

<b>FALL William Crook / LBT Infant Menu - Week 1</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ★ Infant Cereal or Meat/MA ★ Vegetable or Fruit ★ 6-8 fl oz iron-fortified formula or breastmilk	<b>Iron-Fortified Infant Rice Cereal</b>  <b>Diced Peaches</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Scrambled Eggs</b>  <b>Diced Pears</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Iron-Fortified Infant Rice Cereal</b>  <b>Fresh Oranges</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>WIC Approved Vanilla Yogurt</b>  <b>Fresh Banana</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Muffin Tin Breakfast Cups</b>  <b>Diced Peaches</b>  <b>Iron-Fortified Formula/Breastmilk</b>
<b>Lunch</b> ★ Vegetable or Fruit ★ Infant Cereal or Meat/MA ★ 6-8 fl oz iron-fortified formula or breastmilk	<b>Chicken</b>  Fresh Blueberries Chicken Diced Carrots  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Ham &amp; Cheese Sandwich</b>  Mandarin Oranges WG Bread with Ham & Cheese Peas  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Homemade Quesadillas</b>  Fresh Strawberries Flour Tortilla w/ Cheese Pinto Beans Avocado  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Salisbury Steak</b>  Fresh Blackberries Infant Cereal Salisbury Steak (½) Green Beans  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Cheese Sandwich</b>  Crushed Pineapple WG Bread w/ Cheese Chopped Broccoli  <b>Iron-Fortified Formula/Breastmilk</b>
<b>Snack</b> ★ Vegetable or Fruit ★ Grains ★ 6-8 fl oz iron-fortified formula or breastmilk	<b>Teething Biscuit</b>  <b>Applesauce cup</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>WG Animal Crackers</b>  <b>Fresh Banana</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>WG Goldfish Crackers</b>  <b>Fresh Mixed Fruit Cup</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Club Crackers</b>  <b>Applesauce</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Teething Biscuit</b>  <b>Mandarin Oranges Cup</b>  <b>Iron-Fortified Formula/Breastmilk</b>

Community Action Inc. of Central Texas **2022 Fall Menu**

August 29-September 2; September 12-16, 26-30; October 10-14, 24-28; November 7-11, 21-25; December 5-9

<b>FALL William Crook / LBT Infant Menu - Week 2</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ★ Infant Cereal or Meat/MA ★ Vegetable or Fruit ★ 6-8 fl oz iron-fortified formula or breastmilk	<b>Scrambled Eggs</b>  <b>Mandarin Oranges</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Iron-Fortified Infant Cereal</b>  <b>Fresh Banana</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Iron-Fortified Infant Cereal</b>  <b>Fresh Oranges</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Migas</b> Egg, corn tortillas, shredded cheese  <b>Crushed Pineapple</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Iron-Fortified Infant Cereal</b>  <b>Diced Peaches</b>  <b>Iron-Fortified Formula/Breastmilk</b>
<b>Lunch</b> ★ Vegetable or Fruit ★ Infant Cereal or Meat/MA ★ 6-8 fl oz iron-fortified formula or breastmilk	<b>Chicken</b>  Crushed Pineapple Diced Chicken Peas and Carrots  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Mashed Meatballs</b>  Fresh Blueberries Mashed Meatballs Peas  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Refried Bean Tacos</b>  Fresh Blackberries Flour Tortilla Beans, Cheese Diced Tomato  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Turkey &amp; Cheese Sandwiches</b>  Fresh Strawberries WG Bread with Turkey Slices and Cheese Ranch Style Beans  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Lasagna Rollups</b>  Fresh Diced Cantaloupe Infant Cereal Lasagna Rollup Diced Carrots  <b>Iron-Fortified Formula/Breastmilk</b>
<b>Snack</b> ★ Vegetable or Fruit ★ Grains ★ 6-8 fl oz iron-fortified formula or breastmilk	<b>WG Animal Crackers</b>  <b>Applesauce Cup</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Club Crackers</b>  <b>Peach Cup</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Teething Biscuits</b>  <b>Fresh Banana</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>WG Goldfish Crackers</b>  <b>Applesauce Cup</b>  <b>Iron-Fortified Formula/Breastmilk</b>	<b>Teething Biscuits</b>  <b>Fresh Mixed Fruit Cup</b>  <b>Iron-Fortified Formula/Breastmilk</b>