

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
	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	HOLIDAY				
		Cheese	x	0-2 oz					
		Cottage Cheese/Yogurt	x	0-4 oz			Yogurt		Cottage Cheese
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp		Applesauce	Mixed Berries	Pears	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	CLOSED				
		Cheese	x	0-2 oz		Chicken	Refried Beans	Turkey	Black Beans
		Cottage Cheese/Yogurt	x	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp		Peas	Corn	Carrots	Sw. Potato
SNACK	Milk	Breastmilk or Infant Formula*	4-6 fl oz	2-4 fl oz		BM/Formula	BM/Formula	BM/Formula	BM/Formula
	Grains	Bread	x	0-1/2 oz eq					
		Crackers	x	0-1/4 oz eq	HOLIDAY	Crackers		Crackers	
		Infant Cereal†	x	0-1/2 oz eq					
		Ready-to-Eat Cereal	x	0-1/4 oz eq			Kix		Cheerios
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp		Pear	Banana	Peas	Blueberries

+ 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.