

Summer Menu

Hurlburt Field CDC Infant 5 Day Menu

Week 1

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Vegetable/Fruit	Pears	Bananas	Peaches	Applesauce	Peaches & Pears
	Infant Cereal	Rice	Oatmeal	Rice	Oatmeal	Rice
LUNCH	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Meat/Meat Alternate	Turkey	Chicken	Sliced Cheese	Beef	Black Beans
	Vegetable/Fruit	Peas	Green Beans	Peas & Carrots	Stir Fry Vegetables	Carrots
Infant Cereal	Rice	Oatmeal	Rice	Rice Oatmeal	Rice	
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Juice		Pear Juice		White Grape Juice	
	Bread/Crackers	Toast	Graham Cracker	Pita Bread	Plain Crackers	Warm Bagels

Infants 8-12 months ONLY
 Infants 4-7 months if developmentally ready
 *Gerber Soy is available on request



Week 1

Summer Menu

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Week 2

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Vegetable/Fruit	Pears	Applesauce	Peaches	Bananas	Apricots
	Infant Cereal	Oatmeal	Rice	Oatmeal	Rice	Oatmeal
LUNCH	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Meat/Meat Alternate	Turkey	Chicken	Lentils	Beef	Chicken
	Vegetable/Fruit	Squash	Sweet Potato	Broccoli	Green Beans	Peas & Carrots
	Infant Cereal	Oatmeal	Rice	Oatmeal	Rice	Oatmeal
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Juice	Apple Juice		Pear Juice		White Grape Juice
	Bread/Crackers	Kashi Friends Whole Grain Cereal	Toasted French Bread	Plain Crackers	Toast	Bread

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Week 2

Summer Menu

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Week 3

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Vegetable/Fruit	Mixed Fruit	Bananas	Peaches & Pears	Applesauce	Pears
	Infant Cereal	Rice	Oatmeal	Rice	Oatmeal	Rice
LUNCH	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Meat/Meat Alternate	Beef	Chicken	Cheese	Turkey	Lentils
	Vegetable/Fruit	Lima Beans	Green Peas	Carrots	Peas & Carrots	Broccoli
	Infant Cereal	Rice	Oatmeal	Rice	Oatmeal	Rice
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Juice		Apple Juice		Pear Juice	Cheese
	Bread/Crackers	Plain Crackers	Wheat Bread	Warm Pita Strips	Whole Grain Kashi Cereal	Bread

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Week 3

Summer Menu

Hurlburt Field CDC Infant 5 Day Menu

Week 4

BREAKFAST	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Vegetable/Fruit	Peaches	Pears	Applesauce	Bananas	Mixed Fruit
	Infant Cereal	Oatmeal	Rice	Oatmeal	Rice	Oatmeal
LUNCH	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Meat/Meat Alternate	Chicken	Beef	Lentils	Pork	Cheese
	Vegetable/Fruit	Squash	Green Beans	Carrots	Sweet Potato	Green Peas
Infant Cereal	Oatmeal	Rice	Oatmeal	Rice	Oatmeal	
SNACK	Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Breast Milk/ Iron Fortified Formula*	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula	Breast Milk/ Gerber Good Start Formula
	Juice		Apple Juice		Pear Juice	Pear Juice
	Bread/Crackers	Toasted French Bread	Ritz Crackers	Toast	Warm Pita Strips	Bread

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Week 4