

Community Action Inc. of Central Texas **2023 Summer Menu**  
June 5-9, 19-23, July 3-7

<b>SUMMER Infant Menu - Week 1</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ★ Infant Cereal <b>or</b> Meat/MA ★ Vegetable <b>or</b> Fruit ★ 6-8 fl oz iron-fortified formula <b>or</b> breastmilk	Iron-Fortified Infant Rice Cereal  Mandarin Oranges  Iron-Fortified Formula / Breastmilk	Iron-Fortified Infant Rice Cereal  Diced Peaches  Iron-Fortified Formula / Breastmilk	Turkey Sausage  Banana  Iron-Fortified Formula / Breastmilk	Scrambled Eggs  Fresh Oranges  Iron-Fortified Formula / Breastmilk	Scrambled Eggs  Diced Pears  Iron-Fortified Formula / Breastmilk
<b>Lunch</b> ★ Vegetable <b>or</b> Fruit ★ Infant Cereal <b>or</b> Meat/MA ★ 6-8 fl oz iron-fortified formula <b>or</b> breastmilk	<b>BBQ Chicken</b>  Fresh, Diced Watermelon White Rice Diced Chicken Peas  Iron-Fortified Formula / Breastmilk	<b>Salisbury Steak</b>  Fresh Blueberries WG Bread Salisbury Steak Diced Zucchini  Iron-Fortified Formula / Breastmilk	<b>Ground Turkey Tacos</b>  Fresh, Diced Honeydew Ground Turkey Flour Tortilla Pinto Beans  Iron-Fortified Formula / Breastmilk	<b>Cheeseburgers</b>  Fresh Strawberries WG Bun Beef Patty with Cheddar Chopped Broccoli  Iron-Fortified Formula / Breastmilk	<b>Lasagna Rollups</b>  Melon Medley WG Lasagna Cheese Rollup Green Beans  Iron-Fortified Formula / Breastmilk
<b>Snack</b> ★ Vegetable <b>or</b> Fruit ★ Grains ★ 6-8 fl oz iron-fortified formula <b>or</b> breastmilk	Peach Cup  WG Animal Crackers  Iron-Fortified Formula / Breastmilk	Teething Biscuit  Applesauce  Iron-Fortified Formula / Breastmilk	WG Goldfish  Mixed Fruit Cup  Iron-Fortified Formula / Breastmilk	Teething Biscuit  Mashed Banana  Iron-Fortified Formula / Breastmilk	Club Crackers  Applesauce  Iron-Fortified Formula / Breastmilk

Community Action Inc. of Central Texas **2023 Summer Menu**  
June 12-16, 26-30, July 10-14

<b>SUMMER Infant Menu - Week 2</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ★ Infant Cereal <b>or</b> Meat/MA ★ Vegetable <b>or</b> Fruit ★ 6-8 fl oz iron-fortified formula <b>or</b> breastmilk	Turkey Sausage Diced Peaches Iron-Fortified Formula / Breastmilk	Iron-Fortified Infant Rice Cereal Diced Pears Iron-Fortified Formula / Breastmilk	Turkey Sausage Banana Iron-Fortified Formula / Breastmilk	Scrambled Eggs Crushed Pineapple Iron-Fortified Formula / Breastmilk	Iron-Fortified Infant Rice Cereal Fresh Oranges Iron-Fortified Formula / Breastmilk
<b>Lunch</b> ★ Vegetable <b>or</b> Fruit ★ Infant Cereal <b>or</b> Meat/MA ★ 6-8 fl oz iron-fortified formula <b>or</b> breastmilk	<b>Homemade Quesadillas</b> Fresh Strawberries Flour Tortilla with Cheese Pinto Beans Avocado Iron-Fortified Formula / Breastmilk	<b>Chicken &amp; Rice</b> Fresh, Diced Cantaloupe White Rice Diced Chicken Peas and Carrots Iron-Fortified Formula / Breastmilk	<b>Beef Tacos</b> Romaine & Tomato salad Flour Tortillas Ground Beef Black Beans Iron-Fortified Formula / Breastmilk	<b>Spaghetti</b> Fresh, Diced Watermelon WG Spaghetti Pasta Ground Turkey Green Beans Iron-Fortified Formula / Breastmilk	<b>Refried Bean Tacos</b> Melon Medley Flour Tortilla Bean & Cheese mix Diced Zucchini Iron-Fortified Formula / Breastmilk
<b>Snack</b> ★ Vegetable <b>or</b> Fruit ★ Grains ★ 6-8 fl oz iron-fortified formula <b>or</b> breastmilk	Teething Biscuit Peach Cup Iron-Fortified Formula / Breastmilk	WG Goldfish Crackers Applesauce Iron-Fortified Formula / Breastmilk	WG Animal Crackers Mixed Fruit Cup Iron-Fortified Formula / Breastmilk	Club Crackers Applesauce Iron-Fortified Formula / Breastmilk	Teething Biscuit Mashed Banana Iron-Fortified Formula / Breastmilk