



JUST US KIDS INFANT MENU



INFANTS: BIRTH THROUGH 5 MONTHS:

	MONDAY		TUESDAY		THURSDAY		FRIDAY	
	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size
BREAKFAST	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz
LUNCH	Breastmilk/formula	4-6oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz
PM SNACK	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz	Breastmilk/formula	4-6 oz

INFANTS: 6 MONTHS THROUGH 11 MONTHS OR WHEN DEVELOPMENTALLY READY:

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size
BREAKFAST Breastmilk/formula Fruit/vegetable Infant cereal and/or meat/meat alt.	Breastmilk/formula Mandarin Oranges Infant Mixed grain cereal	6-8 oz 0-2T 0-4T	Breastmilk/formula Strawberries WG Bagel	6-8 oz 0-2T 0-4T	Breastmilk/formula Blackberries Blueberry Yogurt	6-8 oz 0-2T 0-4T	Breastmilk/formula Mixed Fruit WG Pancake Wrap on a stick	6-8 oz 0-2T 0-4T	Breastmilk/formula Blueberries Cheerios	6-8 oz 0-2T 0-4T
LUNCH Breastmilk/formula Fruit/vegetable Infant cereal and/or meat/meat alt.	Breastmilk/formula Pears/Green Beans Hot Dog WG Bun	6-8 oz 0-2T 0-4T	Breastmilk/formula Pears/Carrot Fish Shapes WG Breading Included	6-8 oz 0-2T 0-4T 2 ea	Breastmilk/Formula Applesauce/Peas Turkey Sausage Patty WG Roll Cheese Slice	6-8 oz 0-2T 0-4T 2 ea	Breastmilk/formula Pineapple/Mixed Vegetables Breeding Chicken Strip WG Breading Included	6-8 oz 0-2T 0-4T ¼ ea	Breastmilk/formula Fruit Cocktail/Corn Fish Shapes WG Breading Included	6-8 oz 0-2T 0-4T
PM SNACK Breastmilk/formula Fruit/vegetable Grain (bread, cracker, infant cereal or ready to eat cereal)	Breastmilk/formula Peaches Strawberry Waffle Graham	2-4 oz 0-2 T ½ ea	Breastmilk/formula Peaches Graham Cracker String Cheese	2-4 oz 0-2 T 1 ea	Breastmilk/formula Applesauce Pretzel Goldfish	2-4 oz 0-2 T ½ ea	Breastmilk/formula Tropical Fruit Vanilla Bears	2-4 oz 0-2 T ½ ea	Breastmilk/formula Cornbread	2-4 oz 0-2 T ½ ea

Just Us Kids provides the following and families may bring any alternatives.

Parent's Choice Formulas- all types

Parent's Choice Rice and Oatmeal cereal and Gerber Stage 2

This institution is an equal opportunity provider.

Effective: October 2017