

ECS INFANT MENU COLLEGE AVE. ~February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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				AM: IFIF & Rice Cereal Lunch: Carrots & Apple Blueberry IFIF PM: IFIF Cheerios	PORTIONS FOR OUR INFANTS
4	5	6	7	8	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
11	12	13	14	15	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
18	19	20	21	22	8 to 11 mos
ECS CLOSED NEW YEARS DAY	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	6-8 oz formula or breastmilk Children begin eating from our standard menu with supplements of jar fruits & veggies
25	26	27	28		
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		See standard menu posted in classroom for meals served to 8 to 11 mo old children