

MEAL	COMPONENT		0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz	BM/Formula	BM/Formula	BM/Formula	BM/Formula	BM/Formula
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq			Infant Cereal	Infant Cereal	
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans; Peas and Lentils	x	0-4 tbsp					
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz	Yogurt	Cottage Cheese			Cottage Cheese
LUNCH	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp	Blueberries	Applesauce	Peaches	Mixed Berries	Pears
	Milk	Breastmilk or Infant Formula*	4-6 fl oz	6-8 fl oz		BM/Formula	BM/Formula	BM/Formula	BM/Formula
	Grains or Meats/ Meat Alternates	Infant Cereal*	x	0-1/2 oz eq					
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans; Peas and Lentils	x	0-4 tbsp	CLOSED		Turkey		Refried Beans
		Cheese	x	0-2 oz		Cheese		Cheese	
SNACK	Vegetables/Fruits	Cottage Cheese/Yogurt	x	0-4 oz					
	Milk	Vegetables/Fruits/Both	x	0-2 tbsp		Mixed Vegetables	Gr. Beans	Broccoli	Carrots
		Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz	BM/Formula	BM/Formula	BM/Formula	BM/Formula	BM/Formula
		Bread	x	0-1/2 oz eq	Toast		Toast		
		Crackers	x	0-1/4 oz eq		Crackers			
	Grains	Infant Cereal+	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq				Cheerios	Crackers
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp	Banana	Peaches	Corn	Banana	Mixed Berries

+ Iron fortified

oz eq = ounce equivalents

fl oz = fluid ounces



Infants may be offered small amounts of water once they start eating solid foods. Consult with parents or guardians prior to offering water.



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