


November 2020 Menu: Infant 6-11 Month

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>November 2-6</u>					
<u>Breakfast</u>	Breastmilk or Iron-Fortified Formula Poached Egg Pear	Breastmilk or Iron-Fortified Formula Rice/Oat Cereal Yogurt Apple	Breastmilk or Iron-Fortified Formula Pinto Beans Banana	Breastmilk or Iron-Fortified Formula Ham Colby Jack Cheese Potato	Breastmilk or Iron-Fortified Formula Rice/Oat Cereal Yogurt Banana
<u>Lunch</u>	Potato Soft Pepper Ferndale Market Turkey Sausage	Ham String Cheese Green Bean Berry	Chicken Thigh Corn Apple	Hard-Boiled Egg Brussel Sprout Butternut Squash	Chicken Carrots Soft Pepper
<u>Snack</u>	Breastmilk or Iron-Fortified Formula Toasty O's Cereal Apple	Breastmilk or Iron-Fortified Formula WG Cracker Tomato Sauce	Breastmilk or Iron-Fortified Formula WG Breadstick Apple	Breastmilk or Iron-Fortified Formula WG Tortilla Banana	Breastmilk or Iron-Fortified Formula WG Cracker Pear
<u>November 9-13</u>					
<u>Breakfast</u>	Breastmilk or Iron-Fortified Formula Egg Cup Apple	Breastmilk or Iron-Fortified Formula Pork Sausage Cheese Kiwi	Breastmilk or Iron-Fortified Formula Rice/Oat Cereal Yogurt Pumpkin Banana	Breastmilk or Iron-Fortified Formula Rice/Oat Cereal Hard-Boiled Egg Pear	Breastmilk or Iron-Fortified Formula Peas Banana
<u>Lunch</u>	Ferndale Market Turkey Breast Cheese Pinto Bean Potato	Ferndale Market Ground Turkey Potato Green Bean	Colby Jack Cheese Ferndale Market Turkey Frank Soft Red Pepper Beets	Mozzarella Cheese Tomato Sauce Beets Berries	Scrambled Egg Pineapple Japanese Sweet Potato
<u>Snack</u>	Breastmilk or Iron-Fortified Formula Apple WG Toast	Breastmilk or Iron-Fortified Formula Japanese Sweet Potato Edamame WG Cracker	Breastmilk or Iron-Fortified Formula Dill Havarti Cheese Beef Summer Sausage WG Cracker	Breastmilk or Iron-Fortified Formula Black Beans Red Pepper WG Pita	Breastmilk or Iron-Fortified Formula WG Breadstick Olives Tomato Sauce
<u>November 16-20</u>					
<u>Breakfast</u>	Breastmilk or Iron-Fortified Formula Rice/Oat Cereal Hard-Boiled Egg Pear	Breastmilk or Iron-Fortified Formula Egg Cup Strawberry	Breastmilk or Iron-Fortified Formula Pinto Bean Melon	Breastmilk or Iron-Fortified Formula Turkey Bacon Avocado	Breastmilk or Iron-Fortified Formula Pork Sausage Colby Jack Cheese Banana

- Beverages of milk (1% [over 2 years] and whole [under 2 years] and water will always be offered for meals and snacks.
- The menu is subject to change based on the availability of fresh ingredients.
- WG symbolizes Whole Grain products, containing at least 50% whole grains.

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Lunch	Chicken Thigh Broccoli Grape	Ferndale Market Turkey Sausage Pea Parmesan Cheese Acorn Squash Kiwi	Ferndale Market Ground Turkey Pinto Bean Broccoli Kiwi	Shredded Chicken Breast Cheese Melon Soft Pepper	Ground Beef Acorn Squash Grapes
Snack	Breastmilk or Iron-Fortified Formula Toasty O's Pear Yogurt	Breastmilk or Iron-Fortified Formula Deviled Egg WG Cracker Pea	Breastmilk or Iron-Fortified Formula Pumpkin WG Pita Bread	Breastmilk or Iron-Fortified Formula Cheese WG Tortilla Banana	Breastmilk or Iron-Fortified Formula Apple WG Cracker Sun Butter
November 23-27					
Breakfast	Breastmilk or Iron-Fortified Formula Rice/Oat Cereal Pea Apple	Breastmilk or Iron-Fortified Formula Ham Cheese Potato	Breastmilk or Iron-Fortified Formula Egg Cup Banana		
Lunch	Ground Beef Broccoli Pineapple	Mozzarella Cheese Ricotta Cheese Steamed Spinach Tomato Sauce Green Bean Broccoli	Chicken Thigh Berries Sweet Potato		
Snack	Breastmilk or Iron-Fortified Formula WG Tortilla Ferndale Market Turkey Breast Pea Pickle Cream Cheese	Breastmilk or Iron-Fortified Formula Banana WG Pita	Breastmilk or Iron-Fortified Formula Sweet Potato WG Bagel	Closed for Thanksgiving	
November 30					
Breakfast	Breastmilk or Iron-Fortified Formula Rice/Oat Cereal Hard-Boiled Egg Orange				
Lunch	Chicken Breast Corn Berry				

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Snack	Breastmilk or Iron-Fortified Formula Apple WG Cracker				

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