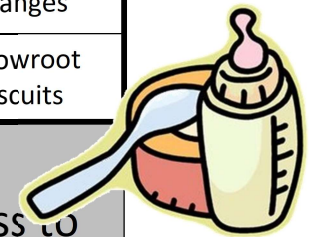


Infant Menu

January 2021

0-5 Months		6-11 Months		Monday 1/4, 1/11, 1/18, 1/25	Tuesday 1/5, 1/12, 1/19, 1/26	Wednesday 1/6, 1/13, 1/20, 1/27	Thursday 1/7, 1/14, 1/21, 1/28	Friday 1/8, 1/15, 1/22, 1/29
Breakfast	4-6 oz	6-8 oz	Milk	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF
	-	2 tbsp	Fruit/Vegetable	Bananas	Applesauce	Mandarin Oranges	Applesauce	Mixed Fruit
	-	0-4 tbsp	IFIC/Meat	IFIC	IFIC	IFIC	IFIC	IFIC
Lunch	4-6 oz	6-8 oz	Milk	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF
	-	2 tbsp	Fruit/Vegetable	Peaches/ Mashed Potato	Mandarin Oranges	Pears	Carrots	Green Beans
	-	0-4 tbsp	IFIC/Meat	Chicken	Turkey	Ham	Beef	Chicken
Snack	4-6 oz	6-8 oz	Milk	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF	Breastmilk/IFIF
	-	2 tbsp	Fruit Vegetable	Peaches	Butternut Squash	Applesauce	Green Beans	Mandarin Oranges
	-	0-4 tbsp	Grain/Meat	IFIC/ Cheerios	Gogurt	Arrowroot Biscuits	IFIC/ Cheerios	Arrowroot Biscuits



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All Foods are subject to the individual and their own developmental readiness to each food item.

IFIC- Iron Fortified Infant Cereal
IFIF-Iron Fortified Infant Formula

Building Blocks Preschool is an equal opportunity employer

