

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	Cottage Cheese		Yogurt		Cottage Cheese
	Vegetables/Fruits	Vegetables/Fruits/Both	x	0-2 tbsp	Pears	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	Chicken	Refried Beans	Turkey	Black Beans
		Cheese	x	0-2 oz					
		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	BM/Formula
	Grains	Bread	x	0-1/2 oz eq	Toast				
		Crackers	x	0-1/4 oz eq		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	Avocado	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.