
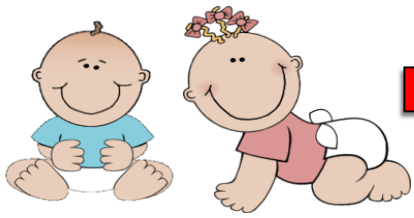


December 2019 Breakfast & Snack Menu

For the Bumble Bees, Sprouts, Super Stars and Lil Gardeners



Monday		Tuesday	Wednesday	Thursday	Friday
12/2	12/30	12/3	12/4	12/5	12/6
(B) Oat cereal W/milk, peaches (S) Veggie Sticks, Juice or water	(B) 1 Pancakes, milk, 1/4 c. Tropical Fruit (S) Animal Crackers, Juice or water	(B) 1/2 English Muffins w/ jelly, milk applesauce (S) Graham crackers, Juice or water	(B) Corn Flake Cereal w/Milk, pears (S) Nacho chips, Juice or water	(B) Bagel w/ cream cheese, fresh fruit, milk (S) Ritz cracker & String cheese, Juice or water	
12/9	12/10	12/11	12/12	12/13	
(B) Rice cereal, W/milk Juice or water (S) Goldfish crackers, Juice or water	(B) 1 Waffles, milk, Applesauce (S) Saltines w/American cheese, Juice or water	(B) Oatmeal, Raisins, milk (S) Vanilla wafers, milk or water	(B) Raisin Bran cereal, milk, tropical fruit (S) Pretzels, Juice or water	(B) French Toast Sticks, fresh fruit, milk (S) Nature's Bakery Fig Bar, Juice or water	
12/16	12/17	12/18	12/19	12/20	
(B) Oat cereal W/milk, peaches (S) Veggie Sticks, Juice or water	(B) 1 Pancakes, milk, 1/4 c. Tropical Fruit (S) Animal Crackers, Juice or water	(B) 1/2 English Muffins w/ jelly, milk applesauce (S) Graham crackers, Juice or water	(B) Corn Flake Cereal w/Milk, pears (S) Nacho chips, Juice or water	(B) Bagel w/ cream cheese, fresh fruit, milk (S) Ritz cracker & String cheese, Juice or water	
12/23	12/24	12/25	12/26	12/27	
(B) Rice cereal, W/milk Juice or water (S) Goldfish crackers, Juice or water			(B) Raisin Bran cereal, milk, tropical fruit (S) Pretzels, Juice or water	(B) Nutri-grain Bar, fresh fruit, milk (S) Sun chips, Juice or water	



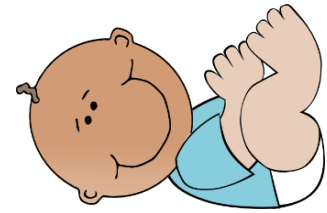
December 2019 Breakfast and Snack Menu for The Snuggle Bugs



Monday	Tuesday	Wednesday	Thursday	Friday
12/2 12/30	12/3	12/4	12/5	12/6
(B) 1/2 c. Oat cereal W/milk, applesauce	(B) 1 Pancakes, milk, 1/4 c. Pineapple	(B) 1/2 English Muffin , milk 1/4 c. tropical fruit	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches	(B) Bagel , milk, 1/4 c. pears
(S) Vanilla wafers, Juice or milk	(S) 2 Animal Crackers, Juice or milk	(S) 1/2 c. Goldfish , Juice or milk	(S) Oyster cracker ,Juice or milk	(S) Cinnamon Grahams, Juice or milk
12/9	12/10	12/11	12/12	12/13
(B) 1/2 c. Oat cereal W/milk, applesauce	(B) 1 Waffle, milk, 1/4 c. Fruit Cocktail	(B) 1 Graham crackers, fresh fruit, milk	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches	(B) 1 French Toast Stick, pineapples, milk
(S) 1/2 c. goldfish , Juice or milk	(S) saltine crackers, Juice or milk	(S) 3 vanilla wafers Juice or milk	(S) Pretzel chip Juice or milk	(S) S Ritz crackers, Juice or milk
12/16	12/17	12/18	12/19	12/20
(B) 1/2 c. Oat cereal W/milk, applesauce	(B) 1 Pancakes, milk, 1/4 c. Pineapple	(B) 1/2 English Muffin , milk 1/4 c. tropical fruit	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches	(B) Bagel , milk, 1/4 c. pears
(S) Vanilla wafers, Juice or milk	(S) 2 Animal Crackers, Juice or milk	(S) 1/2 c. Goldfish , Juice or milk	(S) Oyster cracker ,Juice or milk	(S) Cinnamon Grahams, Juice or milk
12/23	12/24	12/25	12/26	12/27
(B) 1/2 c. Oat cereal W/milk, applesauce			(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches	(B) Nutri-grain Bar, milk, 1/4 c. pears
(S) 1/2 c. goldfish , Juice or milk			(S) Pretzel chip Juice or milk	(S) S Ritz crackers, Juice or milk



December 2019 Breakfast, Lunch and Snack Menu for Infants



Birth through 3 months

4 through 7 months

8 through 11 months

	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-3 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal	6-8 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk and 2-4 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal and 1-4 T Gerber peaches, pears, bananas or applesauce
Lunch	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-3 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal	1-4 T Gerber peaches, pears, bananas, applesauce green beans, carrots, squash, peas or sweet potatoes 1-4 T Gerber peaches, pears, bananas or applesauce an/or Gerber chicken, ham or veal
Snack	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	6-8 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-2 graham cracker squares, saltines, cheerios or 1/4 cup goldfish crackers

Children may start on different jar food due to parent or physician's request