

ECS INFANT MENU COLLEGE AVE. ~November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2	
			AM: IFIF & Rice Cereal Lunch: Carrots & Banana IFIF PM: IFIF Crackers	AM: IFIF & Rice Cereal Lunch: Carrots & Apple Blueberry IFIF PM: IFIF Cheerios	PORTIONS FOR OUR INFANTS
5	6	7	8	9	Birth to 3mos
AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Oatmeal Lunch: Squash & Applesauce IFIF PM: IFIF Cheerios	AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Rice Cereal Lunch: Carrots & Banana IFIF PM: IFIF Crackers	AM: IFIF & Oatmeal Lunch: Squash & Applesauce IFIF PM: IFIF Ritz Crackers	4 to 6oz formula or breastmilk For all meals
12	13	14	15	16	4 to 7 mos
AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Ritz Cracker	AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Cheerios	AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Rice Cereal Lunch: Carrots & Banana IFIF PM: IFIF Crackers	AM: IFIF & Oatmeal Lunch: Peas & Apple/Blueberry IFIF PM: IFIF Cheerios	4 to 8 oz formula or breastmilk 0-3 Tbsp cereal 0-3 Tbsp fruit or vegetables
19	20	21	22	23	8 to 11 mos
AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Oatmeal Lunch: Squash & Applesauce IFIF PM: IFIF Cheerios	AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Puffs	ECS CLOSED THANKSGIVING	ECS CLOSED THANKSGIVING	6-8 oz formula or breastmilk Children begin eating from our standard menu with supplements of jar fruits & veggies
26	27	28	29	30	
AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Ritz Cracker	AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Cheerios	AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Rice Cereal Lunch: Carrots & Banana IFIF PM: IFIF Crackers	AM: IFIF & Oatmeal Lunch: Peas & Apple/Blueberry IFIF PM: IFIF Cheerios	See standard menu posted in classroom for meals served to 8 to 11 mo old children