


# What's cooking at Kirby

Fall

	0-5 Months	6/11 Months		Monday 12/30	Tuesday 12/31
<b>BREAKFAST</b>	4-6oz	6-8oz	Milk 	Breast Milk or Formula	Breast Milk or Formula
	-	0-2tbs	Fruit/Vegetable	Apple	Pears
	-	0-4oz	Grain/meat	Infant Cereal	Infant Cereal
<b>LUNCH</b>	4-6oz	6-8oz	Milk	Breast Milk or Formula	Breast Milk or Formula
	-	0-2tbs	Fruit/Vegetable	Carrots/Peaches	Green Bean/bananas
	-	0-4oz	Grain/meat	Ground Turkey	Veggie Nuggets
<b>SNACK</b>	4-6oz	2-4 oz	Milk	Breast Milk or Formula	Breast Milk or Formula
	-	0-2 tbs	Fruit/Vegetable	Bananas	Peaches
	-	0-4 oz	Grain/meat	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>					