

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	Infant Cereal	
		Meat; Fish; Poultry; Whole Egg; Cooked Dry Beans, Peas and Lentils	0-4 tbsp					
		Cheese	0-2 oz	Cheese				
		Cottage Cheese/Yogurt	0-4 oz		Cottage Cheese			Cottage Cheese
	Vegetables/Fruits	Vegetables/Fruits/Both	0-2 tbsp	Avocado	Applesauce	Peaches	Mixed Berries	Pears
LUNCH	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	
		Cottage Cheese/Yogurt	0-4 oz					
	Vegetables/Fruits	Vegetables/Fruits/Both	0-2 tbsp		Mixed Vegetables	Gr. Beans	Broccoli	Carrots
SNACK	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		
		Crackers	0-1/4 oz eq		Crackers			Crackers
		Infant Cereal+	0-1/2 oz eq					
		Ready-to-Eat Cereal	0-1/4 oz eq	Kix			Cheerios	
	Vegetables/Fruits	Vegetables/Fruits/Both	0-2 tbsp	Apple chunks	Peaches	Apricots	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.