

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	Yogurt	
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp	Applesauce	Oranges	Mixed Berries	Peaches	Applesauce
LUNCH	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		Black Beans	Hummus		Turkey
		Cheese	x	0-2 oz				Cheese	
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp		Sw. Potato	Broccoli	Peas	Gr. Beans
SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz	BM/Formula	BM/Formula	BM/Formula	BM/Formula	BM/Formula
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq	Crackers				
		Infant Cereal†	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq		Cheerios	Cheerios	Kix	Crackers
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp	Peaches	Banana	Pears	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.

