

Dear Parent, if your baby or child is just starting solids, please complete the following information

Name of your child: _____ / Class: _____
 How many meals you'd like for your child to eat at Bambini? _____ Which are those meals? _____

Please cross the foods you'd like us to **HOLD OFF** from offering your baby until further notice. Remember that all allergens (fish, eggs, lentils, soy, pineapple, berries, wheat, milk and hummus, due to sesame seeds) will need to be tried at least three times at home and we'll need approval from you, before we can offer them to your baby at our center. Thanks for your attention and for helping us to keep your child healthy and safe!

March 2026



Calendar Month		Calendar Year		
Monday	Tuesday	Wednesday	Thursday	Friday
2 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon	3 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blueberries	4 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Orange	5 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon	6 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Sweet Potato
09 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Apple	10 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon	11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Banana	12 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Sweet Potato	13 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Plum
16 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Papaya	17 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Banana	18 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Sweet Potato	19 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Plum	20 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Apple
23 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Apple	24 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon	25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Banana	26 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Sweet Potato	27 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Plum
30 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blueberries	31 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Banana	01 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Apple	02 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Orange	03 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon

Notes: This menu is subject to change
 1Dairy, 2Egg, 3Gluten, 4Fish, 5Beans, 6Soy



Breakfast

Dear Parent, if your baby or child is just starting solids, please complete the following information

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March

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Calendar Month		Calendar Year		
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Red Beans, Zucchini	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Broccoli	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Butternut Squash	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Chicken, Spinach	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Lentils, Avocado
09	10	11	12	13
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula White Beans, Zucchini	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Chicken, Green Beans	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Sweet Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Garbanzo/Chickpeas, Carrots	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Peas
16	17	18	19	20
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Broccoli	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Chicken, Bell peppers	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Lentils, Avocado	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Chicken, green beans	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Red Beans, Zucchini
23	24	25	26	27
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Red Beans, Sweet potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Chicken, Avocado	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Spinach	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Chicken, Butternut Squash	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula White Beans, Zucchini
30	31	01	02	03
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Sweet Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Garbanzo/Chickpeas, Carrots	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Beef, Peas	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula White Beans, Zucchini	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Chicken, Green Beans

Notes: This menu is subject to change
 1Dairy, 2Egg, 3Gluten, 4Fish, 5Beans, 6Soy



Lunch

Dear Parent, if your baby or child is just starting solids, please complete the following information

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Calendar Month		Calendar Year		
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blueberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Sweet Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Mango & Cottage Cheese ¹	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blackberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon
09	10	11	12	13
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blackberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Yogurt ¹	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Raspberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Papaya	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Avocado
16	17	18	19	20
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Mango & Cottage Cheese ¹	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Raspberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blackberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blueberries
23	24	25	26	27
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Red Beans, Sweet potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Papaya	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Avocado	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Raspberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Yogurt ¹
30	31	01	02	03
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blueberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Sweet Potato	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Mango & Cottage Cheese ¹	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Blackberries	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Melon

Notes: This menu is subject to change
¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy



Snack