**Child and Adult Care Food Program**  Name of Center: First Environments Early Learning Center

**DAILY MENU FOR INFANTS (6-11 MONTHS)** Agreement Number: 7245

Tadpoles, Leapfrogs, Butterflies Month/Year: Sept. 11 - 15, 2023

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| Monday  Date: 9/11 | Tuesday  Date: 9/12 | Wednesday  Date 9/13 | Thursday  Date 9/14 | Friday  Date 9/15 |
| **Breakfast:**   1. 6-8 fluid ounces breastmilk or iron fortified formula 2. 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt ; or a combination of the above 3. 0-2 tablespoons vegetable or fruit or a combination of both | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal cereal and jar fruit and/or vegetable  And/Or  Infant cereal  Homemade Mixed BerryMuffin(ww), Banana | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal cereal and jar fruit and/or vegetable  And/Or  Infant cereal  Toasted English Muffin with Apple Butter, Soft Apples | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal cereal and jar fruit and/or vegetable  And/Or  Infant cereal    Homemade Blueberry Muffin (ww), Watermelon | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal cereal and jar fruit and/or vegetable  And/Or  Infant cereal    Toasted Bagel with Cream Cheese, Soft Peaches | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal cereal and jar fruit and/or vegetable  And/Or  Infant cereal  Homemade **Zucchini** Bread (ww), Banana |
| **Lunch:**   1. 6-8 fluid ounces breastmilk or iron fortified formula 2. 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt ; or a combination of the above 3. 0-2 tablespoons vegetable or fruit or a combination of both | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal or Rice cereal and Jar fruit and/or vegetable  And/Or  Homemade Macaroni and Cheese, Broccoli, Soft Peaches | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal or Rice cereal and Jar fruit and/or vegetable  And/Or  Homemade Chicken Soft Taco with Cheese, Green Beans, Soft Pears | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal or Rice cereal and Jar fruit and/or vegetable  And/Or  Homemade Chicken Lo Mein, Peas, Soft Peaches | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal or Rice cereal and Jar fruit and/or vegetable  And/Or  Homemade Cheese Pizza on a Whole Grain Crust, Green Beans, Homemade Cinnamon Apples | Breastmilk or  Member’s Mark Advantage Formula  And  Infant Oatmeal or Rice cereal and Jar fruit and/or vegetable  And/Or  Homemade Turkey and Provolone Wrap, Organic Carrots with Homemade Ranch Dip, Soft Peaches |
| **Snack PM :**   1. 2-4 fluid ounces breastmilk or formula 2. 0-½ slice bread; or 0-2 crackers; or 0-4 tablespoons infant cereal or ready-to-eat breakfast cereal 3. 0-2 tablespoons vegetable or fruit or a combination of both | Breastmilk or  Member’s Mark Advantage Formula  And  Cheddar Slices, Crackers,  Soft Pears | Breastmilk or  Member’s Mark Advantage Formula  And    Whole Grain Graham Crackers, Soft Peaches | Breastmilk or  Member’s Mark Advantage Formula  And    Whole Grain Cheerios, Soft Apples | Breastmilk or  Member’s Mark Advantage Formula  And  Homemade Banana Bread (ww),  Watermelon | Breastmilk or  Member’s Mark Advantage Formula  And  Whole Grain Graham Crackers, Soft Pears |

**Menu is subject to change**

\*Appropriate consistency means the thickness or the texture that the baby can tolerate

\*\*\*Portion size, Saturated fats and sodium are in accordance with Department of Agriculture’s Child and Adult Care Food Program\*\*\*\*Items in COLOR are made with Vegetables grown in our FEELC Gardens. Please email us if you have any questions or suggestions at [kenwilliams.feelc@gmail.com](mailto:kenwilliams.feelc@gmail.com) or [sueespersen@yahoo.com](mailto:sueespersen@yahoo.com) or call us directly in the Kitchen at 919-541-2450

\*\*\*\*\*This institution is an Equal Opportunity Provider.