

INFANT WINTER MENU

WEEK 1

B R E A K F A S T	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	VEGETABLE/ FRUIT	APPLESAUCE	PEARS	CANTALOUPE	PEACHES	BANANAS
	IRON FORTIFIED INFANT CEREAL	OATMEAL	RICE	OATMEAL	RICE	OATMEAL

L U N C H	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	MEAT MEAT ALTERNATE	CHICKEN	LENTILS (MASHED)	CHEESE	SPLIT PEAS	TURKEY
	VEGETABLE/ FRUIT	BROCCOLI	CARROTS	GREEN BEANS	YELLOW SQUASH	PEAS & CARROTS
	IRON FORTIFIED INFANT CEREAL	OATMEAL	RICE	OATMEAL	RICE	OATMEAL

S N A C K	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	JUICE	APPLE JUICE			WHITE GRAPE JUICE	
	BREAD/ CRACKERS	RITZ CRACKERS	FRENCH TOAST STICKS	APPLESAUCE	UNSALTED CRACKERS	DRY CHEERIOS

INFANTS 8-12 MONTHS ONLY

INFANTS 4-7 MONTHS IF DEVELOPMENTALLY READY

* CARNATION GOOD START 2 SOY FORMULA AVAILABLE FOR INFANTS WITH MILK ALLERGIES

** IRON FORTIFIED RICE CEREAL WILL BE PROVIDED FOR CHILDREN WITH WHEAT ALLERGIES



INFANT WINTER MENU

WEEK 2

B R E A K F A S T	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	VEGETABLE/ FRUIT	PEARS	APPLESAUCE	PEACHES	BANANAS	MIXED FRUIT
	IRON FORTIFIED INFANT CEREAL	RICE	OATMEAL	RICE	OATMEAL	RICE

L U N C H	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	MEAT MEAT ALTERNATE	CHEESE	PUREED BEEF	CHICKEN	PUREED TURKEY	HAM
	VEGETABLE/ FRUIT	GREEN BEANS	BROCCOLI	CARROTS	LIMA BEANS	SWEET POTATOES
	IRON FORTIFIED INFANT CEREAL	RICE	OATMEAL	RICE	OATMEAL	RICE

S N A C K	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	JUICE	APPLE JUICE			PEAR JUICE	
	BREAD/ CRACKERS	UNSALTED CRACKERS	SMASHED BANANAS	DRY CHEERIOS	FISH CRACKERS	BUTTERED TOAST

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	VEGETABLE/ FRUIT	MIXED FRUIT	BANANAS	PEACHES	APPLESAUCE	PEARS
	IRON FORTIFIED INFANT CEREAL	OATMEAL	RICE	MIXED CEREAL	RICE	OATMEAL

L U N C H	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	MEAT MEAT ALTERNATE	LENTILS	PUREED /GROUND	BEEF PUREED/GROUND	CHEESE	CHICKEN
	VEGETABLE/ FRUIT	GREEN PEAS	TURKEY BROCCOLI	GREEN BEANS	CARROTS	MASHED POTATOES
	IRON FORTIFIED INFANT CEREAL	OATMEAL	RICE	MIXED CEREAL	RICE	OATMEAL

S N A C K	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	JUICE	WHITE GRAPE JUICE			PEAR JUICE	
	BREAD/ CRACKERS	FRENCH TOAST STICKS	DRY CHEERIOS	VANILLA WAFFERS	DRY CHEERIOS	GRAHAM CRACKERS

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WEEK 4

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	VEGETABLE/ FRUIT	APPLESAUCE	PUREED PEARS	CANNED PEACHES	BANANAS	CANNED PEARS
	IRON FORTIFIED INFANT CEREAL	RICE	OATMEAL	RICE	OATMEAL	RICE

L U N C H	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	MEAT MEAT ALTERNATE	BEEF	TURKEY	CHICKEN	CHEESE	FISH
	VEGETABLE/ FRUIT	GREEN BEANS	STEAMED BROCCOLI	PEAS & CARROTS	YELLOW SQUASH	GREEN PEAS
	IRON FORTIFIED INFANT CEREAL	RICE	OATMEAL	RICE	OATMEAL	RICE

S N A C K	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	JUICE	PEAR JUICE			WHITE GRAPE JUICE	
	BREAD/ CRACKERS	RITZ CRACKERS	GRAHAM CRACKERS	DRY CHEERIOS	UNSALTED CRACKERS	CHEESE BREAD

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	VEGETABLE/ FRUIT	MIXED FRUIT	APPLESAUCE	BANANAS	PEARS	PEACHES
	IRON FORTIFIED INFANT CEREAL	OATMEAL	RICE	MIXED CEREAL	RICE	OATMEAL

L U N C H	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	MEAT MEAT ALTERNATE	HAM	BEEF	CHICKEN	CHEESE	SPLIT PEAS
	VEGETABLE/ FRUIT	GREEN PEAS	GREEN BEANS	CARROTS	BROCCOLI	MASHED POTATOES
	IRON FORTIFIED INFANT CEREAL	OATMEAL	RICE	MIXED CEREAL	RICE	OATMEAL

S N A C K	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAST MILK/ IRON FORTIFIED FORMULA*	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2	BREAST MILK/ CARNATION GOOD START 2
	JUICE	ORANGE JUICE			PEAR JUICE	
	BREAD/ CRACKERS	BREAD W/ APPLESauce	RITZ CRACKERS	BUTTERED TOAST	DRY CHEERIOS	SALTINES

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