

OCTOBER 2026 – MENU

Key: Items marked with ** are locally made

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This Institution is an Equal Opportunity Provider

EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. Child Menu subject to change due to availability of Food – September 28-October 02, 2026

	Monday 28	Tuesday 29	Wednesday 30	Thursday 01	Friday 01
A M S N A C K	Rice Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Cheerios Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Corn Flakes Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Rice Krispies Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Rice Chex / Corn Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup
B R E A K F A S T	Pan Cakes 1/2oz Pineapples Juice 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ cup	Wh. Corn bread 1/2oz Pears Fruits 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ cup	Waffle 1/2oz Mandarin Oranges 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ cup	Yogurt ½ -3/4 Cup Fruit Cocktail (pineapple/Peach/pear) ¼-1/ Whole/Lactose/Soy/1% Milk ½ cup	Corn Bread 1/2oz Sliced Apples 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ cup
L U N C H	Chili Kidney Beans & Ground Beef 1-1½ oz <u>Vegetable Blend</u> (Carrots+ broccoli+ green 1/8- /4c **Grain Wheat Bread 0-½ Slice Fresh Oranges 1/8-1/2c Whole/Lactose/Soy/1% Milk ½ cup.	Turkey Sandwich 1-1½ oz. <u>California Blend</u> (Carrots+ pea+ broccoli+ green 1/8- /4c **Wh. Grain Wheat Bread 0-½ Slice **Cantaloupe + Honey dew Melon 1/8-1/2c Whole/Lactose/Soy/1% Milk ½ cup	Grilled Cheese Sandwich 1-1½ oz. **Kale Green 1/8- /4c Apple Sauce 1/8-1/2c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½ cup	Diced Chicken 1-1½ oz. ** Broccoli 1-1.5oz **Cantaloupe/Honey dew 1/8-1/2c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½ cup	Mac & Cheese 1-1.5oz Fresh Orange 1/8-1/2c <u>Italian Blend</u> (Carrots+ broccoli+ green 1/8- /4c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½ cup
S N A C K	Cheeze it 1/2c ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	String Cheese 1-11/2oz Ritz Crackers 2oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Yogurt (1/2oz) Diced Pear ¼-1/2c. Whole/Lactose/Soy/1% Milk ½ cup	Animal Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Zest Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup

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EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. **Infant** Menu subject to change due to availability of Food -- September 28-October 02, 2026

	Age - Month	Quantity	Monday 28	Tuesday 29	Wednesday 30	Thursday 01	Friday 02
AM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Apple Sauce	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Puree Pear	Iron Fortified Dry Infant Cereal
		0-4 oz.	Iron Fortified Dry Infant Cereal	Pureed Peaches	Pureed Mandarin Oranges	Iron Fortified Dry Infant Cereal	**Fine Chopped Cantaloupe
BREAKFAST	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-4 oz.	Apple Sauce	Chop Peaches	Chop. Mandarin Orange	Mashed Pear	Apple Sauce
		0-1/2s	Pancake	Chop. Wh. Corn Bread	Chopped Waffle	** Wh. Wheat Bread	Chopped corn bread
LUNCH	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	6-8 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-4 tbs.	Finely mashed Ground Beef and Kidney beans	Finely chopped Turkey Sandwich	Mashed Cheese Sandwich	Finely Chopped Turkey Sandwich	Finely Chopped Mac & Cheese
		0-2 tbs.	Pureed Mandarin Oranges	**Pureed Cantaloupe + Honeydew melon	Apple Sauce	**Pureed Cantaloupe + Honeydew melon	Pureed Mandarin Oranges
		0-2 tbs.	Pureed Broccoli, green beans carrots	Pureed Broccoli, green beans carrots	**Mashed Kale Green	Pureed Broccoli	Pureed Collard Green
		0-4 oz.	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fortified Dry Infant Cereal
PM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-1/2s	Goldfish Cracker	Ritz Crackers	Goldfish Crackers	Animal Cracker	Zest Crackers
		0-4 oz.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-2 tbs.	Pureed Pears	Apple Sauce	Mashed Dice Pear	Pureed Peaches	Apple Sauce
Note: Formula include: (Similac Advance/ Sensitive/Special Diet); Iron Fortified Dry Infant Cereal - Include rice and oatmeal							

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EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. Child Menu subject to change due to availability of Food – October 05-09, 2026

	Monday 05	Tuesday 06	Wednesday 07	Thursday 08	Friday 09
A M S N A C K	Rice Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Cheerios Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Corn Flakes Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	YOgurt ½ -3/4 Cup Fruit Cocktail pineapple/ Peach/ pear) ¼-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Rice/Corn/cheerios/ rice Chex/Corn Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup
B R E A K F A S T	French Toast 1/2oz Pineapples Juice 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Wh. Waffle 1/2oz Peaches Fruits 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Pan Cakes 1/2oz Mandarin Oranges 1/4-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Rice/Corn/cheerios/ Chex /Corn Chex Cereals ½ oz eq. Diced Apples 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ cup	Hard Boiled Eggs 0.5-2oz Diced Pear 1/4-1/2c or Whole/Lactose/Soy/1% Milk ½-3/4 cup
L U N C H	Beef Meatball 1-1½ oz Spaghetti 1/8- /4c <u>Italian Blend</u> (Carrots+ broccoli+ green 1/8- /4c **Grain Wheat Bread 0-½ Slice Fresh Oranges 1/8-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup.	Salisbury Steak 1-1½ oz. 1-1.5oz Mash potatoes ½ c. **Collard Green 1/8-1/4 c **Cantaloupe/Honey dew Melon 1/8-1/2c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup	Cheese Quesadilla 1-1½ oz. Brown Rice ½ c. **Kale Green 1/8- /4c Fresh Orange 1/8-1/2c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup	Mushroom Chicken 1-1½ oz. 1-1.5oz Brown rice ½ c. Vegetable Blend (broccoli, carrots, pea, green beans) 1/8-1/4 c Cantaloupe/Honey dew Melon rt1/8-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Mac & Cheese 1-1.5oz Banana 1/8-1/4c Green beans 1/8- /4c Wh. **Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup
S N A C K	Tiger bites 1/2c ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Yogurt (1/2oz) Diced Pear ¼-1/2c. Whole/Lactose/Soy/1% Milk ½ cup.	String Cheese 1-11/2oz Ritz Crackers 2oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Cheese-it Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Simply Chex Strawberry Crackers ½ oz. eq. Whole/Lactose/Soy/1% Milk ½ cup.

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EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. **Infant** *Menu subject to change due to availability of Food: October 05-09, 2026*

	Age - Month	Quantity	Monday 05	Tuesday 06	Wednesday 07	Thursday 08	Friday 09
AM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Apple Sauce	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Apple Sauce
		0-4 oz.	Iron Fortified Dry Infant Cereal	Pureed Peaches	Pureed Mandarin Oranges	Apple Sauce	Iron Fortified Dry Infant Cereal
BREAKFAST	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-4 oz.	Apple Sauce	Chop Peaches	Chop. Mandarin Orange	Chopped Diced Apples	Mashed Hard-Boiled Eggs
		0-1/2s	Finelly chopped French Toast	Chop. Wh. Waffle	Chopped Pan Cakes	Wh. Grain Wheat Bread	Pureed Peaches
LUNCH	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Wh. Grain Wheat Bread
	6-11	6-8 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-4 tbs.	Finely Ground Meatball + Spaghetti	Finely Chopped Salisbury steak+ brown rice	Mashed Cheese Quesadilla	Finely Chop. Mushroom Chicken+ Brown rice	Breastmilk/Formula
		0-2 tbs.	Pureed Mandarin Oranges	**Pureed cantaloupe and honeydew melon	Pureed Mandarin Orange	**Pureed Honey Dew Melon/ Cantaloupe	Finely Chopped Mac & Cheese
		0-2 tbs.	Pureed Broccoli, green beans carrots	**Pureed Kale Green	Mashed Green Beans	Pureed Broccoli, green beans carrots	Pureed Banana
		0-4 oz.	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Mashed Pea/carrots/Broc.
PM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Iron Fortified dry Infant Cer
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-1/2s	Tiger bites Cracker	Ritz Crackers	Goldfish Crackers	Cheese it Crackers	Breastmilk/Formula
		0-4 oz.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Goldfish Crackers
		0-2 tbs.	Pureed Pears	Pureed Pears	Mashed Dice Pear	Teething crackers	Iron Fort. Dry Infant Cereal
Note: Formula include: (Similac Advance/ Sensitive/Special Diet); Iron Fortified Dry Infant Cereal - Include rice and oatmeal							

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EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. Child Menu subject to change due to availability of Food – October 12-16, 2025

	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
A M S N A C K	Centers Closed for indigenous peoples' day	Rice Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Corn Flakes Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Rice Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Corn Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.
B R E A K F A S T	Centers Closed for indigenous peoples' day	Pancakes 1/2oz Mandarin Oranges Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Wh. Blueberry Muffins 1/2oz Peaches 1/4/-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Yogurt ½ -3/4 Cup Fruit Cocktail Fruit Cocktail (pineapple/Peach/pear) ¼-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Wh. Wheat Waffle 1/2oz Diced Peaches 1/4/-1/2c or Whole/Lactose/Soy/1% Milk ½-3/4 cup
L U N C H	Centers Closed for indigenous peoples' day	Chicken Meatballs 1-1½ oz Spaghetti 1/8- /4c California Blend (Carrots+ broccoli+ green beans+ pea) 1/8- /4c **Wh. Grain Wheat Bread 0-½ Slice Pineapple Fruits 1/8-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup.	Cheese Pizza 1-1.5oz **Kale Green, 1/8- /4c **Honey Dew Melon + Cantaloupe 1/8-1/2c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup	Vegetable fried Rice 1-1.5oz Pea & Carrots 1/2c Curry Diced Chicken 1- 1.5oz Fresh Orange 1/8-1/4c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup	Fish Stick 1-1½ oz. **Broccoli 1/8- /4c Mango Fruits 1/8-1/2c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup
S N A C K	Centers Closed for indigenous peoples' day	Goldfish ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	String Cheese 1-11/2oz Ritz Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ c.	Zest Crackers ½ oz eq. Whole / Lactose/Soy/1% Milk ½ cup.	Graham Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.

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EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. **Infant** Menu subject to change due to availability of Food: October 12-16, 2025

	Age - Month	Quantity	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
AM SNACK	0-5	4-6 oz.		Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Centers Closed	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	for indigenous	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-4 oz.	peoples' day	Pureed Fruit Cocktail (Pineapple/Peaches)	Apple Sauce	Fine Chopped Peaches	Apple Sauce
BREAKFAST	0-5	4-6 oz.		Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Centers Closed	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	for indigenous	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-4 oz.	peoples' day	Chop. Mandarin Orange	Pureed Peaches	Pureed Fruit Cocktail (Pineapple/Peaches)	Chop. Peaches
		0-1/2s		Chop. Wh. Pancake	Chopped Wh. Wht Muff	Wh. Grain Wheat Bread	Chopped Wh. Wht Waffle
LUNCH	0-5	4-6 oz.		Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	6-8 oz	Centers Closed	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-4 tbs.	for indigenous	Chopped Chicken Meatballs + Spaghetti	Chopped Grilled Cheese Pizza	Chopped Vegetable Fried Rice + Curry Chicken	Mashed Fish Stick
		0-2 tbs.	peoples' day	Pureed Peach/Pineapple Fruits	**Pureed Honey dew Melon	Pureed Oranges	Pureed mango Fruits
		0-2 tbs.		Pureed Carrots+ pea	**Pureed Kale Green	Pea and Carrots	**Pureed Broccoli
		0-4 oz.		Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
PM SNACK	0-5	4-6 oz.		Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Centers Closed	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-1/2s	for indigenous	Goldfish Crackers	Spring Cheese \$ Ritz / Animal Crackers	Ritz Crackers	Zest Crackers
		0-4 oz.	peoples' day	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-2 tbs.		Pureed Pineapple	Mashed String Cheese	Teething crackers	Mashed Apple Slices
Note: Formula include: (Similac Advance/ Sensitive/Special Diet); Iron Fortified Dry Infant Cereal - Include rice and oatmeal							

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This Institution is an Equal Opportunity Provider

EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. Child Menu subject to change due to availability of Food October 19-23, 2026

	Monday 19	Tuesday 20	Wednesday 21	Thursday 21	Friday 23
A M S N A C K	Rice Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Rice Krispies Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Cornflakes Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Corn Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Corn Chex/ rice/ cornflakes Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.
B R E A K F A S T	Peaches ¼-1/2c Yogurt ½ -3/4 Cup or Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Waffles 1/2oz Apple Juice 1/4/-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup	French Toast 1/2oz Mandarin Oranges 1/4/-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Cornbread 1/2oz Fresh Apple Slices 1/4/-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Blue berry Muffins 1/2oz Mango ¼-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup
L U N C H	Salisbury Steak 1-1½ oz. Mashed Potatoes 1-1.5oz **Kale Green 1/8- /4c **Wh. Grain Wheat Bread 0-½ Slice Sliced Apples 1/8-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Ground Chicken 1-1.5oz Brown Rice 1-1.5oz Green Beans 1/8- /4c Mandarin Orange 1/8-1/4c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup	Chilli Kidney Beans 1-1.5oz Green Beans 1/8-1/4c 1/8- /4c **Wh. Grain Wheat Bread 0-½ Slice Pineapple 1/8-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Vegetarian Burger 1-1.5oz Fresh Oranges 1/8-1/4c. <u>Italian Blend</u> (Carrots+ broccoli+ green 1/8- /4c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup.	Cheese Quesadilla 1-1.5oz **Collard Green 1/8-1/4c Banana 1/8-1/4c **Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup
S N A C K	Zest Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Animal Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Ritz Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Animal Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Zest Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.

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EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. **Infant** *Menu subject to change due to availability of Food — October 19-23, 2026*

	Age - Month	Quantity	Monday 19	Tuesday 20	Wednesday 21	Thursday 21	Friday 23
AM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Apple Sauce	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-4 oz.	Iron Fortified Dry Infant Cereal	Pureed Pineapple Fruits	Pureed Mandarin Orange	Pureed Pears	Fine Chopped Peaches
BREAKFAST	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-4 oz.	Pureed Peaches fruits	Apple Sauce	Chop. Mandarin Orange	Apple Sauce	Pureed Mango Fruits
		0-1/2s	Finely chopped Wheat bread	Chop. Wh. Waffle	Chopped French Toast	Chopped Wh. Corn Bread	Wh. Blueberry Muffins
LUNCH	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	6-8 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-4 tbs.	Finely Chopped Salisbury Steak +Mashed potatoes	Finely Chopped Ground chicken + Brown rice	Mashed Kidney beans + Ground Chicken	Finely chopped Vegetarian burger	Chopped Cheese Quesadilla
		0-2 tbs.	Apple Sauce	Pureed Mandarin Oranges	Pureed pineapple	Pureed Mandarin Oranges	Pureed Banana
		0-2 tbs.	**Pureed Kale Green	Pureed green beans	Mashed green beans	Mashed Broc. peas carrots	**Pureed Collard Green
		0-4 oz.	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal	Iron Fort. Dry Infant Cereal
PM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-1/2s	Zest Cracker	Animal Crackers	Goldfish Crackers	Animal Crackers	Zest Crackers
		0-4 oz.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-2 tbs.	Pureed Pears	Apple Sauce	Mashed Apple Slices	Mandarin Oranges	Mashed Banana
Note: Formula include: (Similac Advance/ Sensitive/Special Diet); Iron Fortified Dry Infant Cereal - Include rice and oatmeal							

Key: Items marked with ** are locally made

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This Institution is an Equal Opportunity Provider

	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
A M S N A C K	Rice Chex / Corn Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Cheerios Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Cornflakes Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Rice Chex / Corn Chex Cereals ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup	Yogurt ½ -3/4 Cup Fruit Cocktail (Pineapple/Peaches) ¼-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup
B R E A K F A S T	** French Toast 1/2oz Pineapples Juice 1/4/- 1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Wh. Waffle 1/2oz Peaches 1/4-1/2c Whole/Lactose/Soy/1% Milk ½ - ¾ cup	Pan Cakes 1/2oz Mandarin Oranges 1/4-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Cheese Toast 1/2oz Sliced Apples 1/4-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Hard Boiled Eggs 0.5-2oz Diced Peaches 1/4-1/2c or Whole/Lactose/Soy/1% Milk ½-3/4 cup
L U N C H	Cheese Pizza 1-1½ oz <u>Italian Blend</u> (Carrots+ broccoli+ green 1/8- /4c Grain Wheat Bread 0-½ Slice Fresh Oranges 1/8-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup.	Grond beef Meatloaf 1-1.5oz Mash potatoes ½ c. ** Broccoli 1/8-1/4 c ** Cantaloupe/Honey dew Melon 1/8-1/2c Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup	Fish Stick 1-1½ oz. Broccoli+ Green Beans, Peas & Carrots 1/8- /4c Fresh Apple 1/8-1/2c Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup	BBQ Chicken 1-1½ oz. ** Collard Green 1/8- /4c Wh. Grain Wheat Bread 0-½ Slice Fresh Pineapple 1/8-1/2c Whole/Lactose/Soy/1% Milk ½-3/4 cup	Turkey and Cheese Sandwich 1-1.5oz Banana 1/8-1/4c ** Kale Green 1/8- /4c Wh. Grain Wheat Bread 0-½ Slice Whole/Lactose/Soy/1% Milk ½-3/4 cup
S N A C K	Animal Crackers 1/2c ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	String Cheese 1-11/2oz Ritz Crackers 2oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Yogurt (1/2oz) Diced Pear ¼-1/2c. Whole/Lactose/Soy/1% Milk ½ cup.	Zest Crackers ½ oz eq. Whole/Lactose/Soy/1% Milk ½ cup.	Tiger Bites Crackers ½ oz. eq. Whole/Lactose/Soy/1% Milk ½ cup.

Key: Items marked with ****** are locally made

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EDWARD C. MAZIQUE PARENT CHILD CENTER, INC. **Infant** Menu subject to change due to availability of Food — **October 26-30, 2026**

	Age - Month	Quantity	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
AM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Apple Sauce	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Apple Sauce
		0-4 oz.	Iron Fortified Dry Infant Cereal	Pureed Peaches	Apple Sauce	Fine Chopped Peaches	Iron Fortified Dry Infant Cereal
BREAKFAST	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-2 tbs.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
		0-4 oz.	Apple Sauce	Pureed Peaches	Chop. Mandarin Orange	Chopped Apple Sauce	Mashed Hard Boiled Eggs
		0-1/2s	Finely chopped French Toast	Chop. Wh. wheat Bagel	Chopped Pan Cakes	Wh. Grain Cheese toast	Pureed Peaches
LUNCH	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Wh. Grain Wheat Bread
	6-11	6-8 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-4 tbs.	Finely chopped cheese pizza	Finely Chopped ground beef +mash potato	Mashed Fish Stick	Finely Chopped BBQ Chicken	Finely Chopped Turkey and Cheese Sandwich
		0-2 tbs.	Pureed Mandarin Oranges	**Pureed cantaloupe/ honeydew melon	Pureed Apple Sauce	Pureed Honey Dew Melon/ Cantaloupe	Pureed Banana
		0-2 tbs.	Pureed Carrots/pea/green b	** Pureed Broccoli	Mashed Green Beans + broccoli Pea, carrot	**Pureed Collard Green	**Mashed Kale Green.
		0-4 oz.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal
PM SNACK	0-5	4-6 oz.	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Iron Fortified dry Infant Cer
	6-11	2-4 oz	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula	Breastmilk/Formula
		0-1/2s	Animal Cracker	Ritz Crackers	Goldfish Crackers	Zest Crackers	Breastmilk/Formula
		0-4 oz.	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Iron Fortified Dry Infant Cereal	Zest/goldfish/Ritz/animal Crackers
		0-2 tbs.	Pureed Pears	Pureed Pears	Mashed Apple Slices	Teething crackers	Iron For. Dry Infant Cereal

Note: Formula include: (Similac Advance/ Sensitive/Special Diet); Iron Fortified Dry Infant Cereal - Include rice and oatmeal

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