEAL PUREED MANGO	BREAST MILK/IFIF INFANT RICE CEREAL PUREED CANNED APPLES	BREAST MILK/IFIF SCRAMBLED EGGS PUREED APRICOTS
LUNCH <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Infant Cereal 0-4 TBSP OR Meat/Meat Alt. 0-4 TBSP OR Cheese, Cottage Cheese, Yogurt Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF BABY FOOD CHICKEN MASHED COOKED CARROTS	BREAST MILK/IFIF COTTAGE CHEESE MASHED PEAS	BREAST MILK/IFIF BABY FOOD TURKEY MASHED HONEYDEW	BREAST MILK/IFIF INFANT RICE CEREAL MASHED GREEN BEANS
SNACK <ul style="list-style-type: none"> Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF Bread 0-½ Slice Cracker 0-2 Each Infant Cereal 0-4 TBSP Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF INFANT RICE CEREAL APPLESAUCE	BREAST MILK/IFIF FRUIT DIP (USDA) TEETHING BISCUIT	BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES	BREAST MILK/IFIF TEETHING BISCUIT BABY FOOD SQUASH

*All cold cereals served are based upon WIC cereal list
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Week 3	Monday 16	Tuesday 17	Wednesday 18	Thursday 19
BREAKFAST <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Infant Cereal 0-4 TBSP • OR Meat/Meat Alt. 0-4 TBSP • OR Cheese, Cottage Cheese, Yogurt • Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF INFANT OATMEAL MASHED BANANA	BREAST MILK/IFIF INFANT RICE CEREAL PUREED MANGO	BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES	Program Break No School
LUNCH <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Infant Cereal 0-4 TBSP • OR Meat/Meat Alt. 0-4 TBSP • OR Cheese, Cottage Cheese, Yogurt • Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF BABY FOOD TURKEY MASHED CAULIFLOWER AND BROCCOLI	BREAST MILK/IFIF BABY FOOD CHICKEN MASHED CANTALOUPE	BREAST MILK/IFIF INFANT OATMEAL MASHED APPLES	
SNACK <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Bread 0-½ Slice • Cracker 0-2 Each • Infant Cereal 0-4 TBSP • Vegetable and/or Fruit 0-2 TBSP 	BREAST MILK/IFIF PUFF CEREAL APPLESAUCE	BREAST MILK/IFIF TEETHING BISCUIT PUREED PINEAPPLE	BREAST MILK/IFIF INFANT RICE CEREAL BABY FOOD BANANA	
Week 4	Monday 23	Tuesday 24	Wednesday 25	Thursday 26
BREAKFAST <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Infant Cereal 0-4 TBSP • OR Meat/Meat Alt. 0-4 TBSP • OR Cheese, Cottage Cheese, Yogurt • Vegetable and/or Fruit 0-2 TBSP 	Program Break No School	Program Break No School	Christmas Day No School	Program Break No School
LUNCH <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Infant Cereal 0-4 TBSP • OR Meat/Meat Alt. 0-4 TBSP • OR Cheese, Cottage Cheese, Yogurt • Vegetable and/or Fruit 0-2 TBSP 				
SNACK <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Bread 0-½ Slice • Cracker 0-2 Each • Infant Cereal 0-4 TBSP • Vegetable and/or Fruit 0-2 TBSP 				

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December 2024 Menu 6-11 Month Olds



Week 5	Monday 30	Tuesday 31	Wednesday (January 1 st)	Thursday (January 2 nd)
BREAKFAST <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Infant Cereal 0-4 TBSP • OR Meat/Meat Alt. 0-4 TBSP • OR Cheese, Cottage Cheese, Yogurt • Vegetable and/or Fruit 0-2 TBSP 	<p style="text-align: center;">Program Break No School</p>	<p style="text-align: center;">Program Break No School</p>	<p style="text-align: center;">New Years Day No School</p>	<p style="text-align: center;">Program Break No School</p>
LUNCH <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Infant Cereal 0-4 TBSP • OR Meat/Meat Alt. 0-4 TBSP • OR Cheese, Cottage Cheese, Yogurt • Vegetable and/or Fruit 0-2 TBSP 				
SNACK <ul style="list-style-type: none"> • Breast Milk/Iron Fortified Infant Formula 6-8 OZ *IFIF • Bread 0-½ Slice • Cracker 0-2 Each • Infant Cereal 0-4 TBSP • Vegetable and/or Fruit 0-2 TBSP 				

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