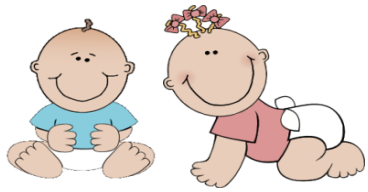


January 2024 Bumble Bee, Sprouts, Superstar and Lil Gardeners Breakfast & Snack Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
1/1	1/29	1/2	1/30	1/3	1/31	1/4	2/1	1/5	2/2
(B) Oat cereal W/milk, peaches (S) Goldfish crackers, Juice or milk		(B) 1 Waffles, milk, Applesauce (S) Saltines w/American cheese, milk		(B) 1/2 English Muffins w/ jelly, milk pineapple (S) Vanilla wafers, milk		(B) Corn Chex cereal, milk, *Fresh Fruit (S) Pretzels, Juice or milk		(B) Nutri-grain Bar , pears, milk (S) Sun chips, milk	
1/8		1/9		1/10		1/11		1/12	
(B) Corn Flake, W/milk * Fresh Fruit (S) Veggie Sticks, Milk		(B) 1 Pancakes, milk, pineapple, milk (S) Animal Crackers, milk		(B) Oatmeal, Raisins, milk (S) Graham crackers, Milk		(B) Raisin Bran Cereal, W/milk, *Fresh Fruit (S) Nacho chips, Juice or Milk		(B) Bagel w/ cream cheese peaches, milk (S) Ritz cracker & String cheese, Milk	
1/15		1/16		1/17		1/18		1/19	
(B) Oat cereal W/milk, peaches (S) Goldfish crackers, Juice or milk		(B) 1 Waffles, milk, Applesauce (S) Saltines w/American cheese, milk		(B) 1/2 English Muffins w/ jelly, milk pineapple (S) Vanilla wafers, milk		(B) Corn Chex cereal, milk, *Fresh Fruit (S) Pretzels, Juice or milk		(B) Nutri-grain Bar , pears, milk (S) Sun chips, milk	
1/22		1/23		1/24		1/25		1/26	
(B) Corn Flake, W/milk * Fresh Fruit (S) Veggie Sticks, Milk		(B) 1 Pancakes, pineapple, milk (S) Animal Crackers, milk		(B) Oatmeal, Raisins, milk (S) Graham crackers, Milk		(B) Raisin Bran Cereal, W/milk, *Fresh Fruit (S) Nacho chips, Juice or Milk		(B) French toast stick peaches, milk (S) Ritz cracker & String cheese, Milk	

* Fresh Fruit will vary between apples, oranges, pears, plums, watermelon and bananas



January 2024

Breakfast and Snack Menu for The Snuggle Bugs



Monday	Tuesday	Wednesday	Thursday	Friday
1/1 1/29	1/2 1/30	1/3 1/31	1/4 2/1	1/5 2/2
(B) 1/2 c. Oat cereal W/whole milk, applesauce	(B) 1 Waffles, whole milk, 1/4 c Applesauce	(B) 1/2 English Muffin , whole milk 1/4 c. tropical fruit	(B) 1/2 c. Corn Puff Cereal whole milk, 1/4 c. peaches	(B) Nutri-grain Bar , pears, Whole Milk
(S) 1/2 c. goldfish , whole milk	(S) Saltines w/American cheese, whole milk	(S) 3 vanilla wafers, whole milk	(S) Pretzel chip, whole milk	(S) 1/2 Graham cracker , whole milk
1/8	1/9	1/10	1/11	1/12
(B) 1/2 c. Oat cereal W/whole milk, applesauce	(B) 1 Pancakes, whole milk, pineapple, whole milk	(B) 1 Graham crackers, fresh fruit, whole milk	(B) 1/2 c. Corn Puff Cereal whole milk, 1/4 c. peaches	(B) Bagel w/ cream cheese, peaches, milk
(S) 1/2 Graham cracker , whole milk	(S) Animal Crackers, whole milk	(S) 1/2 c. goldfish , whole milk	(S) Oyster cracker whole milk	(S) S Ritz crackers, whole milk
1/15	1/16	1/17	1/18	1/19
(B) 1/2 c. Oat cereal W/whole milk, applesauce	(B) 1 Waffles, whole milk, 1/4 c Applesauce	(B) 1/2 English Muffin , whole milk 1/4 c. tropical fruit	(B) 1/2 c. Corn Puff Cereal whole milk, 1/4 c. peaches	(B) Nutri-grain Bar , pears, Whole Milk
(S) 1/2 c. goldfish , whole milk	(S) Saltines w/American cheese, whole milk	(S) 3 vanilla wafers, whole milk	(S) Pretzel chip, whole milk	(S) 1/2 Graham cracker , whole milk
1/22	1/23	1/24	1/25	1/26
(B) 1/2 c. Oat cereal W/whole milk, applesauce	(B) 1 Pancakes, whole milk, pineapple, whole milk	(B) 1 Graham crackers, fresh fruit, whole milk	(B) 1/2 c. Corn Puff Cereal whole milk, 1/4 c. peaches	(B) 1 French toast stick peaches, whole milk
(S) 1/2 Graham cracker , whole milk	(S) Animal Crackers, whole milk	(S) 1/2 c. goldfish , whole milk	(S) Oyster cracker whole milk	(S) S Ritz crackers, whole milk



Birth through 3 months

January 2024

Breakfast and Snack Menu for The Snuggle Bugs



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