**TRUMAN 0-12 MONTHS BREAKFAST MENU 2020**

**Monday**

<table>
<thead>
<tr>
<th>5</th>
<th>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS FORMULA/BREASTMILK 6-8 OZ PEACHES 0.2 TBSP RICE CEREAL 0.4 TBSP</th>
</tr>
</thead>
</table>

**Tuesday**

<table>
<thead>
<tr>
<th>6</th>
<th>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS FORMULA/BREASTMILK 6-8 OZ BANANA 0.2 TBSP RICE CEREAL 0.4 TBSP</th>
</tr>
</thead>
</table>

**Wednesday**

<table>
<thead>
<tr>
<th>7</th>
<th>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS FORMULA/BREASTMILK 6-8 OZ PEARS 0.2 TBSP RICE CEREAL 0.4 TBSP</th>
</tr>
</thead>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>8</th>
<th>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS FORMULA/BREASTMILK 6-8 OZ PEARS 0.2 TBSP RICE CEREAL 0.4 TBSP</th>
</tr>
</thead>
</table>

**Friday**

<table>
<thead>
<tr>
<th>9</th>
<th>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS FORMULA/BREASTMILK 6-8 OZ PEACHES 0.2 TBSP RICE CEREAL 0.4 TBSP</th>
</tr>
</thead>
</table>

---

**My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.**

---

**NON-DISCRIMINATION:**
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

---

**22**

**23**

**24**

**25**

---

**26**

**27**

**28**

**29**

**30**

---

**USDA**
This menu meets and has been certified under the NEW USDA GUIDELINES

---

****We reserve the right to make menu substitutions as necessary**
### Truman 0-12 Months Lunch Menu 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS</td>
<td>BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS</td>
<td>BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS</td>
<td>BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS</td>
<td>BREASTMILK/FORMULA 4-6 OZ 6-11 MONTHS</td>
</tr>
<tr>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: PINTO BEANS 0-4 TBSP</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/PEANUTS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ</td>
</tr>
<tr>
<td>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 5-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 5-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 5-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 5-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4-6 OZ 5-11 MONTHS</td>
</tr>
<tr>
<td>5-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: PINTO BEANS 0-4 TBSP</td>
<td>5-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ</td>
<td>5-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ</td>
<td>5-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/PEANUTS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ</td>
<td>5-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ</td>
</tr>
<tr>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED CARROTS/PEARS 0-2 TBSP OR WHEN READY: PINTO BEANS 0-4 TBSP</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: COTTAGE CHEESE 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SQUASH/PEACHES 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP STEAMED BROCCOLI/PEACHES 0-2 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP SWEET POTATOES/PEANUTS 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ</td>
<td>6-11 MONTHS BREASTMILK/FORMULA 4-6 OZ BABY FOOD: RICE CEREAL 0-4 TBSP COOKED PEAS/PEACHES 0-2 TBSP OR WHEN READY: DICED CHICKEN 0-4 TBSP SWEET POTATOES/BANANA 0-2 OZ</td>
</tr>
</tbody>
</table>

**We reserve the right to make menu substitutions as necessary**

---

**NON-DISCRIMINATION:** All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250. **816.521.5371**

---

**My Plate** is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.
**NON-DISCRIMINATION:**
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

---

**Truman 0-12 Months Snack Menu 2020**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS</td>
<td>0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS</td>
</tr>
<tr>
<td>BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST</td>
<td>BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST</td>
<td>BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST</td>
<td>BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST</td>
<td>BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST</td>
</tr>
</tbody>
</table>

---

**Inspiring Greatness**

**WG - Whole Grain**

---

Monday:
- 0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS
- BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST

Tuesday:
- 0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS
- BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST

Wednesday:
- 0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS
- BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST

Thursday:
- 0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS
- BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST

Friday:
- 0.5 MONTHS BREASTMILK/FORMULA 4.6 OZ 6-11 MONTHS
- BABY FOOD: RICE CEREAL 0-4 TBSP BANANA 0-2 TBSP OR WHEN READY: BANANA 0-2 OZ WG TOAST

---

**My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.**

---

**Independence School District Nutrition Service Department, 14001 E 32nd St South, Independence, MO 64055 816.521.5371**

**We reserve the right to make menu substitutions as necessary.**