

### Blue Ash Educational Building Infant Menu

		Day of the Week					
Breakfast	Age	Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>Birth - 3 months</b>	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
<b>4 – 7 months</b>		Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	
		Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	
<b>8 – 11 months</b>		Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	
		Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	
		Peaches	Applesauce	Pears	Bananas	Pears	
Lunch	<b>Birth - 3 months</b>	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	
	<b>4 – 7 months</b>	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	
		Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	
		Green Beans	Sweet Potato	Squash	Peas	Carrots	
	<b>8 – 11 months</b>	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	
		Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	Iron Fortified Infant Rice Cereal	Iron Fortified Infant Oatmeal Cereal	
		Green Beans	Sweet Potato	Squash	Peas	Carrots	
	Snack	<b>Birth - 7 months</b>	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk	Iron Fortified Infant Formula or Breast Milk
		<b>8 – 11 months</b>	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice	Iron Fortified Infant Formula & Juice
Puffs			Graham Crackers	Animal Crackers	Vanilla Wafers	Club Crackers	