

# ECS INFANT MENU COLLEGE AVE. ~January 2019

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Ritz Cracker	<b>ECS CLOSED NEW YEARS DAY</b>	AM: IFIF & Rice Cereal Lunch: Carrots & Banana IFIF PM: IFIF Crackers	AM: IFIF & Rice Cereal Lunch: Carrots & Banana IFIF PM: IFIF Crackers	AM: IFIF & Rice Cereal Lunch: Carrots & Apple Blueberry IFIF PM: IFIF Cheerios	<i><b>PORTIONS FOR OUR INFANTS</b></i>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<i><b>Birth to 3mos</b></i>
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	<i><b>4 to 6oz formula or breastmilk For all meals</b></i>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<i><b>4 to 7 mos</b></i>
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	<i><b>4 to 8 oz formula or breastmilk 0-3 Tbsp cereal 0-3 Tbsp fruit or vegetables</b></i>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<i><b>8 to 11 mos</b></i>
AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Puffs	AM: IFIF & Oatmeal Lunch: Peas & Pears IFIF PM: IFIF Rice Chex	AM: IFIF & Rice Cereal Lunch: Carrots & Banana IFIF PM: IFIF Crackers	<i><b>6-8 oz formula or breastmilk Children begin eating from our standard menu with supplements of jar fruits &amp; veggies</b></i>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Ritz Cracker	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		<i><b>See standard menu posted in classroom for meals served to 8 to 11 mo old children</b></i>