

September

The Leaguers Inc. Head Start & Early Head Start

2025

Infant Menu: Birth – 5 months

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Enfamil Original and/or Breast Milk- 4-6 oz.	3 Enfamil Original and/or Breast Milk- 4-6 oz.	4 Enfamil Original and/or Breast Milk- 4-6 oz.	5 Enfamil Original and/or Breast Milk- 4-6 oz.	6
7	8 Enfamil Original and/or Breast Milk- 4-6 oz.	9 Enfamil Original and/or Breast Milk- 4-6 oz.	10 Enfamil Original and/or Breast Milk- 4-6 oz.	11 Enfamil Original and/or Breast Milk- 4-6 oz.	12 Enfamil Original and/or Breast Milk- 4-6 oz.	13
14	15 Enfamil Original and/or Breast Milk- 4-6 oz.	16 Enfamil Original and/or Breast Milk- 4-6 oz.	17 Enfamil Original and/or Breast Milk- 4-6 oz.	18 Enfamil Original and/or Breast Milk- 4-6 oz.	19 Enfamil Original and/or Breast Milk- 4-6 oz.	20
21	22 Enfamil Original and/or Breast Milk- 4-6 oz.	23 Enfamil Original and/or Breast Milk- 4-6 oz.	24 Enfamil Original and/or Breast Milk- 4-6 oz.	25 Enfamil Original and/or Breast Milk- 4-6 oz.	26 Enfamil Original and/or Breast Milk- 4-6 oz.	27
28	29 Enfamil Original and/or Breast Milk- 4-6 oz.	30 Enfamil Original and/or Breast Milk- 4-6 oz.				

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Breakfast Infant Menu: 6 Months – 11 Months

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Enfamil or Breastmilk Rice Cereal Apples	2 Enfamil or Breastmilk Rice Cereal Apples	3 Enfamil or Breastmilk Oatmeal Cereal Peaches	4 Enfamil or Breastmilk Rice Cereal Bananas	5 Enfamil or Breastmilk Oatmeal Cereal Pears	6
7	8 Enfamil or Breastmilk Rice Cereal Apples	9 Enfamil or Breastmilk Oatmeal Cereal Peaches	10 Enfamil or Breastmilk Rice Cereal Bananas	11 Enfamil or Breastmilk Oatmeal Cereal Pears	12 Enfamil or Breastmilk Rice Cereal Apples	13
14	15 Enfamil or Breastmilk Oatmeal Cereal Peaches	16 Enfamil or Breastmilk Rice Cereal Bananas	17 Enfamil or Breastmilk Oatmeal Cereal Pears	18 Enfamil or Breastmilk Rice Cereal Apples	19 Enfamil or Breastmilk Oatmeal Cereal Peaches	20
21	22 Enfamil or Breastmilk Rice Cereal Bananas	23 Enfamil or Breastmilk Oatmeal Cereal Pears	24 Enfamil or Breastmilk Rice Cereal Apples	25 Enfamil or Breastmilk Oatmeal Cereal Peaches	26 Enfamil or Breastmilk Rice Cereal Bananas	27
28	29 Enfamil or Breastmilk Oatmeal Cereal Pears	30 Enfamil or Breastmilk Rice Cereal Apples				

Formula and/or Breastmilk = 6 – 8 fl. oz.
 Infant Cereal = 0 – 4 Tbsp.
 Vegetables and/or Fruit = 0 – 2 Tbsp.

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Lunch Infant Menu: 6 Months – 11 Months

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Enfamil or Breastmilk Peas Beef w/ Gravy	3 Enfamil or Breastmilk Sweet Potato Chicken w/ Gravy	4 Enfamil or Breastmilk Green Beans Turkey w/ Gravy	5 Enfamil or Breastmilk Carrots Beef w/ Gravy	6
7	8 Enfamil or Breastmilk Butternut Squash Chicken w/ Gravy	9 Enfamil or Breastmilk Peas Turkey w/ Gravy	10 Enfamil or Breastmilk Sweet Potato Beef w/ Gravy	11 Enfamil or Breastmilk Green Beans Chicken w/ Gravy	12 Enfamil or Breastmilk Carrots Turkey w/ Gravy	13
14	15 Enfamil or Breastmilk Butternut Squash Beef w/ Gravy	16 Enfamil or Breastmilk Peas Chicken w/ Gravy	17 Enfamil or Breastmilk Sweet Potato Turkey w/ Gravy	18 Enfamil or Breastmilk Green Beans Beef w/ Gravy	19 Enfamil or Breastmilk Carrots Chicken w/ Gravy	20
21	22 Enfamil or Breastmilk Butternut Squash Turkey w/ Gravy	23 Enfamil or Breastmilk Peas Beef w/ Gravy	24 Enfamil or Breastmilk Sweet Potato Chicken w/ Gravy	25 Enfamil or Breastmilk Green Beans Turkey w/ Gravy	26 Enfamil or Breastmilk Carrots Beef w/ Gravy	27
28	29 Enfamil or Breastmilk Butternut Squash Chicken w/ Gravy	30 Enfamil or Breastmilk Peas Turkey w/ Gravy				

Formula and/or Breastmilk = 6 – 8 fl. oz.
Meat/Meat Alternative = 0 – 4 Tbsp.
Vegetables and/or Fruit = 0 – 2 Tbsp.

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Snack Infant Menu: 6 Months – 11 Months

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Enfamil or Breastmilk Rice Cereal Bananas & Mixed Berries	2 Enfamil or Breastmilk Rice Cereal Bananas & Mixed Berries	3 Enfamil or Breastmilk Oatmeal Cereal Mango	4 Enfamil or Breastmilk Rice Cereal Apples & Cherries	5 Enfamil or Breastmilk Oatmeal Cereal Apples & Blueberries	6
7	8 Enfamil or Breastmilk Rice Cereal Bananas & Mixed Berries	9 Enfamil or Breastmilk Oatmeal Cereal Mango	10 Enfamil or Breastmilk Rice Cereal Apples & Cherries	11 Enfamil or Breastmilk Oatmeal Cereal Apples & Blueberries	12 Enfamil or Breastmilk Rice Cereal Bananas & Mixed Berries	13
14	15 Enfamil or Breastmilk Oatmeal Cereal Mango	16 Enfamil or Breastmilk Rice Cereal Apples & Cherries	17 Enfamil or Breastmilk Oatmeal Cereal Apples & Blueberries	18 Enfamil or Breastmilk Rice Cereal Bananas & Mixed Berries	19 Enfamil or Breastmilk Oatmeal Cereal Mango	20
21	22 Enfamil or Breastmilk Rice Cereal Apples & Cherries	23 Enfamil or Breastmilk Oatmeal Cereal Apples & Blueberries	24 Enfamil or Breastmilk Rice Cereal Bananas & Mixed Berries	25 Enfamil or Breastmilk Oatmeal Cereal Mango	26 Enfamil or Breastmilk Rice Cereal Apples & Cherries	27
28	29 Enfamil or Breastmilk Oatmeal Cereal Apples & Blueberries	30 Enfamil or Breastmilk Rice Cereal Bananas & Mixed Berries				

Formula and/or Breastmilk = 6 – 8 fl. oz.
Infant Cereal = 0 – 4 Tbsp.
Vegetables and/or Fruit = 0 – 2 Tbsp.

Dr. H. Naby *jen*