



Where Children Connect!

Kids' Zone Childcare & Preschool

A registered childcare ministry of
Family Praise Center → 2140 Greenfield Avenue
 Noblesville, Indiana 46060 → Phone 317.773.4650

Menu Cycle – Week #1 Ages newborn to 11 months

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Rice cereal	Rice cereal	Mixed cereal	Oatmeal cereal	Oatmeal cereal
Fruit (8-11 mos)	Bananas	Applesauce	Peaches	Bananas	Applesauce
AM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread (8-11 mos)	Fruit puff	Zwieback	Saltines	Wagon wheel	Fruit loops
Lunch:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Mixed cereal	Mixed cereal	Oatmeal cereal	Rice cereal	Rice cereal
1 st fruit/veg (8-11 mos)	Peas	Mixed vegetables	Mixed fruit	Pears	Carrots
2 nd fruit/veg (8-11 mos)	Applesauce	Cheese slice	Cottage cheese	Potatoes	Peaches
PM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Juice (8-11 mos)	Apple	White grape	Raspberry/orange	Strawberry/banana	Mango/peach
Grain/Bread (8-11 mos)	Goldfish crackers	Chocolate animal crackers	Animal crackers	Cheese crackers	Iced animal crackers



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Menu Cycle – Week #2 Ages newborn to 11 months

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Rice cereal	Rice cereal	Mixed cereal	Oatmeal cereal	Oatmeal cereal
Fruit (8-11 mos)	Bananas	Pears	Bananas	Peaches	Applesauce
AM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread (8-11 mos)	Zwieback	Graham crackers	Wagon wheels	Saltines	Chocolate animal crackers
Lunch:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Mixed cereal	Mixed cereal	Oatmeal cereal	Rice cereal	Rice cereal
1 st fruit/veg (8-11 mos)	Mashed potatoes	Cinnamon apples	Peas	Mandarin oranges	Carrots
2 nd fruit/veg (8-11 mos)	Green beans	Navy beans	Mixed fruit	Cottage cheese	Peaches
PM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Juice (8-11 mos)	Apple	White grape	Raspberry/orange	Strawberry/banana	Mango/peach
Grain/Bread (8-11 mos)	Goldfish crackers	Butter crackers	Animal crackers	Cheese crackers	Iced animal crackers



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Menu Cycle – Week #3 Ages newborn to 11 months

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Rice cereal	Rice cereal	Mixed cereal	Mixed cereal	Oatmeal cereal
Fruit (8-11 mos)	Bananas	Pears	Applesauce	Mandarin oranges	Peaches
AM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread (8-11 mos)	Saltines	Teddy Grahams	Zwieback	Chocolate animal crackers	Fruit puff
Lunch:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Mixed cereal	Mixed cereal	Oatmeal cereal	Rice cereal	Rice cereal
1 st fruit/veg (8-11 mos)	Green beans	Mashed potatoes	Pears	Turkey	Cinnamon apples
2 nd fruit/veg (8-11 mos)	Cheese slice	Chopped chicken	Peas	Carrots	Navy beans
PM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Juice (8-11 mos)	Juice	Juice	Juice	Juice	Juice
Grain/Bread (8-11 mos)	Butter crackers	Graham crackers	Goldfish crackers	Animal crackers	Cheese crackers



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Menu Cycle – Week #4 Ages newborn to 11 months

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Rice cereal	Rice cereal	Mixed cereal	Mixed cereal	Oatmeal cereal
Fruit (8-11 mos)	Bananas	Peaches	Applesauce	Mandarin oranges	Pears
AM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread (8-11 mos)	Cheese crackers	Zwieback	Fruit puffs	Teddy Grahams	Chocolate animal crackers
Lunch:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Grain/Bread	Mixed cereal	Mixed cereal	Oatmeal cereal	Oatmeal cereal	Mixed cereal
1 st fruit/veg (8-11 mos)	Peas	Potatoes	Green beans	Mixed fruit	Carrots
2 nd fruit/veg (8-11 mos)	Peaches	Cheese slice	Pears	Cottage cheese	Navy beans
PM Snack:					
Drink	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk	Formula or breast milk
Juice (8-11 mos)	Juice	Juice	Juice	Juice	Juice
Grain/Bread (8-11 mos)	Butter crackers	Graham crackers	Goldfish crackers	Saltines	Animal crackers