

# Infant Breakfast/Snack Menu (over 1 year)



**UB Child Care Center**

**Summer/Fall 2018**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>I</b>	<b>Breakfast</b> Cereal: Cheerios Pears Whole Milk  <b>Snack</b> Goldfish Crackers Apples Water	<b>Breakfast</b> Whole Wheat English Muffins Oranges Whole Milk  <b>Snack</b> Yogurt Canned Pears Water	<b>Breakfast</b> Cream of Wheat Bananas Whole Milk  <b>Snack</b> Wheat Crackers Mozzarella Cheese Sticks Apples Water	<b>Breakfast</b> Yogurt Cheerios (sprinkled in) Canned Peaches Whole Milk  <b>Snack</b> Hummus Crackers Water	<b>Breakfast</b> Whole Wheat Toast Oranges Whole Milk  <b>Snack</b> Whole Wheat Pita Bread Sun-butter Bananas Water
<b>II</b>	<b>Breakfast</b> Cereal: Cheerios Oranges Whole Milk  <b>Snack</b> Whole Grain Soft Pretzel Sticks Pears Water	<b>Breakfast</b> Plain Oatmeal Bananas Whole Milk  <b>Snack</b> Whole Wheat Crackers Oranges Water	<b>Breakfast</b> Yogurt Cheerios (sprinkled in) Strawberries (frozen) Whole Milk  <b>Snack</b> Graham Crackers Apples Water	<b>Breakfast</b> Whole Wheat Bagels Apples Whole Milk  <b>Snack</b> Goldfish Crackers Bananas Water	<b>Breakfast</b> Whole Wheat Toast w/ Sun-butter, Pears Whole Milk  <b>Snack</b> Mozzarella Cheese Sticks Crackers Apples Water
<b>III</b>	<b>Breakfast</b> Cereal: Cheerios Bananas Whole Milk  <b>Snack</b> Yogurt Canned Pears Water	<b>Breakfast</b> Whole Wheat Toast Hard-Boiled Eggs Apples Whole Milk  <b>Snack</b> Whole Wheat Pita Bread Salsa Bananas Water	<b>Breakfast</b> Whole Wheat English Muffins Pears Whole Milk  <b>Snack</b> Hummus Crackers Water	<b>Breakfast</b> Cream of Wheat Oranges Whole Milk  <b>Snack</b> Graham Crackers Bananas Water	<b>Breakfast</b> Yogurt Cheerios (sprinkled in) Apples Whole Milk  <b>Snack</b> Goldfish Crackers Oranges Water
<b>IV</b>	<b>Breakfast</b> Cereal: Cheerios Pears Whole Milk  <b>Snack</b> Hummus Crackers Water	<b>Breakfast</b> Whole Wheat Bagels Bananas Whole Milk  <b>Snack</b> Mozzarella Cheese Sticks Crackers Pears Water	<b>Breakfast</b> Whole Wheat Toast Hard-Boiled Eggs Oranges Whole Milk  <b>Snack</b> Cottage Cheese Canned Peaches Water	<b>Breakfast</b> Yogurt Cheerios (sprinkled in) Mango (frozen) Whole Milk  <b>Snack</b> Whole Wheat Pita Bread Black Bean Dip Water	<b>Breakfast</b> Overnight Oats Apples Whole Milk  <b>Snack</b> Whole Wheat Crackers Oranges Water

**\*\*UBCCC is an Equal Opportunity Provider\*\***

**UBCCC infant rooms offer the following baby foods during your child's stay at the center:**

**Cereal:** Commercially prepared, iron fortified, dry baby cereal that is mixed with water (unless specified otherwise). We use oatmeal and rice varieties.

**Jar Food:** Commercially prepared jar baby foods. We offer carrots, peas, squash and sweet potatoes for the vegetable component. We offer applesauce, peaches, pears, and bananas for the fruit component.

**Snack Foods:** Cheerios, Saltine Crackers, Goldfish Crackers and Graham Crackers are some of the snack foods we offer the infants when they are developmentally ready to eat them.

**Formula:** UBCCC provides Gerber Good Start Iron Fortified Formula



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