

A menu can be printed directly from the My Food Program web app or by exported as an Excel or PDF file. **You can find Infant Menu by Name under Reports and Infant Menu by Date on the Menu page.**

To print a menu:

- Click on “Menu” on the main dashboard.
- Click on the “Print Menus” button at the top of the page..
- Select “Monthly Infant Menu Print-Ready”.
 - After you click “Monthly Infant Menu Print-Ready” a report will be generated and the page will refresh. Click on “Download Print-Ready Menu” and save the PDF document in your location of choice.

Monthly Infant Menu							September 2020
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Breakfast: Iron-Fortified Infant Cereal; Pear Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Sweet potato Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Applesauce Infant Food; Breast Milk/Iron-Fortified Infant Formula	2 Breakfast: Iron-Fortified Infant Cereal; Applesauce Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Carrot Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Banana Infant Food; Breast Milk/Iron-Fortified Infant Formula	3 Breakfast: Iron-Fortified Infant Cereal; Banana Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Squash Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Pear Infant Food; Breast Milk/Iron-Fortified Infant Formula	4 Breakfast: Iron-Fortified Infant Cereal; Pear Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Green Beans Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Applesauce Infant Food; Breast Milk/Iron-Fortified Infant Formula	5	
6	7 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Pear Infant Food; Iron-Fortified Infant Cereal Lunch: Breast Milk/Iron-Fortified Infant Formula; Green Beans Infant Food; Iron-Fortified Infant Cereal PM Snack: Breast Milk/Iron-Fortified Infant Formula; Banana Infant Food; Iron-Fortified Infant Cereal	8 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Applesauce Infant Food; Iron-Fortified Infant Cereal Lunch: Breast Milk/Iron-Fortified Infant Formula; Squash Infant Food; Iron-Fortified Infant Cereal PM Snack: Breast Milk/Iron-Fortified Infant Formula; Pear Infant Food; Iron-Fortified Infant Cereal	9 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Banana Infant Food; Iron-Fortified Infant Cereal Lunch: Breast Milk/Iron-Fortified Infant Formula; Potato Infant Food; Iron-Fortified Infant Cereal PM Snack: Breast Milk/Iron-Fortified Infant Formula; Applesauce Infant Food; Iron-Fortified Infant Cereal	10 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Pear Infant Food; Iron-Fortified Infant Cereal Lunch: Breast Milk/Iron-Fortified Infant Formula; Sweet potato Infant Food; Iron-Fortified Infant Cereal PM Snack: Breast Milk/Iron-Fortified Infant Formula; Banana Infant Food; Iron-Fortified Infant Cereal	11 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Applesauce Infant Food; Iron-Fortified Infant Cereal Lunch: Breast Milk/Iron-Fortified Infant Formula; Carrot Infant Food; Iron-Fortified Infant Cereal PM Snack: Breast Milk/Iron-Fortified Infant Formula; Pear Infant Food; Iron-Fortified Infant Cereal	12	
13	14 Breakfast: Iron-Fortified Infant Cereal; Banana Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Potato Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Pear Infant Food; Breast Milk/Iron-Fortified Infant Formula	15 Breakfast: Iron-Fortified Infant Cereal; Pear Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Sweet potato Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Applesauce Infant Food; Breast Milk/Iron-Fortified Infant Formula	16 Breakfast: Iron-Fortified Infant Cereal; Applesauce Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Carrot Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Banana Infant Food; Breast Milk/Iron-Fortified Infant Formula	17 Breakfast: Iron-Fortified Infant Cereal; Banana Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Squash Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Pear Infant Food; Breast Milk/Iron-Fortified Infant Formula	18 Breakfast: Iron-Fortified Infant Cereal; Pear Infant Food; Breast Milk/Iron-Fortified Infant Formula Lunch: Iron-Fortified Infant Cereal; Green Beans Infant Food; Breast Milk/Iron-Fortified Infant Formula PM Snack: Iron-Fortified Infant Cereal; Applesauce Infant Food; Breast Milk/Iron-Fortified Infant Formula	19	

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