

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</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Yogurt (m)</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Scrambled eggs (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 or</p> <p>Ground beef* (m) or infant meat</p> <p>Steamed cauliflower* (m), green beans (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Chicken* (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 or</p> <p>Tuna* (m) or infant meat</p> <p>Steamed carrots (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Pinto beans* (m) or infant meat</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Turkey* without sauce (m) or infant meat</p> <p>Applesauce (m), peas* (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 without honey (m) or IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR toasted oat cereal (m) or IF infant cereal</p> <p>Mandarin oranges* (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 corn puffs [Kix](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>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>

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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Peaches* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Scrambled eggs (m)</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Yogurt (m)</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 or</p> <p>Cheese* (m) or infant meat</p> <p>Steamed broccoli* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Turkey* (m) or infant meat</p> <p>Sweet potatoes* (m), green beans (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Ground beef *(m) or infant meat</p> <p>Steamed carrots* (m), steamed cauliflower* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Chicken* (m) or infant meat</p> <p>Peas* (m), pears* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Roasted pork without BBQ sauce* (m) or infant meat</p> <p>Green beans (m), pinto beans* (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>WGR crackers* (m) or IF infant cereal</p> <p>Steamed carrots* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR toasted oat cereal (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham crackers without honey (m) or IF infant cereal</p> <p>Applesauce (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs [Kix](m) or IF infant cereal</p> <p>Steamed broccoli* (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>
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

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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Ham* (m)</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Scrambled eggs (m)</p> <p>Applesauce (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 or</p> <p>Ground beef* (m) or infant meat</p> <p>Pinto beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Chicken* (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 or</p> <p>Pinto beans* (m), cheese* (m), or infant meat</p> <p>Peaches* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Tuna* (m) or infant meat</p> <p>Steamed carrots* (m), peas* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Pork* (m) or infant meat</p> <p>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>WGR toasted oat cereal (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 puff cereal [Kix](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 without honey (m) or IF infant cereal</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed carrots* (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>

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</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Yogurt (m)</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Scrambled eggs (m)</p> <p>Mandarin oranges* (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 or</p> <p>Cheese* (m) or infant meat</p> <p>Mandarin oranges* (m), peas* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Chicken* (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 or</p> <p>Ham* (m) or infant meat</p> <p>Pinto beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Ground turkey* (m) or infant meat</p> <p>Mashed potatoes* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Ground beef* (m) or infant meat</p> <p>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>WGR crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR toasted oat cereal (m) or IF infant cereal</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed carrots* (m), steamed broccoli* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham crackers without honey (m) or IF infant cereal</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puff cereal [Kix] (m) or IF infant cereal</p> <p>Pears* (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>

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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Yogurt (m)</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Scrambled egg (m)</p> <p>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 or Turkey* (m) or infant meat</p> <p>Steamed carrots* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Ground beef* (m) or infant meat</p> <p>Peas* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Tuna* (m) or infant meat</p> <p>Green beans* (m), mashed potatoes (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Cheese* (m) or infant meat</p> <p>Pears* (m), steamed broccoli* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Chicken without breading* (m) or infant meat</p> <p>Sweet potatoes* (m), black beans* (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>WGR 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>Steamed carrots* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Mandarin oranges (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed cauliflower (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham crackers without honey (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>
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

APPENDIX

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.

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.

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

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.