

Community Action Inc. of Central Texas **2023 - 2024 Spring Menu**
 March 25-29, April 15-19, May 6-10

SPRING Infant Menu - Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>★ Infant Cereal or Meat/MA</p> <p>★ Vegetable or Fruit</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>Scrambled Eggs</p> <p>Diced Peaches</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Turkey Sausage</p> <p>Banana</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Iron-Fortified Infant Rice Cereal</p> <p>Mandarin Oranges</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Yogurt</p> <p>Diced Pears</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Egg & Potato Mix</p> <p>Crushed Pineapple</p> <p>Iron-Fortified Formula / Breastmilk</p>
<p>Lunch</p> <p>★ Vegetable or Fruit</p> <p>★ Infant Cereal or Meat/MA</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>Chicken & Rice</p> <p>Diced Chicken</p> <p>White Rice</p> <p>Chopped Broccoli</p> <p>Mashed Blueberries</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Spaghetti</p> <p>Ground Beef</p> <p>WG Spaghetti Pasta</p> <p>Chopped Green Beans</p> <p>Diced Strawberries</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Ground Turkey Tacos</p> <p>Ground Turkey</p> <p>Toasted Flour Tortilla</p> <p>Diced Tomato</p> <p>Diced Avocado</p> <p>Finely Diced Watermelon</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Salisbury Steak</p> <p>Chopped Salisbury Steak</p> <p>Chopped WG Bread</p> <p>Peas</p> <p>Mandarin Oranges</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Meatballs</p> <p>Mashed Meatballs</p> <p>Chopped Broccoli</p> <p>Mixed Fruit</p> <p>Iron-Fortified Formula / Breastmilk</p>
<p>Snack</p> <p>★ Vegetable or Fruit</p> <p>★ Grains</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>Teething Biscuit</p> <p>Applesauce</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>WG Animal Crackers</p> <p>Mixed Fruit Cup</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Teething Biscuit</p> <p>Mashed Banana</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>WG Goldfish</p> <p>Applesauce Cup</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Teething Biscuit</p> <p>Mashed Banana</p> <p>Iron-Fortified Formula / Breastmilk</p>

Community Action Inc. of Central Texas **2023 - 2024 Spring Menu**
April 1-5, April 22-26, May 13-17

SPRING Infant Menu - Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>★ Infant Cereal or Meat/MA</p> <p>★ Vegetable or Fruit</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>Scrambled Eggs</p> <p>Mandarin Oranges</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Iron-Fortified Infant Rice Cereal</p> <p>Diced Peaches</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Turkey Sausage</p> <p>Banana</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Cheese Omelet</p> <p>Diced Peaches</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Yogurt</p> <p>Diced Pears</p> <p>Iron-Fortified Formula / Breastmilk</p>
<p>Lunch</p> <p>★ Vegetable or Fruit</p> <p>★ Infant Cereal or Meat/MA</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>Meatballs</p> <p>Mashed Meatballs</p> <p>Mashed Potatoes</p> <p>Diced Strawberries</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Lemon Chicken Pasta</p> <p>Diced Chicken</p> <p>WG Rotini Pasta</p> <p>Chopped Broccoli</p> <p>Mandarin Oranges</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Beef & Rice</p> <p>Ground Beef</p> <p>White Rice</p> <p>Chopped Green Beans</p> <p>Crushed Pineapple</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Chicken Noodle Soup</p> <p>Chicken Noodle Soup</p> <p>Diced Carrots</p> <p>WG Saltine Crackers</p> <p>Mashed Blueberries</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Refried Bean Tacos</p> <p>Bean & Cheese mix</p> <p>Toasted Flour Tortilla</p> <p>Diced Tomato</p> <p>Diced Avocado</p> <p>Mixed Fruit</p> <p>Iron-Fortified Formula / Breastmilk</p>
<p>Snack</p> <p>★ Vegetable or Fruit</p> <p>★ Grains</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>WG Animal Crackers</p> <p>Peach Cup</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Teething Biscuit</p> <p>Applesauce</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Teething Biscuit</p> <p>Mashed Banana</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>WG Goldfish</p> <p>Mixed Fruit Cup</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Club Crackers</p> <p>Mandarin Oranges</p> <p>Iron-Fortified Formula / Breastmilk</p>

Community Action Inc. of Central Texas **2023 - 2024 Spring Menu**
 April 8-12, April 29-May3, May 20-24

SPRING Infant Menu - Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>★ Infant Cereal or Meat/MA</p> <p>★ Vegetable or Fruit</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>Scrambled Eggs</p> <p>Diced Peaches</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Turkey Sausage</p> <p>Banana</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Iron-Fortified Infant Rice Cereal</p> <p>Mandarin Oranges</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Egg Patty</p> <p>Turkey Sausage</p> <p>Crushed Pineapple</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Iron-Fortified Infant Rice Cereal</p> <p>Blueberry Oatmeal</p> <p>Diced Pears</p> <p>Iron-Fortified Formula / Breastmilk</p>
<p>Lunch</p> <p>★ Vegetable or Fruit</p> <p>★ Infant Cereal or Meat/MA</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>BBQ Chicken</p> <p>Diced Chicken</p> <p>White Rice</p> <p>Peas and Diced Carrots</p> <p>Crushed Pineapple</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Pasta Bake</p> <p>WG Rotini Pasta</p> <p>Ground Turkey</p> <p>Chopped Green Beans</p> <p>Diced Strawberries</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Beef & Rice</p> <p>Ground Beef</p> <p>White Rice</p> <p>Ranch Style Beans</p> <p>Finely Diced Cantaloupe</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Enchilada Casserole</p> <p>Ground Beef</p> <p>Sliced Corn Tortillas</p> <p>Pinto Beans</p> <p>Diced Avocado</p> <p>Mashed Blueberries</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Turkey and Cheese Rollups</p> <p>Sliced Turkey</p> <p>Sliced Cheese</p> <p>Flour Tortilla</p> <p>Chopped Broccoli</p> <p>Mixed Fresh Fruit</p> <p>Iron-Fortified Formula / Breastmilk</p>
<p>Snack</p> <p>★ Vegetable or Fruit</p> <p>★ Grains</p> <p>★ 6-8 fl oz iron-fortified formula or breastmilk</p>	<p>WG Animal Crackers</p> <p>Mandarin Oranges</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Teething Biscuit</p> <p>Mashed Banana</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>WG Goldfish</p> <p>Applesauce</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Teething Biscuit</p> <p>Diced Peaches</p> <p>Iron-Fortified Formula / Breastmilk</p>	<p>Club Crackers</p> <p>Applesauce</p> <p>Iron-Fortified Formula / Breastmilk</p>