

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	
	Grains or Meats/ Meat Alternates	Infant Cereal*	0-1/2 oz eq			Infant Cereal		
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	0-4 tbsp					CLOSED
		Cheese	0-2 oz					
		Cottage Cheese/Yogurt	0-4 oz	Cottage Cheese	Yogurt		Cottage Cheese	
	Vegetables/Fruits		0-2 tbsp	Pears	Peaches	Mixed Berries	Applesauce	
LUNCH	Milk	4-6 fl oz	6-8 fl oz		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	Hummus	Black Beans	Turkey	
		Cheese	0-2 oz					CLOSED
		Cottage Cheese/Yogurt	0-4 oz					
	Vegetables/Fruits		0-2 tbsp		Mixed Berries	Sw. Potato	Avocado	
SNACK	Milk	4-6 fl oz	2-4 fl oz	BM/Formula	BM/Formula	BM/Formula	BM/Formula	
	Grains	Bread	0-1/2 oz eq		Toast			
		Crackers	0-1/4 oz eq	Crackers		Crackers		CLOSED
		Infant Cereal+	0-1/2 oz eq					
		Ready-to-Eat Cereal	0-1/4 oz eq				Kix	
	Vegetables/Fruits		0-2 tbsp	Apple chunks	Peas	Corn	Peaches	

+ 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.

