

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

