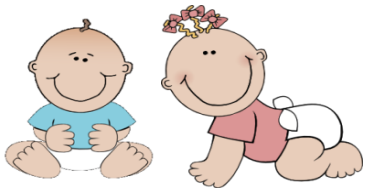


January 2021 Bumble Bee, Sprouts and Super Star/Lil Gardeners Breakfast & Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1/4	1/5	1/6	1/7	1/8
(B) Corn Flake, W/milk applesauce (S) Veggie Sticks, Juice or water	(B) 1 Pancakes, milk, pineapple, milk (S) Animal Crackers, Juice or water	(B) Oatmeal, Raisins, milk (S) Graham crackers, Juice or water	(B) Raisin Bran Cereal w/Milk, fruit cocktail (S) Nacho chips, Juice or water	(B) Bagel, peaches, milk (S) Ritz cracker & String cheese, Juice or water
1/11	1/12	1/13	1/14	1/15
(B) Oat cereal W/milk, peaches (S) Goldfish crackers, Juice or water	(B) 1 Waffles, milk, Applesauce (S) Saltines w/American cheese, Juice or water	(B) 1/2 English Muffins w/ jelly, milk tropical fruit (S) Vanilla wafers, milk or water	(B) Rice Chex cereal, milk, pears (S) Pretzels, Juice or water	(B) Nutri-grain Bar, Fruit cocktail, milk (S) Sun chips, Juice or water
1/18	1/19	1/20	1/21	1/22
(B) Corn Flake, W/milk banana (S) Veggie Sticks, Juice or water	(B) 1 Pancakes, milk, pineapple, milk (S) Animal Crackers, Juice or water	(B) Oatmeal, Raisins, milk (S) Graham crackers, Juice or water	(B) Raisin Bran Cereal w/Milk, apples (S) Nacho chips, Juice or water	(B) French toast stick peaches, milk (S) Ritz cracker & String cheese, Juice or water
1/25	1/26	1/27	1/28	1/29
(B) Oat cereal W/milk, peaches (S) Goldfish crackers, Juice or water	(B) 1 Waffles, milk, Applesauce (S) Saltines w/American cheese, Juice or water	(B) 1/2 English Muffins w/ jelly, milk tropical fruit (S) Vanilla wafers, milk or water	(B) Rice Chex cereal, milk, pears (S) Pretzels, Juice or water	(B) Bagel, peaches, milk (S) Sun chips, Juice or water



January 2021

Breakfast and Snack Menu

for The Snuggle Bugs



Monday	Tuesday	Wednesday	Thursday	Friday
1/4	1/5	1/6	1/7	1/8
(B) 1/2 c. Oat cereal W/milk, applesauce	(B) 1 Pancakes, milk, pineapple, milk	(B) 1 Graham crackers, fresh fruit, milk	(B) 1/2 c. Corn Puff Cereal Milk, 1/4 c. peaches	(B) Bagel, peaches, milk
(S) 1/2 Graham cracker, 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
1/11	1/12	1/13	1/14	1/15
(B) 1/2 c. Oat cereal W/milk, applesauce	(B) 1 Waffles, milk, 1/4 c Applesauce	(B) 1/2 English Muffin, milk 1/4 c. tropical fruit	(B) 1/2 c. Corn Puff Cereal Milk, 1/4 c. peaches	(B) Nutri-grain Bar, Fruit cocktail, milk
(S) 1/2 c. goldfish, 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
1/18	1/19	1/20	1/21	1/22
(B) 1/2 c. Oat cereal W/milk, applesauce	(B) 1 Pancakes, milk, pineapple, milk	(B) 1 Graham crackers, fresh fruit, milk	(B) 1/2 c. Corn Puff Cereal Milk, 1/4 c. peaches	(B) 1 French toast stick peaches, milk
(S) 1/2 Graham cracker, 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
1/25	1/26	1/27	1/28	1/29
(B) 1/2 c. Oat cereal W/milk, applesauce	(B) 1 Waffles, milk, 1/4 c Applesauce	(B) 1/2 English Muffin, milk 1/4 c. tropical fruit	(B) 1/2 c. Corn Puff Cereal Milk, 1/4 c. peaches	(B) (B) Bagel, peaches, milk
(S) 1/2 c. goldfish, 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



January 2021 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