

ECS INFANT MENU COLLEGE AVE. ~ September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6	
AM: IFIF & Oatmeal Lunch: Peas & Apple/Blueberry IFIF PM: IFIF Cheerios	AM: IFIF & Oatmeal Lunch: Peas & Apple/Blueberry IFIF PM: IFIF Cheerios	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: Carrots & Banana IFIF PM: IFIF Crackers	<i>PORTIONS FOR OUR INFANTS</i>
9	10	11	12	13	<i>Birth to 3mos</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>4 to 6oz formula or breastmilk For all meals</i>
16	17	18	19	20	<i>4 to 7 mos</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>4 to 8 oz formula or breastmilk 0-3 Tbsp cereal 0-3 Tbsp fruit or vegetables</i>
23	24	25	26	27	<i>8 to 11 mos</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>6-8 oz formula or breastmilk Children begin eating from our standard menu with supplements of jar fruits & veggies</i>
30					
AM: IFIF & Rice Cereal Lunch: Sweet Potatoes & Pears/IFIF PM: IFIF Ritz Cracker					<i>See standard menu posted in classroom for meals served to 8 to 11 mo old children</i>