

**Kids Care Academy**  
**Jeffersonville Infant Meal Menu**  
**Week One Cycle Menu**

Meal Service	Monday			Tuesday			Wednesday			Thursday			Friday		
	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
Breakfast	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	6oz	6oz	4oz	4oz	6oz
Iron-Fortified Formula or Breast Milk		2T Oatmeal	2T Oatmeal		2T rice	2T rice		2T Mixed	2T Mixed		2T Rice	2T rice		2T Oatmeal	2T Oatmeal
Infant Cereal			2T blueberries			2T Banana			2T pears			2T Blueberries & strawberries			2T strawberries
Fruit and/or Vegetable															
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Fruit			2-4 T Bananas						2-4 T Mixed Fruit						2 oz Apple Juice
Bread or Crackers			1 Graham Cracker			2 Animal Cracker			1 slice of toast			.25 oz cheerios			1 Cracker
Lunch/Supper															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Infant Cereal		2T rice			2T rice	2 T mixed		2 T rice			2 T rice			2T rice	2T mixed
And/or Meat			2T Black beans						2 T Ground beef			2T chicken			2T Egg yolk
Fruit and/or Vegetable		2T Pineapple chunks	2T squash		2T Baked beans	2T watermelon		2T Salad blend	2T Mixed fruit		2T cauliflower	2T Peach		2T zucchini	2T honeydew
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Fruit			2-4 T Banana			2-4 T pears			2-4 T peaches			2-4 T Mixed fruit			2-4 T Apples
Bread or Crackers			1 whole grain mini rice cake			1 Cracker			2 pita chips			1/2 whole gain toast			2 baked goldfish

Menu Prepared By Paula Montalvo-Owner of KCA

For the weeks of: January 5<sup>th</sup> and February 2<sup>nd</sup> 2015

**Kids Care Academy**  
**Jeffersonville Infant Meal Menu**  
**Week Two Cycle Menu**

Meal Service	Monday			Tuesday			Wednesday			Thursday			Friday		
	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
Breakfast	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Iron-Fortified Formula or Breast Milk		2T rice	2T rice		2T Oatmeal	2T Oatmeal		2T mixed	2T mixed		2T Oatmeal	2T Oatmeal		2T rice	2T rice
Infant Cereal			2T Fuji apples			2T blackberries			2T peaches			2T Cantaloupe			2T blueberries
Fruit and/or Vegetable															
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Iron-Fortified Formula or Breast Milk			2-4 T blueberries			2-4 T blackberries									
Fruit															
Bread or Crackers			1 Cracker			$\frac{1}{2}$ whole grain toast			1 Graham Cracker			$\frac{1}{2}$ whole grain English muffin			2 baked goldfish crackers
Bread or Crackers															
Lunch/Supper															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Iron-Fortified Formula or Breast Milk		2T rice	2T rice		2T rice	2 T		2T mixed	2T mixed		2T oatmeal	2T mixed		2T rice	2T mixed
Infant Cereal			2T Quinoa/black beans			2T Ground turkey			2T Ricotta cheese/white beans			2T chicken			2T Natural cheddar cheese
And/or Meat		2T Broccoli	2T oranges		2T Natural peaches	2T Celery & tomatoes		2T Baby spinach/tomatoes/salad mix	2T watermelon		2T Sugar snap peas	2T Mixed fruit		2T cantaloupe	2T Southern mixed greens
Fruit and/or Vegetable															
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Iron-Fortified Formula or Breast Milk			2-4 T blackberries						2-4 T Mixed fruit						2-4T watermelon
Fruit															
Bread or Crackers			$\frac{1}{2}$ whole grain toast			1 graham cracker			1 whole grain cracker			$\frac{1}{2}$ rice cake			2 baked goldfish

Menu Prepared By Paula Montalvo-Owner of KCA

For the weeks of: January 12<sup>th</sup> and February 9<sup>nd</sup> 2015

**Kids Care Academy**  
**Jeffersonville Infant Meal Menu**  
**Week Three Cycle Menu**

Meal Service	Monday			Tuesday			Wednesday			Thursday			Friday		
	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
Breakfast															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Infant Cereal		2T Oatmeal	2T Oatmeal		2T rice	2T rice		2T mixed	2T mixed		2T Oatmeal	2T Oatmeal		2T rice	2T rice
Fruit and/or Vegetable			2T blueberries			2T Blackberries			2T strawberries			2T Apples			2T blackberries
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Fruit			2-4T Gala apples			2-4T Bananas			2-4T Fruit mixed			2-4T Granny smith apples			
Bread or Crackers			1 Animal Cracker			1 Graham Cracker			1 Wheat cracker			1 Animal Cracker			1 Ritz cracker
Lunch/Supper															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Infant Cereal		2T rice	2T rice		2T oatmeal	2 T		2T mixed	2T mixed		2T oatmeal	2T		2T rice	2T rice
And/or Meat			2T Kidney beans/shredded cheddar cheese			2T Ground turkey			2T Egg yolk			2T Boneless, skinless chicken			2T Black beans
Fruit and/or Vegetable		2T Broccoli /carrots /pepper	2T watermelon		2T Cantaloupe	2T Green beans		2T Oranges	2T Squash/zucchini		2T Broccoli	2T honeydew		2T Romaine lettuce	2T Fruit blend
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Fruit						2-4 T watermelon			2-4T Gala apples			2-4T Bananas			2-4T Kiwi
Bread or Crackers			½ whole grain toast			1 graham cracker			2 baked goldfish			½ whole grain rice cake			½ whole grain toast

Menu Prepared By Paula Montalvo-Owner of KCA

For the weeks of: January 19<sup>th</sup> and February 16<sup>nd</sup> 2015

**Kids Care Academy**  
**Jeffersonville Infant Meal Menu**  
**Week Four Cycle Menu**

Meal Service	Monday			Tuesday			Wednesday			Thursday			Friday		
	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11	0-3	4-7	8-11
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Infant Cereal		2T Rice	2 T Rice		2T Oatmeal	2T oatmeal		2T Mixed	2T Mixed		2T Rice	2T Rice		2T Mixed	2T Mixed
Fruit and/or Vegetable			2T granny smith apples			2T blueberries			2T kiwi			2T strawberries			2T blueberries
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Fruit			2-4T blackberries			2-4T Fruit blend			2-4T strawberries			2-4T kiwi			2-4T Fuji apples
Bread or Crackers			$\frac{1}{2}$ whole grain rice cake			1 whole grain cracker			2 baked goldfish			$\frac{1}{2}$ whole grain toast			1 Graham Cracker
Lunch/Supper															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Infant Cereal		2T mixed	2T mixed		2T Oatmeal	2T oatmeal		2T mixed			2T oatmeal			2T rice	
And/or Meat			2T White beans			2T Egg yolk			2Tswiss/motz/Cheddar cheese			2T Ground turkey			2T Tuna/cheddar cheese
Fruit and/or Vegetable		2T watermelon	2T Squash		2T Fresh green beans	2T Fresh green beans		2T cantaloupe	2T cantaloupe		2T carrots	2T Fresh pineapple/ carrots		2T fresh fruit blend	2T Fresh fruit blend
Snack															
Iron-Fortified Formula or Breast Milk	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz	4oz	4oz	6oz
Fruit						2-4T pineapple			2-4T Fruit blend						2-4T watermelon
Bread or Crackers			$\frac{1}{2}$ whole grain rice cake			1 graham cracker			1 wheat cracker			2 baked goldfish			1 pita chip

Menu Prepared By Paula Montalvo-Owner of KCA

For the weeks of: January 26<sup>th</sup> and February 23<sup>rd</sup> 2015