

Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Yogurt (m)</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Scrambled egg (m)</p> <p>Mashed potatoes (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>Banana (m) or infant vegetable/fruit</p>
Lunch	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Chicken* (m) or infant meat</p> <p>Winter squash* (m), green beans (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pureed beef-vegetable stew* (m) or infant meat</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Cheese* (m) or infant meat</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Ground turkey* (m) or infant meat</p> <p>Peaches (m), pinto beans (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pork* (m) or infant meat</p> <p>Steamed carrots* (m), steamed broccoli* (m), or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	<p>Breast milk or IF infant formula</p> <p>Toasted oat cereal (m) or IF infant cereal</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed broccoli* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs cereal, KIX (m) or IF infant cereal</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions.

This institution is an equal opportunity provider

Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal or meat/meat alternate	IF infant cereal or Scrambled egg (m)	IF infant cereal or Yogurt (m)	IF infant cereal or meat/meat alternate	IF infant cereal or meat/meat alternate
		Infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
		Ground beef* (m) or infant meat	Tuna* (m) or infant meat	Turkey* (m) or infant meat	Infant meat	Chicken* (m) or infant meat
		Green beans (m), mashed potatoes (m) or infant vegetable/fruit	Black beans* (m) or infant vegetable/fruit	Peas* (m), or infant vegetable/fruit	Pears* (m), green beans (m) or infant vegetable/fruit	Steamed carrots* (m), steamed broccoli* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		WGR crackers* (m) or IF infant cereal	Toasted oat cereal (m) or IF infant cereal	Graham cracker* (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR corn puffs cereal (m) or IF infant cereal
		Peaches (m) or infant vegetable/fruit	Steamed cauliflower* (m), or infant veg/fruit	Banana (m) or infant vegetable/fruit	Infant vegetable/fruit	Applesauce (m) infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions.

This institution is an equal opportunity provider

Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal or meat/meat alternate	IF infant cereal or meat/meat alternate	IF infant cereal or Yogurt (m)	IF infant cereal or Ham* (m)	IF infant cereal or meat/meat alternate
		Pears* (m) or infant vegetable/fruit	Infant vegetable/fruit	Peaches (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
		Scrambled egg (m) or infant meat	Ground beef* (m) or infant meat	Chicken* (without breading) (m) or infant meat	Cheese* (m) or infant meat	Pork* (without barbeque sauce) (m) or infant meat
		Peas* (m), peaches (m) or infant vegetable/fruit	Steamed carrots* (m), green beans (m) or infant vegetable/fruit	Pinto beans* (m) or infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Steamed broccoli* (m), mashed potatoes (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		WGR crackers* (m) or IF infant cereal	WGR corn puffs cereal (m) or IF infant cereal	Graham crackers* (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	Toasted oat cereal (m) or IF infant cereal
		Steamed cauliflower* (m), steamed broccoli* (m), or infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Steamed carrots* (m) or infant vegetable/fruit	Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions.

This institution is an equal opportunity provider

Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat /meat alternate</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Yogurt (m)</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>Mandarin oranges*(m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Scrambled egg (m)</p> <p>Mashed potatoes (m) or infant vegetable/fruit</p>
Lunch	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Tuna* (m) or infant meat</p> <p>Steamed carrots* (m), Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Scrambled egg (m) or infant meat</p> <p>Peaches (m), steamed broccoli*(m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pork* (m) or infant meat</p> <p>Green beans (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Ground beef* (m) or infant meat</p> <p>Black beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Chicken* (m) or infant meat</p> <p>Applesauce (m), winter squash* (m) or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	<p>Breast milk or IF infant formula</p> <p>Graham crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Mashed potatoes (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs cereal (m) or IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Toasted oat cereal (m) or IF infant cereal</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions.

This institution is an equal opportunity provider

Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal or Yogurt (m) Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Scrambled egg (m) Pears* (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal Pinto beans* (m) or infant meat Steamed broccoli*(m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Chicken* (m) or infant meat Mandarin oranges* (m) steamed cauliflower* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ground beef* (m) or infant meat Green beans (m) applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Turkey* (m) or infant meat Winter squash* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Tuna* (m) or infant meat Pinto beans* (m), carrots* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula Toasted oat cereal (m) or IF infant cereal Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Sweet potatoes* (m) or Infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs cereal (m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula Graham crackers* (m) or IF infant cereal Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions.

This institution is an equal opportunity provider

APPENDIX

Beef stew: blend until lumps are no larger than 1/8-inch.

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Broccoli: only the floret portion should be served to infants.

Carrots: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Cauliflower: only the floret portion should be served to infants.

Cheese should be shredded or cut into pieces smaller than the maximum width of 1/8-inch.

Chicken: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Graham crackers must not contain honey.

Ground beef: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ground turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ham: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Mandarin oranges must be canned.

Pears should be canned or ripened to the point where they can be easily mashed with a fork.

Peas: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans should be chopped into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pork: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Sweet potatoes: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

Turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

WGR crackers should easily dissolve in the mouth. They must not be brittle and hard.

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions.

This institution is an equal opportunity provider

Winter squash: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch