

2024-25

Week #1

6-11 Months

Week Of: _____

As a requirement breastmilk or formula is served daily with breakfast, Lunch, and Snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Cottage Cheese Bananas	<u>Breakfast</u> Infant Rice Cereal Mashed Cantaloupe	<u>Breakfast</u> Infant Oatmeal Vitamin C Fortified Applesauce	<u>Breakfast</u> Infant Rice Cereal Mashed Honey Dew Melon	<u>Breakfast</u> Scrambled Eggs Blueberries
<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots	<u>Lunch</u> Shredded Natural Cheddar Cheese Mashed Cauliflower	<u>Lunch</u> Infant Rice Cereal Mashed Pears	<u>Lunch</u> Finely Chopped Pork Loin Mashed Strawberries	<u>Lunch</u> Finely Chopped Chicken Steamed Mashed Carrots
<u>Snack</u> Cheerios Vitamin C Fortified Applesauce	<u>Snack</u> Cheerios Mashed Peaches	<u>Snack</u> Ritz Crackers Mashed Peaches	<u>Snack</u> WW Toast Mashed Pears	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Cottage Cheese 0-4 oz	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oatmeal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 tbsp
Fruit/ Vegetable	Mashed Bananas 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Honey Dew Melon 0-2 tbsp	Mashed Blueberries 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Shredded Natural Cheddar Cheese 0-2 oz	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Finely chopped pork loin 0-4 tbsp	Finley chopped chicken 0-4 tbsp
Fruit/ Vegetable	Steamed Mashed carrots 0-2 tbsp	Cauliflower 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Strawberries 0-2 tbsp	Steamed Mashed carrots 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Cheerios 0-1/4 oz eq (1/4 cup)	Cheerios 0-1/4 oz eq (1/4 cup)	Ritz Crackers 0- ¼ oz eq Or 2 crackers	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	School out at 12:00 No PM Snack
Fruit/ Vegetable	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Pears 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

This institution is an equal opportunity provider.

2024-25

Week #2

6-11 Months

Week Of: _____

As a requirement breastmilk or formula is served daily with breakfast, Lunch, and Snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Bananas	<u>Breakfast</u> Infant Rice Cereal Vitamin C Fortified Applesauce*	<u>Breakfast</u> Plain Yogurt Mashed Bananas	<u>Breakfast</u> Scrambled Eggs Mashed Strawberries	<u>Breakfast</u> Infant Oat Cereal Mashed Peaches
<u>Lunch</u> Infant Rice Cereal Mashed Peaches	<u>Lunch</u> Finley Chopped Chicken Mashed Potatoes	<u>Lunch</u> Ground Beef (Strained) Mashed Pear	<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots	<u>Lunch</u> Cubed Mozzarella Cheese Mashed Cantaloupe
<u>Snack</u> WW Toast Vitamin C Fortified Applesauce	<u>Snack</u> Cheerios Mashed Peaches	<u>Snack</u> Ritz Crackers Vitamin C Fortified Applesauce	<u>Snack</u> Ritz Crackers Mashed Pears	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Plain Yogurt 0-4 oz (½ cup)	Scrambled Eggs 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Peaches 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Bananas 0-2 tbsp	Mashed Strawberries 0-2 tbsp	Mashed Peaches 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Finely Chopped Chicken 0-4 tbsp	Ground Beef (Strained) 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Cubed Mozzarella Cheese 0-4 oz
Fruit/ Vegetable	Mashed Apricots 0-2 tbsp	Mashed Potatoes 0-2 tbsp	Mashed Potatoes 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	Cheerios 0-1/4 oz eq (1/4 cup)	Ritz Crackers 0- ¼ oz eq Or 2 crackers	Ritz Crackers 0- ¼ oz eq Or 2 crackers	School out at 12:00 No PM Snack
Fruit/ Vegetable	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Pears 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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Week #3

6-11 Months

Week Of: _____



Sierra Cascade Family Opportunities, Inc.
Early Childhood Development Programs

As a requirement breastmilk or formula is served daily with breakfast, Lunch, and Snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Rice Cereal Mashed Bananas	<u>Breakfast</u> Infant Oat Cereal Mashed Honey Dew Melon	<u>Breakfast</u> Plain Yogurt Mashed Cantaloupe	<u>Breakfast</u> Infant Rice Cereal Mashed Pears	<u>Breakfast</u> Cook's Choice 1 Grain/Meat 1 Fruit/Veg
<u>Lunch</u> Infant Oat Cereal Vitamin C Fortified Applesauce	<u>Lunch</u> Ground Beef (Strained) Mashed Squash	<u>Lunch</u> Finely Chopped Chicken Mashed Pears	<u>Lunch</u> Infant Oat Cereal Mashed Carrots	<u>Lunch</u> Cook's Choice 1 Grain/Meat 1 Fruit/Veg
<u>Snack</u> WW Ritz Crackers Mashed Cantaloupe	<u>Snack</u> Infant Rice Cereal Mashed Peaches	<u>Snack</u> WW Ritz Crackers Mashed Strawberries	<u>Snack</u> WW Toast Mashed Cantaloupe	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Plain yogurt 0-4 oz (1/2 cup)	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	
Fruit/ Vegetable	Mashed Bananas 0-2 tbsp	Mashed Honey Dew Melon 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp	Mashed Pears 0-2 tbsp	0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Ground Beef (Strained) 0-4 tbsp	Finely Chopped Chicken 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	
Fruit/ Vegetable	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Squash 0-2 tbsp	Mashed Pears 0-2 tbsp	Mashed Carrots 0-2 tbsp	0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Ritz Crackers 0- ¼ oz eq Or 2 crackers	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Ritz Crackers 0- ¼ oz eq Or 2 crackers	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Cantaloupe 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Strawberries 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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2024-25

Week #4

6-11 Months

Week Of: _____



As a requirement breastmilk or formula is served daily with breakfast, Lunch and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Bananas	<u>Breakfast</u> Scrambled Eggs Mashed Peaches	<u>Breakfast</u> Plain Yogurt Mashed Pears	<u>Breakfast</u> Infant Oat Cereal Mashed Honey Dew Melon	<u>Breakfast</u> Infant Rice Cereal Mashed Blueberries
<u>Lunch</u> Infant Rice Cereal Steamed Mashed Broccoli	<u>Lunch</u> Finely Chopped Chicken Mashed Sweet Potato	<u>Lunch</u> Ground Beef (Strained) Steamed Mashed Carrots	<u>Lunch</u> Finely Chopped Chicken Steamed Mashed Cauliflower	<u>Lunch</u> Infant Oat Cereal Steamed Mashed Carrots
<u>Snack</u> WW Ritz Crackers Mashed Pears	<u>Snack</u> WW Toast Mashed Pears	<u>Snack</u> Ritz Crackers Mashed Banana	<u>Snack</u> WW Toast Vitamin C Fortified Applesauce	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 tbsp	Plain yogurt 0-4 oz (1/2 cup)	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Bananas 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Pears 0-2 tbsp	Mashed Honey Dew Melon 0-2 tbsp	Mashed Blueberries 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Finely Chopped Chicken 0-4 tbsp	Ground Beef (Strained) 0-4 tbsp	Finely Chopped Chicken 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Steamed Mashed Broccoli 0-2 tbsp	Mashed Sweet Potato 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp	Steamed Mashed Cauliflower 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Ritz Crackers 0- ¼ oz eq Or 2 crackers	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	Ritz Crackers 0- ¼ oz eq Or 2 crackers	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Pears 0-2 tbsp	Mashed Pears 0-2 tbsp	Mashed Banana 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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2024-25

Week #5

6-11 Months

Week Of: _____



As a requirement breastmilk or formula is served daily with breakfast, Lunch and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available. All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Banana	<u>Breakfast</u> Scrambled Eggs Mashed Cantaloupe	<u>Breakfast</u> Infant Rice Cereal Mashed Banana	<u>Breakfast</u> Infant Oat Cereal Vitamin C Fortified Applesauce	<u>Breakfast</u> Plain Yogurt Mashed Peaches
<u>Lunch</u> Infant Rice Cereal Steamed Pureed Green Beans	<u>Lunch</u> Ground Beef (Strained) Steamed Mashed Broccoli	<u>Lunch</u> Finely Chopped Chicken Steamed Pears	<u>Lunch</u> Ground Beef (Strained) Steamed Mashed Green Beans	<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots
<u>Snack</u> WW Tortilla Mashed Banana	<u>Snack</u> Cheerios Mashed Peaches	<u>Snack</u> Cheerios Vitamin C Fortified Applesauce	<u>Snack</u> Ritz Crackers Mashed Blueberries	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Plain yogurt 0-4 oz (1/2 cup)
Fruit/ Vegetable	Mashed Bananas 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp	Mashed Bananas 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Ground Beef (Strained) 0-4 tbsp	Finely Chopped Chicken 0-4 tbsp	Ground Beef (Strained) 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Steamed Pureed Green Beans 0-2 tbsp	Steamed Mashed Broccoli 0-2 tbsp	Mashed Pears 0-2 tbsp	Steamed Mashed Green Beans 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	WW Tortilla (Cut in small thin strips) 0-1/2 oz eq	Cheerios 0-1/4 oz eq (1/4 cup)	Cheerios 0-1/4 oz eq (1/4 cup)	Ritz Crackers 0- ¼ oz eq Or 2 crackers	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Banana 0-2 tbsp	Mashed Peaches 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Blueberries 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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2024-25

Week #6

6-11 Months

Week Of: _____



As a requirement breastmilk or formula is served daily with breakfast, Lunch, and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Banana	<u>Breakfast</u> Infant Rice Cereal Mashed Peaches	<u>Breakfast</u> Infant Oat Cereal Mashed Strawberries	<u>Breakfast</u> Infant Rice Cereal Mashed Cantaloupe	<u>Breakfast</u> Infant Oat Cereal Mashed Blueberries
<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots	<u>Lunch</u> Ground Beef (Strained) Mashed Green Beans	<u>Lunch</u> Refried Beans Vitamin C Fortified Applesauce	<u>Lunch</u> Chopped Pork Mashed Peaches	<u>Lunch</u> Infant Rice Cereal Vitamin C Fortified Applesauce
<u>Snack</u> Ritz Crackers Mashed Berries	<u>Snack</u> WW Tortilla Mashed Banana	<u>Snack</u> WW Toast Mashed Banana	<u>Snack</u> Cheerios Mashed Banana	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Banana 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Strawberries 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp	Mashed Blueberries 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Ground Beef (Strained) 0-4 tbsp	Refried Beans 0-4 tbsp	Chopped Pork 0-4 oz	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Steamed Mashed Carrots 0-2 tbsp	Mashed Green Beans 0-2 tbsp	Vitamin C fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Ritz Crackers 0- ¼ oz eq Or 2 crackers	WW Tortilla (Cut in small thin strips) 0-1/2 oz eq	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	Cheerios 0-1/4 oz eq (1/4 cup)	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Berries 0-2 tbsp	Mashed Banana 0-2 tbsp	Mashed Banana 0-2 tbsp	Mashed Banana 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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2024-25

Week #7

6-11 Months

Week Of: _____



As a requirement breastmilk or formula is served daily with breakfast, Lunch, and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Peaches	<u>Breakfast</u> Infant Rice Cereal Mashed Strawberries	<u>Breakfast</u> Scrambled Eggs Mashed Honey Dew Melon	<u>Breakfast</u> Infant Oat Cereal Mashed Blueberries	<u>Breakfast</u> Infant Rice Cereal Mashed Pears
<u>Lunch</u> Finely Chopped Chicken Steamed Mashed Carrots	<u>Lunch</u> Ground Beef (Strained) Mashed Green Beans	<u>Lunch</u> Infant Rice Cereal Steamed Mashed Broccoli	<u>Lunch</u> Finely Chopped Chicken Steamed Pureed Green Beans	<u>Lunch</u> Cubed Cheddar Cheese Mashed Banana
<u>Snack</u> Cheerios Vitamin C Fortified Applesauce	<u>Snack</u> Infant Oat Cereal Mashed Peaches	<u>Snack</u> Infant Rice Cereal Mashed Peaches	<u>Snack</u> WW Ritz Crackers Vitamin C Fortified Applesauce	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Peaches 0-2 tbsp	Mashed Strawberries 0-2 tbsp	Mashed Honey Dew Melon 0-2 tbsp	Mashed Blueberries 0-2 tbsp	Mashed Pears 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Finely Chopped Chicken 0-4 tbsp	Ground Beef (Strained) 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Finely Chopped Chicken 0-4 tbsp	Cubed Cheddar Cheese 0-4 tbsp
Fruit/ Vegetable	Steamed Mashed Carrots 0-2 tbsp	Mashed Green Beans 0-2 tbsp	Steamed Mashed Broccoli 0-2 tbsp	Steamed Pureed Green Beans 0-2 tbsp	Mashed Banana 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Cheerios 0-1/4 oz eq (1/4 cup)	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Ritz Crackers 0- ¼ oz eq Or 2 crackers	School out at 12:00 No PM Snack
Fruit/ Vegetable	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Peaches 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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2024-25

Week #8

6-11 Months

Week Of: _____



As a requirement breastmilk or formula is served daily with breakfast, Lunch, and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Banana	<u>Breakfast</u> Infant Rice Cereal Vitamin C Fortified Applesauce	<u>Breakfast</u> Infant Oat Cereal Honey Dew Melon	<u>Breakfast</u> Infant Rice Cereal Mashed Banana	<u>Breakfast</u> Infant Oat Cereal Vitamin C Fortified Applesauce
<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots	<u>Lunch</u> Finely Chopped Beef Mashed Potato	<u>Lunch</u> Infant Rice Cereal Steamed Mashed Broccoli	<u>Lunch</u> Finely Chopped Chicken Mashed Honey Dew Melon	<u>Lunch</u> Shredded Mozzarella Cheese Mashed Green Beans
<u>Snack</u> Cheerios Mashed Peaches	<u>Snack</u> WW Toast Mashed Pears	<u>Snack</u> Ritz Crackers Mashed Peaches	<u>Snack</u> Cheerios Mashed Berries	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Banana 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Honey Dew Melon 0-2 tbsp	Mashed Banana 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Finely Chopped Beef 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Finely Chopped Chicken 0-4 tbsp	Shredded Mozzarella Cheese 0-2 oz
Fruit/ Vegetable	Steamed Mashed Carrots 0-2 tbsp	Mashed Potato 0-2 tbsp	Steamed Mashed Broccoli 0-2 tbsp	Mashed Honey Dew Melon 0-2 tbsp	Mashed Green Beans 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Cheerios 0-1/4 oz eq (1/4 cup)	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	Ritz Crackers 0- ¼ oz eq Or 2 crackers	Cheerios 0-1/4 oz eq (1/4 cup)	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Peaches 0-2 tbsp	Mashed Pears 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Berries 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

This institution is an equal opportunity provider.

2024-25

Week #9

6-11 Months

Week Of: _____



As a requirement breastmilk or formula is served daily with breakfast, Lunch, and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available. All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Strawberries	<u>Breakfast</u> Scrambled Eggs Vitamin C Fortified Applesauce	<u>Breakfast</u> Infant Oat Cereal Mashed Peaches	<u>Breakfast</u> Infant Rice Cereal Mashed Cantaloupe	<u>Breakfast</u> Cook's Choice 1 Grain/Meat 1 Fruit/Veg
<u>Lunch</u> Finely Chopped Chicken Mashed Pears	<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots	<u>Lunch</u> Ground Beef (Strained) Steamed Cauliflower	<u>Lunch</u> Infant Oat Cereal Mashed Watermelon	<u>Lunch</u> Cook's Choice 1 Grain/Meat 1 Fruit/Veg
<u>Snack</u> Ritz Crackers Mashed Peaches	<u>Snack</u> WW Toast Mashed Bananas	<u>Snack</u> WW Toast Mashed Peaches	<u>Snack</u> Cheerios Vitamin C Fortified Applesauce	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	
Fruit/ Vegetable	Mashed Strawberries 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp	0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Finely Chopped Chicken 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Ground Beef (Strained) 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	
Fruit/ Vegetable	Mashed Pears 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp	Steamed Cauliflower 0-2 tbsp	Mashed Watermelon 0-2 tbsp	0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Ritz Crackers 0- ¼ oz eq Or 2 crackers	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	Cheerios 0-1/4 oz eq (1/4 cup)	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Peaches 0-2 tbsp	Mashed Bananas 0-2 tbsp	Mashed Pears 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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2024-25

Week #10

6-11 Months

Week Of: _____

As a requirement breastmilk or formula is served daily with breakfast, Lunch, and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.



Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Peaches	<u>Breakfast</u> Infant Rice Cereal Mashed Banana	<u>Breakfast</u> Infant Oat Cereal Mashed Pears	<u>Breakfast</u> Cottage Cheese Mashed Peaches	<u>Breakfast</u> Infant Oat Cereal Vitamin C Fortified Applesauce
<u>Lunch</u> Finely Chopped Chicken Mashed Carrots	<u>Lunch</u> Infant Oat Cereal Honey Dew Melon	<u>Lunch</u> Cheddar Cheese Mashed Strawberries	<u>Lunch</u> Finely Chopped Chicken Steamed Mashed Green Beans	<u>Lunch</u> Infant Rice Cereal Mashed Squash
<u>Snack</u> WW Ritz Crackers Vitamin C Fortified Applesauce	<u>Snack</u> Cheerios Mashed Peaches	<u>Snack</u> Ritz Crackers Mashed Peaches	<u>Snack</u> Cheerios Pears	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Cottage Cheese 0-4 oz	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Peaches 0-2 tbsp	Mashed Banana 0-2 tbsp	Mashed Pears 0-2 tbsp	Mashed Peaches 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Finely Chopped Chicken 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Cubed Cheddar Cheese 0-4 tbsp	Finely Chopped Chicken 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Carrots 0-2 tbsp	Mashed Honey Dew Melon 0-2 tbsp	Mashed Strawberries 0-2 tbsp	Steamed Mashed Green Beans 0-2 tbsp	Mashed Squash 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Ritz Crackers 0- ¼ oz eq Or 2 crackers	Cheerios 0-1/4 oz eq (1/4 cup)	Ritz Crackers 0- ¼ oz eq Or 2 crackers	Cheerios 0-1/4 oz eq (1/4 cup)	School out at 12:00 No PM Snack
Fruit/ Vegetable	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Pears 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

This institution is an equal opportunity provider.

2024-25

Week #11

6-11 Months

Week Of: _____



As a requirement breastmilk or formula is served daily with breakfast, Lunch, and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Plain Yogurt Mashed Berries	<u>Breakfast</u> Scrambled eggs Mashed Pears	<u>Breakfast</u> Infant Rice Cereal Mashed Berries	<u>Breakfast</u> Infant Oat Cereal Mashed Banana	<u>Breakfast</u> Infant Oat Cereal Mashed Peaches
<u>Lunch</u> Ground Beef (Strained) Vitamin C Fortified Applesauce	<u>Lunch</u> Finely Chopped Chicken Steamed Mashed Carrots	<u>Lunch</u> Infant Oat Cereal Pureed Spaghetti Squash	<u>Lunch</u> Scrambled Eggs Mashed Cantaloupe	<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots
<u>Snack</u> WW Toast Mashed Mango	<u>Snack</u> Cheerios Vitamin C Fortified Applesauce	<u>Snack</u> Ritz Crackers Mashed Pears	<u>Snack</u> WW Toast Mashed Peaches	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Plain Yogurt 0-4 oz (1/2 cup)	Scrambled Eggs 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Berries 0-2 tbsp	Mashed Pears 0-2 tbsp	Mashed Berries 0-2 tbsp	Mashed Banana 0-2 tbsp	Mashed Peaches 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Ground Beef (Strained) 0-4 tbsp	Finely Chopped Chicken 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Vitamin C Fortified Applesauce 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp	Pureed Spaghetti Squash 0-2 tbsp	Mashed Cantaloupe 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	Cheerios 0-1/4 oz eq (1/4 cup)	Ritz Crackers 0- ¼ oz eq Or 2 crackers	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Mango 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Pears 0-2 tbsp	Mashed Peaches 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

This institution is an equal opportunity provider.

2024-2

Week #12

6-11 Months

Week Of: _____

As a requirement breastmilk or formula is served daily with breakfast, Lunch, and snack. Infants 0-11 months must be served breastmilk or iron fortified formula. Rice and oat cereals are always available.

All infant cereals will iron fortified.

All foods subject to the individual infant and their own developmental readiness to consume that food item.



Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Infant Oat Cereal Mashed Banana	<u>Breakfast</u> Scrambled Eggs Mashed Peaches	<u>Breakfast</u> Infant Oat Cereal Mashed Bananas	<u>Breakfast</u> Scrambled Eggs Mashed Honey Dew Melon	<u>Breakfast</u> Infant Oat Cereal Mashed Banana
<u>Lunch</u> Cubed Mozzarella Cheese Steamed Mashed Carrots	<u>Lunch</u> Ground Beef (Strained) Mashed Watermelon	<u>Lunch</u> Infant Rice Cereal Mashed Broccoli	<u>Lunch</u> Ground Beef (Strained) Steamed Mashed Pears	<u>Lunch</u> Infant Rice Cereal Steamed Mashed Carrots
<u>Snack</u> Cheerios Mashed Blueberries	<u>Snack</u> WW Toast Vitamin C Fortified Applesauce	<u>Snack</u> WW Toast Mashed Peaches	<u>Snack</u> Ritz Crackers Vitamin C Fortified Applesauce	School out at 12:00 No PM Snack

Breakfast Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 oz	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Scrambled Eggs 0-4 tbsp	Infant Oat Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Banana 0-2 tbsp	Mashed Peaches 0-2 tbsp	Mashed Bananas 0-2 tbsp	Mashed Honey Dew Melon 0-2 tbsp	Mashed Banana 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Lunch Required Components: Grain/Meat, Vegetable/Fruit, and Fluid Milk

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Cubed Mozzarella Cheese 0-4 tbsp	Ground Beed (Strained) 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry	Ground Beed (Strained) 0-4 tbsp	Infant Rice Cereal 0 – ½ oz eq OR 0-4 tbsp dry
Fruit/ Vegetable	Mashed Carrots 0-2 tbsp	Mashed Watermelon 0-2 tbsp	Mashed Broccoli 0-2 tbsp	Steamed Mashed Pears 0-2 tbsp	Steamed Mashed Carrots 0-2 tbsp
Fluid Milk	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz	Breastmilk / Formula 6-8 oz

Snack Required Components: Grain, Vegetable/Fruit, and Fluid Milk

Snack Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Cheerios 0-1/4 oz eq (1/4 cup)	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	WW Toast (Cut in small thin strips) 0-1/2 oz eq or ½ slice	Ritz Crackers 0- ¼ oz eq Or 2 crackers	School out at 12:00 No PM Snack
Fruit/ Vegetable	Mashed Blueberries 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	Mashed Peaches 0-2 tbsp	Vitamin C Fortified Applesauce 0-2 tbsp	
Fluid Milk	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	Breastmilk / Formula 2-4 oz	

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