






What's cooking at Kirby

Winter

| | 0-5 Months | 6/11 Months | | Monday 10/14 | Tuesday 10/15 | Wednesday 10/16 | Thursday 10/17 | Friday 10/18 |
|--|------------|-------------|--|------------------------|------------------------|--|---|---|
| BREAKFAST | 4-6oz | 6-8oz | Milk  | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula |
| | - | 0-2tbs | Fruit/Vegetable | Apple | Pears | Bananas | Peaches | Pears |
| | - | 0-4oz | Grain/meat | Infant Cereal | Infant Cereal | Infant Cereal | Infant Cereal | Infant Cereal |
| LUNCH | 4-6oz | 6-8oz | Milk | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula |
| | - | 0-2tbs | Fruit/Vegetable | Carrots/Peaches | Green Bean/bananas | Squash Applesauce | Peas/pears | Sweet Potatoes Applesauce |
| | - | 0-4oz | Grain/meat | Ground Turkey | Veggie Nuggets | Ground Beef | Fish Sticks | Sliced Hot Dog |
| SNACK | 4-6oz | 2-4 oz | Milk | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula | Breast Milk or Formula |
| | - | 0-2 tbs | Fruit/Vegetable | Bananas | Peaches | Pears  | Applesauce | Bananas |
| | - | 0-4 oz | Grain/meat | Cheerios/kix | Cheerios/kix | Crackers | Cheerios/Kix | Cheerios/Kix |
| For cereal we offer: Whole Grain Cheerios and Kix | | | | | | | | |
| Fruits for this week can include : Bananas, Oranges, Apples, Pears, Watermelons, Strawberries, Peaches, Nectarines. These and other fruits are served on a seasonal basis as well as canned fruit packed in juice. | | | | | |  |  |  |
| <i>Fun Food Fact: Carbohydrates are the body's main source of energy and are a key fuel source for exercise and sport</i> | | | | | | | | |
| <i>The food served on this menu meets all current requirements of the N.J. Department of Agriculture</i> | | | | | | | | |