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

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
component	•	3			
	Cottage Cheese	Infant Rice Cereal	Infant Oatmeal	Infant Rice Cereal	Scrambled Eggs
Grain/Meat	0-4 oz	0 – ½ oz eq	0 – ½ oz eq	0 – ½ oz eq	0-4 tbsp
		OR	OR	OR	
		0-4 tbsp dry	0-4 tbsp dry	0-4 tbsp dry	
	Mashed Bananas	Mashed Cantaloupe	Vitamin C	Mashed Honey	Mashed
Fruit/	0-2 tbsp	0-2 tbsp	Fortified	Dew Melon	Blueberries
Vegetable			Applesauce	0-2 tbsp	0-2 tbsp
			0-2 tbsp		
	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /
Fluid Milk	Formula	Formula	Formula	Formula	Formula
	6-8 oz	6-8 oz	6-8 oz	6-8 oz	6-8 oz

Lunch	Monday Food/	Tuesday Food/	Wednesday	Thursday	Friday Food/
Component	Serving	Serving	Food/ Serving	Food/Serving	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 /	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /
	Formula	Formula	Formula	Formula	Formula
	6-8 oz	6-8 oz	6-8 oz	6-8 oz	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	

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.

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

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

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

Week #3

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

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

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

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

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

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

Week #5



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

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

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

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

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

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

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

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

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

Lunch Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/Serving	Thursday Food/Serving	Friday Food/ Serving
component	Finely Chopped	Ground Beef	Infant Rice Cereal	Finely Chopped	Cubed Cheddar
Grain/Meat	Chicken	(Strained)	$0 - \frac{1}{2}$ oz eq	Chicken	Cheese
	0-4 tbsp	0-4 tbsp	OR 0-4 tbsp dry	0-4 tbsp	0-4 tbsp
			. ,	Character of Division of	NA sele sel
Fruit/	Steamed Mashed Carrots	Mashed Green Beans	Steamed Mashed Broccoli	Steamed Pureed Green Beans	Mashed Banana
Vegetable	0-2 tbsp	0-2 tbsp	0-2 tbsp	0-2 tbsp	0-2 tbsp
	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /
Fluid Milk	Formula	Formula	Formula	Formula	Formula
	6-8 oz	6-8 oz	6-8 oz	6-8 oz	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
	Cheerios	Infant Oat Cereal	Infant Rice Cereal	Ritz Crackers	School out at
Grain/Meat	0-1/4 oz eq (1/4 cup)	0 – ½ oz eq OR	0 – ½ oz eq OR	0- ¼ oz eq Or	12:00
		0-4 tbsp dry	0-4 tbsp dry	2 crackers	No PM Snack
	Vitamin C Fortified	Mashed	Mashed	Vitamin C	
Fruit/	Applesauce	Peaches	Peaches	Fortified	
Vegetable	0-2 tbsp	0-2 tbsp	0-2 tbsp	Applesauce	
				0-2 tbsp	
	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /	
Fluid Milk	Formula	Formula	Formula	Formula	
	2-4 oz	2-4 oz	2-4 oz	2-4 oz	

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

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

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

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

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

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

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

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

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

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

Breakfast Component	Monday Food/ Serving	Tuesday Food/ Serving	Wednesday Food/ Serving	Thursday Food/Serving	Friday Food/ Serving
Grain/Meat	Plain Yogurt 0-4 oz	Scrambled	Infant Rice Cereal $0 - \frac{1}{2}$ oz eg	Infant Oat Cereal	Infant Oat Cereal
Grain/ Weat	(1/2 cup)	Eggs 0-4 tbsp	OR 0-4 tbsp dry	0 – ½ oz eq OR 0-4 tbsp dry	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	Monday Food/	Tuesday Food/	Wednesday	Thursday	Friday Food/
Component	Serving	Serving	Food/ Serving	Food/Serving	Serving
	Ground Beef	Finely Chopped	Infant Oat Cereal	Scrambled	Infant Rice Cereal
Grain/Meat	(Strained)	Chicken	0 – ½ oz eq	Eggs	0 – ½ oz eq
	0-4 tbsp	0-4 tbsp	OR	0-4 tbsp	OR
			0-4 tbsp dry		0-4 tbsp dry
	Vitamin C Fortified	Steamed Mashed	Pureed	Mashed	Steamed Mashed
Fruit/	Applesauce	Carrots	Spaghetti	Cantaloupe	Carrots
Vegetable	0-2 tbsp	0-2 tbsp	Squash	0-2 tbsp	0-2 tbsp
			0-2 tbsp		
	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /	Breastmilk /
Fluid Milk	Formula	Formula	Formula	Formula	Formula
	6-8 oz	6-8 oz	6-8 oz	6-8 oz	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	

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

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

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