

Blue Ash Educational Building Infant Menu

		Day of the Week				
Age		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Birth - 3 months	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
	4 – 7 months	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
		Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal
	8 – 11 months	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
		Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal
		Peaches	Applesauce	Pears	Bananas	Pears
	Lunch	Birth - 3 months	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
4 – 7 months		Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
		Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal
		Green Beans	Sweet Potato	Squash	Peas	Carrots
8 – 11 months		Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
		Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal
		Green Beans	Sweet Potato	Squash	Peas	Carrots
Snack	Birth - 7 months	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
	8 – 11 months	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice
		Puffs	Graham Crackers	Animal Crackers	Vanilla Wafers	Club Crackers