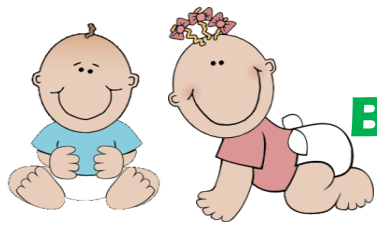


March 2025 Sprouts, Superstar and Lil Gardeners Breakfast & Snack Menu



Monday		Tuesday	Wednesday	Thursday	Friday
3/3	3/3	3/4	3/5	3/6	3/7
(B) Corn Flake, w/milk * Fresh Fruit	(B) Pancakes, pineapple, milk	(B) Oatmeal, Raisins, milk	(B) Rice Krispy Cereal, w/milk, *Fresh Fruit	(B) French toast stick peaches, milk	
(S) Veggie Sticks, Juice or Milk	(S) Animal Crackers, milk	(S) Graham crackers, Milk	(S) Nacho chips, Juice or Milk	(S) Ritz cracker & String cheese, Milk	
3/10	3/11	3/12	3/13	3/14	
(B) Oat cereal w/milk, peaches	(B) Waffles, milk, Applesauce	(B) 1/2 English Muffins w/ jelly, milk pineapple	(B) Corn Chex cereal, milk, *Fresh Fruit	(B) Nutri-grain Bar , pears, milk	
	(S) Saltines w/American cheese, milk	(S) Vanilla wafers, milk	(S) Pretzels, Juice or milk	(S) Sun chips, milk	
3/17	3/18	3/19	3/20	3/21	
(B) Corn Flake, w/milk * Fresh Fruit	(B) Pancakes, milk, pineapple, milk	(B) Oatmeal, Raisins, milk	(B) Rice Krispy Cereal, w/milk, *Fresh Fruit	(B) Bagel w/ cream cheese peaches, milk	
(S) Veggie Sticks, Juice or Milk	(S) Animal Crackers, milk	(S) Graham crackers, Milk	(S) Nacho chips, Juice or Milk	(S) Ritz cracker & String cheese, Milk	
3/24	3/25	3/26	3/27	3/28	
(B) Oat cereal w/milk, peaches	(B) Waffles, milk, Applesauce	(B) 1/2 English Muffins w/ jelly, milk pineapple	(B) Corn Chex cereal, milk, *Fresh Fruit	(B) Nutri-grain Bar , pears, milk	
(S) Goldfish crackers, Juice or milk	(S) Saltines w/American cheese, milk	(S) Vanilla wafers, milk	(S) Pretzels, Juice or milk	(S) Sun chips, milk	

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



March 2025

Breakfast and Snack Menu for Snuggle Bugs (over 1 year) and Bumblebees

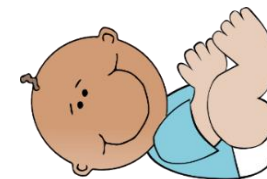


Monday		October	Wednesday	Thursday	Friday
3/3	3/31	3/4	3/5	3/6	3/7
(B) 1/2 c. Oat cereal W/whole milk, applesauce (S) 1/2 Graham cracker , whole milk	(B) 1 Pancakes, whole milk, pineapple, whole milk (S) Animal Crackers, whole milk	(B) 1 Graham crackers, fresh fruit, whole milk (S) 1/2 c. Goldfish , whole milk	(B) 1/2 c. Corn Puff/Flake Cereal whole milk, 1/4 c. peaches (S) Veggie straws whole milk	(B) 1 French toast stick 1/4 c Applesauce whole milk (S) S Ritz crackers (with String cheese for Bumblebees only), whole milk	
3/10	3/11	3/12	3/13	3/14	
(B) 1/2 c. Oat cereal W/whole milk, applesauce (S) 1/2 c. Goldfish , whole milk or juice	(B) 1 Waffles, whole milk, 1/4 cup pineapple (S) Saltines w/American cheese, whole milk	(B) 1/2 English Muffin , whole milk 1/4 c. tropical fruit (S) 3 Vanilla wafers, whole milk	(B) 1/2 c. Corn Chex Cereal whole milk, 1/4 c. peaches (S) Oyster cracker whole milk or juice	(B) Nutri-grain Bar , pears, Whole Milk (S) 1/2 Graham cracker , whole milk	
3/17	3/18	3/19	3/20	3/21	
(B) 1/2 c. Oat cereal W/whole milk, applesauce (S) 1/2 Graham cracker ,	(B) 1 Pancakes, whole milk, pineapple, whole milk (S) Animal Crackers,	(B) 1 Graham crackers, fresh fruit, whole milk (S) 1/2 c. Goldfish , whole	(B) 1/2 c. Corn Puff/Flake Cereal whole milk, 1/4 c. peaches (S) Veggie straws whole	(B) 1 French toast stick 1/4 c Applesauce whole milk (S) S Ritz crackers (with String	
3/24	3/25	3/26	3/27	3/28	
(B) 1/2 c. Oat cereal W/whole milk, applesauce (S) 1/2 c. Goldfish , whole milk or juice	(B) 1 Waffles, whole milk, 1/4 c Applesauce (S) Saltines w/American cheese, whole milk	(B) 1/2 English Muffin , whole milk 1/4 c. tropical fruit (S) 3 Vanilla wafers, whole milk	(B) 1/2 c. Corn Chex Cereal whole milk, 1/4 c. peaches (S) Oyster cracker whole milk or juice	(B) Nutri-grain Bar , pears, Whole Milk (S) 1/2 Graham cracker , whole milk	



March 2025

Breakfast and Snack Menu for Snuggle Bugs (under one year)



	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- 8 fl. oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-3 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal(optional)	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 Fruit and/or Vegetable
Lunch	4- 6 fl. oz. Enfamil Premium Iron-fortified infant formula or breast milk	4- 8 fl. oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-3 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal (optional) 1-4 T Gerber Fruit and/or Vegetable (optional)	6-8 fl. oz. Enfamil Premium Iron-fortified infant formula or breast milk. 2-4 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas or ½-2 oz. cheese or 1-4 oz. cottage cheese, cheese food, or cheese spread 1-4 T Fruit and/or Vegetable
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 or whole milk or fruit juice If Desired 1-2 graham cracker squares, saltines, cheerios or 1/4 cup goldfish crackers (optional)

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