**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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MondayDate: 9/11 | TuesdayDate: 9/12 | WednesdayDate 9/13 | ThursdayDate 9/14 |  FridayDate 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 FormulaAndInfant Oatmeal cereal and jar fruit and/or vegetableAnd/OrInfant cerealHomemade Mixed BerryMuffin(ww), Banana |  Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal cereal and jar fruit and/or vegetableAnd/OrInfant cerealToasted English Muffin with Apple Butter, Soft Apples | Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal cereal and jar fruit and/or vegetableAnd/OrInfant cereal Homemade Blueberry Muffin (ww), Watermelon | Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal cereal and jar fruit and/or vegetableAnd/OrInfant cereal  Toasted Bagel with Cream Cheese, Soft Peaches | Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal cereal and jar fruit and/or vegetableAnd/OrInfant 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 FormulaAndInfant Oatmeal or Rice cereal and Jar fruit and/or vegetableAnd/OrHomemade Macaroni and Cheese, Broccoli, Soft Peaches  | Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal or Rice cereal and Jar fruit and/or vegetableAnd/OrHomemade Chicken Soft Taco with Cheese, Green Beans, Soft Pears  | Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal or Rice cereal and Jar fruit and/or vegetableAnd/OrHomemade Chicken Lo Mein, Peas, Soft Peaches | Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal or Rice cereal and Jar fruit and/or vegetableAnd/OrHomemade Cheese Pizza on a Whole Grain Crust, Green Beans, Homemade Cinnamon Apples | Breastmilk or Member’s Mark Advantage FormulaAndInfant Oatmeal or Rice cereal and Jar fruit and/or vegetableAnd/OrHomemade 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 AndCheddar 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 AndHomemade Banana Bread (ww),Watermelon | Breastmilk or Member’s Mark Advantage Formula AndWhole 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 or sueespersen@yahoo.com or call us directly in the Kitchen at 919-541-2450

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