

★ GREAT BAY KIDS ★

INFANT EXETER MENU FOR THE WEEK OF: June 29- July 3rd, July 27- 31, August 24-28, September 21-25

CHILD'S NAME: _____

PARENT GUARDIAN SIGNATURE: _____

Parent Provided Foods: _____

A	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Milk	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Fruit/Veg	And 0-2 Tbsp Pears	And 0-2 Tbsp mandarin oranges	And 0-2 Tbsp Bananas	And 0-2 Tbsp Tropical fruit	And 0-2 Tbsp Apples
Lunch Milk	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Grain/Meat	or 0-4 oz Ham	or 0-4 oz Turkey	or 0-4 oz meatballs	or 0-4 oz beef	or 0-4 oz cheese
Fruit/Veg	and 0-2 Tbsp Mandarin oranges	and 0-2 Tbsp Tropical fruit	and 0-2 Tbsp potatoes	and 0-2 Tbsp carrots	and 0-2 Tbsp fruit cocktail
Snack Two Different Components	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Grain/Meat	or 0-4 oz cheese	or 0-4 oz saltines	or 0-4 oz fruit muffins	or 0-4 oz goldfish	or 0-4 oz animal crackers
Fruit/Veg	and 0-2 Tbsp apples	and 0-2 Tbsp pineapples	and 0-2 Tbsp peaches	and 0-2 Tbsp pears	and 0-2 Tbsp Bananas

(Food components are prepared to meet the developmental needs of each child: pureed, mashed, ground, finely chopped or chopped
This institution is an equal opportunity provider and employer. **Or Infant Rice Cereal if preferred*

★ GREAT BAY KIDS ★

INFANT EXETER MENU FOR THE WEEK OF: July 6- 10, August 3-7, August 31- September 4, 2026

CHILD'S NAME: _____

PARENT GUARDIAN SIGNATURE: _____

Parent Provided Foods: _____

B	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Milk	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Fruit/Veg	And 0-2 Tbsp yogurt	And 0-2 Tbsp bananas	And 0-2 Tbsp tropical fruit	And 0-2 Tbsp pears	And 0-2 Tbsp peaches
Lunch Milk	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Grain/Meat	or 0-4 oz turkey	or 0-4 oz ground beef	or 0-4 oz turkey meatballs	or 0-4 oz ham	or 0-4 oz hotdogs
Fruit/Veg	and 0-2 Tbsp Peas	and 0-2 Tbsp wax beans	and 0-2 Tbsp corn	and 0-2 Tbsp tomatoes	and 0-2 Tbsp bananas
Snack Two Different Components	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Grain/Meat	or 0-4 oz goldfish	or 0-4 oz pita chips	or 0-4 oz cheeze-its	or 0-4 oz ritz crackers	or 0-4 oz animal crackers
Fruit/Veg	and 0-2 Tbsp tropical fruit	and 0-2 Tbsp american cheese	and 0-2 Tbsp Canned Pineapples	and 0-2 Tbsp bananas	and 0-2 Tbsp pineapples

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INFANT EXETER MENU FOR THE WEEK OF: July 13-17, August 10-14, September 7-11, 2026

CHILD'S NAME: _____

PARENT GUARDIAN SIGNATURE: _____

Parent Provided Foods: _____

C	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Milk	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Fruit/Veg	And 0-2 Tbsp peaches	And 0-2 Tbsp bananas	And 0-2 Tbsp pears	And 0-2 Tbsp bananas	And 0-2 Tbsp fruit cocktail
Lunch Milk	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Grain/Meat	or 0-4 oz cheese	or 0-4 oz ground beef	or 0-4 oz ground turkey	or 0-4 oz chicken	or 0-4 oz chicken
Fruit/Veg	and 0-2 Tbsp carrots	and 0-2 Tbsp pineapples	and 0-2 Tbsp green beans	and 0-2 Tbsp peas	and 0-2 Tbsp tomatoes
Snack Two Different Components	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula	Birth through 5 Months 4-6oz Breast Milk/Formula
Grain/Meat	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal	6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal
Grain/Meat	or 0-4 oz pita bread	or 0-4 oz biscuits	or 0-4 oz graham crackers	or 0-4 oz nutrigrain bars	or 0-4 oz ritz crackers
Fruit/Veg	and 0-2 Tbsp cheese sticks	and 0-2 Tbsp apples	and 0-2 Tbsp tropical fruit	and 0-2 Tbsp yogurt	and 0-2 Tbsp cheese

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INFANT EXETER MENU FOR THE WEEK OF: July 20-24, August 17-21, September 14-18, 2026

CHILD'S NAME: _____

PARENT GUARDIAN SIGNATURE: _____

Parent Provided Foods: _____

D	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Milk Grain/Meat Fruit/Veg	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal And 0-2 Tbsp apple sauce	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal And 0-2 Tbsp pineapple	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal And 0-2 Tbsp bananas	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal And 0-2 Tbsp pears	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal And 0-2 Tbsp papaya
Lunch Milk Grain/Meat Grain/Meat Fruit/Veg	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz beef and 0-2 Tbsp corn	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz ground turkey and 0-2 Tbsp tropical fruit	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz chicken and 0-2 Tbsp peas	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz ham and 0-2 Tbsp carrots	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz hotdogs and 0-2 Tbsp peaches
Snack Two Different Components Grain/Meat Grain/Meat Fruit/Veg	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz goldfish and 0-2 Tbsp peaches	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz cereal mix and 0-2 Tbsp fruit cocktail	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz soft pretzels and 0-2 Tbsp apple sauce	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz ritz crackers and 0-2 Tbsp apples	Birth through 5 Months 4-6oz Breast Milk/Formula 6 through 11 Months 6-8 oz Breast Milk/Formula 0-4Tbsp Oatmeal Infant Cereal or 0-4 oz fig bars and 0-2 Tbsp bananas

(Food components are prepared to meet the developmental needs of each child: pureed, mashed, ground, finely chopped or chopped)

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****Or Infant Rice Cereal if preferred***