

SEPTEMBER 2021

West Las Vegas Early Head Start



Snack

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Apple Sauce (0-2 tbsp)	2 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Apple Sauce (0-2 tbsp)	3 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Apple Sauce (0-2 tbsp)
No School 6	7 Breast milk (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Formula (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Infant oatmeal cereal (0-4 tbsp) Ritz crackers (0-2 crackers) Puree pears (0-2 tbsp.)	8 Breast milk (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Formula (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Infant oatmeal cereal (0-4 tbsp) Ritz crackers (0-2 crackers) Puree pears (0-2 tbsp.)	9 Breast milk (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Formula (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Infant oatmeal cereal (0-4 tbsp) Ritz crackers (0-2 crackers) Puree pears (0-2 tbsp.)	10 Breast milk (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Formula (4-6 oz.) 0-5 months (6-8 oz.) 6-11 months Infant oatmeal cereal (0-4 tbsp) Ritz crackers (0-2 crackers) Puree pears (0-2 tbsp.)
13 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Puree peaches (0-2 tbsp)	14 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Puree peaches (0-2 tbsp)	15 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Puree peaches (0-2 tbsp)	16 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Puree peaches (0-2 tbsp)	17 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Puree peaches (0-2 tbsp)
20 Breast Milk/Formula (4-6 oz) 0-5 months (2-4 oz) 6-11 months Infant Oatmeal Cereal (0-4 Tbsp) Ritz crackers (0-2 Crackers) Hawaiian delight (0-2 tbsp)	21 Breast Milk/Formula (4-6 oz) 0-5 months (2-4 oz) 6-11 months Infant Oatmeal Cereal (0-4 Tbsp) Ritz crackers (0-2 Crackers) Hawaiian delight (0-2 tbsp)	22 Breast Milk/Formula (4-6 oz) 0-5 months (2-4 oz) 6-11 months Infant Oatmeal Cereal (0-4 Tbsp) Ritz crackers (0-2 Crackers) Hawaiian delight (0-2 tbsp)	23 Breast Milk/Formula (4-6 oz) 0-5 months (2-4 oz) 6-11 months Infant Oatmeal Cereal (0-4 Tbsp) Ritz crackers (0-2 Crackers) Hawaiian delight (0-2 tbsp)	24 Breast Milk/Formula (4-6 oz) 0-5 months (2-4 oz) 6-11 months Infant Oatmeal Cereal (0-4 Tbsp) Ritz crackers (0-2 Crackers) Hawaiian delight (0-2 tbsp)
27 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Apple Sauce (0-2 tbsp)	28 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Apple Sauce (0-2 tbsp)	29 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Apple Sauce (0-2 tbsp)	30 Breast Milk (4-6 oz) 0-5 months (6-8 oz) 6-11 months Formula (4-6 oz) 0-5 months (6-8 oz) 6-11 Months Infant Rice Cereal (0-4 Tbsp) Slice Bread (0- ½ Slice) Apple Sauce (0-2 tbsp)	



Menu may change without notice.
 This institution is an equal opportunity provider.
 For more information, contact
 Paul Sandoval @ paul_sandoval@wlvs.org or 505-426-2529
 Annette Baca @ annette_baca@wlvs.org or 505-426-2528