



# November 2024 Menu 6-11 Month Olds



**SITE NAME**

Week 1	Monday 4	Tuesday 5	Wednesday 6	Thursday 7
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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 CARROT	BREAST MILK/IFIF COTTAGE CHEESE PUREED BANANAS
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>Bread 0-½ Slice</li> <li>Cracker 0-2 Each</li> <li>Infant Cereal 0-4 TBSP</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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 11	Tuesday 12	Wednesday 13	Thursday 14
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	<b>Veteran's Day No School</b>	BREAST MILK/IFIF INFANT OATMEAL PUREED MANGO	BREAST MILK/IFIF INFANT RICE CEREAL PUREED CANNED APPLES	BREAST MILK/IFIF SCRAMBLED EGGS PUREED APRICOTS
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>		BREAST MILK/IFIF COTTAGE CHEESE MASHED PEAS	BREAST MILK/IFIF BABY FOOD TURKEY MASHED HONEYDEW	BREAST MILK/IFIF INFANT RICE CEREAL MASHED GREEN BEANS
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ <b>*IFIF</b></li> <li>Bread 0-½ Slice</li> <li>Cracker 0-2 Each</li> <li>Infant Cereal 0-4 TBSP</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>		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  
**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**



# November 2024 Menu 6-11 Month Olds



SITE NAME

Week 3	Monday 18	Tuesday 19	Wednesday 20	Thursday 21
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *<b>IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF INFANT OATMEAL MASHED BANANA	BREAST MILK/IFIF INFANT RICE CEREAL PUREED MANGO	BREAST MILK/IFIF PLAIN YOGURT PUREED PEACHES	BREAST MILK/IFIF COTTAGE CHEESE APPLESAUCE
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *<b>IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	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	BREAST MILK/IFIF PUREED CHICKEN MASHED HONEYDEW
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *<b>IFIF</b></li> <li>Bread 0-½ Slice</li> <li>Cracker 0-2 Each</li> <li>Infant Cereal 0-4 TBSP</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF PUFF CEREAL APPLESAUCE	BREAST MILK/IFIF TEETHING BISCUIT PUREED PINEAPPLE	BREAST MILK/IFIF INFANT RICE CEREAL BABY FOOD BANANA	BREAST MILK/IFIF PUFF CEREAL SNACK BABY FOOD SQUASH
Week 4	Monday 25	Tuesday 26	Wednesday 27	Thursday 28
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *<b>IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF INFANT RICE CEREAL PUREED APRICOTS	BREAST MILK/IFIF SCRAMBLED EGGS PUREED HONEYDEW	<b>Program Break No School</b>	<b>Thanksgiving Day No School</b>
<b>LUNCH</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *<b>IFIF</b></li> <li>Infant Cereal 0-4 TBSP</li> <li>OR Meat/Meat Alt. 0-4 TBSP</li> <li>OR Cheese, Cottage Cheese, Yogurt</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF MASHED MEATBALL MASHED POTATO	BREAST MILK/IFIF INFANT RICE CEREAL MASHED GREEN BEANS		
<b>SNACK</b> <ul style="list-style-type: none"> <li>Breast Milk/Iron Fortified Infant Formula 6-8 OZ *<b>IFIF</b></li> <li>Bread 0-½ Slice</li> <li>Cracker 0-2 Each</li> <li>Infant Cereal 0-4 TBSP</li> <li>Vegetable and/or Fruit 0-2 TBSP</li> </ul>	BREAST MILK/IFIF TEETHING BISCUIT APPLESAUCE	BREAST MILK/IFIF TEETHING BISCUIT REFRIED BEANS		

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