CACFP WEI	KLY MEN	U Center: Play Academy	Month:	April	Date: 1	to 30	
Meal	Age	Portion Size/Component	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		6-8 fl. oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-1/2 oz. eq.) 2,					
		meat, fish, poultry, whole egg,	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
	6-11	cooked dry beans or cooked dry peas; or					
Breakfast	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Apples	Sweet Potato	Green Beans	Carrots	Bananas
	D: .I =	combination of both4,5	D 1 1 1 1 1 1 1 1	D 1 4 4 11 /15 15 1	D	D	D 184111 / 1
	Birth-5	4.6 fluid (fl.) oz. broastmilk1 oz formula?	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk / Iron
	WIOHTHS	4-6 fluid (fl.) oz. breastmilk1 or formula2 2-4 fl. oz breastmilk1 or formula2, and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or	breast willky ir ir of fitual	breast willk/iriroilliula	breast willky ir ir of fillula	breast willky ir ir of fitura	breast Willky FriFormula
		or crackers (0-% oz. eq.) 6; or	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
AM Snack	6-11	0-4 Tbsp. infant cereal (0-1/2 oz. eq.) 2,6; or	Willie Bread	Circuitos	Goldhan Cruckers	7 minut Grackers	Granam Crackers
AIVI SHOCK		ready-to-eat breakfast cereal (0-¼ oz eq)4,6,7; and					
		0-2 Tbsp. vegetables or fruit or	Bananas	Carrots	Apples	Sweet Potato	Carrots
		a combination of both 4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
		meat, fish, poultry, whole egg,					
	6-11	cooked dry beans or cooked dry peas; or					
Lunch	Months	0-2 oz. cheese; or	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and 0-2 Tbsp. vegetables or fruit or a	Green Beans	Apple/Strawber./Bannan	Dananas	Apple	Sweet Potato
		combination of both4,5	Green beans	Apple/Strawber./Baililaii	Dallallas	Арріе	Sweet Polato
	Birth-5	Combination of Bothin, o	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		4-6 fluid (fl.) oz. breastmilk1 or formula2	Brease miny in in ormala	Si case ivilli, il oriniala	Drease willing in it or maid	Di case miny ii n ormaia	Drease willing it it official
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,	,	,	,	,	·
		meat, fish, poultry, whole egg,					
	6-11	cooked dry beans or cooked dry peas; or	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal
Supper	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Sweet Potato	Apples	Carrots	Apple/Strawber./Bannar	Green Beans
		combination of both4,5	This institution is an equ				

- 1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- 2. Infant formula and dry infant cereal must be iron-fortified.
- 3. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- **4.** A serving of this component is required when the infant is developmentally ready to accept it.
- **5.** Fruit and vegetable juices must not be served.
- 6. All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.
- 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). oz eq = ounce equivalents

Meal	Age	Portion Size/Component	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fl. oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-1/2 oz. eq.) 2,					
		meat, fish, poultry, whole egg,	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
	6-11	cooked dry beans or cooked dry peas; or					
Breakfast	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Apples	Sweet Potato	Green Beans	Carrots	Bananas
		combination of both4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk / Iron
		4-6 fluid (fl.) oz. breastmilk1 or formula2					
		2-4 fl. oz breastmilk1 or formula2, and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or					
		or crackers (0-¼ oz. eq.) 6; or	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
AM Snack		0-4 Tbsp. infant cereal (0-½ oz. eq.) 2,6; or					
		ready-to-eat breakfast cereal (0-¼ oz eq)4,6,7; and	_				
		0-2 Tbsp. vegetables or fruit or	Bananas	Carrots	Apples	Sweet Potato	Carrots
	Birth-5	a combination of both 4,5	Dun + NA: II. /IEIE	D	D 14:11. /1515 1-	D	D
		4-6 fluid (fl.) oz. breastmilk1 or formula2	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		6-8 fluid (fl.) oz. breastmik1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,	breast willky ir ir or illula	breast willk/iriroilliula	breast willky ir ir of fillula	breast wilk/iriroi iliula	breast willky ir ir of fillial
		meat, fish, poultry, whole egg,					
		cooked dry beans or cooked dry peas; or					
		0-2 oz. cheese; or	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans
		0-4 oz. (volume) cottage cheese; or	,		1.58		
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Green Beans	Apple/Strawber./Bannan	Bananas	Apple	Sweet Potato
		combination of both4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
Supper		meat, fish, poultry, whole egg,					
		cooked dry beans or cooked dry peas; or		Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
		0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and			_		
		0-2 Tbsp. vegetables or fruit or a		Apples	Carrots	Apple/Strawber./Bannar	Green Beans
		combination of both4,5	L	ıal opportunity provider			

- 1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- 2. Infant formula and dry infant cereal must be iron-fortified.
- ${\bf 3.}$  Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- **4.** A serving of this component is required when the infant is developmentally ready to accept it.
- **5.** Fruit and vegetable juices must not be served.
- 6. All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.
- 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). oz eq = ounce equivalents

Meal	Age	Portion Size/Component	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fl. oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
		meat, fish, poultry, whole egg,	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
	6-11	cooked dry beans or cooked dry peas; or					
Breakfast	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Apples	Sweet Potato	Green Beans	Carrots	Bananas
		combination of both4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk / Iron
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		2-4 fl. oz breastmilk1 or formula2, and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or					
		or crackers (0-¼ oz. eq.) 6; or	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
AM Snack		0-4 Tbsp. infant cereal (0-½ oz. eq.) 2,6; or					
		ready-to-eat breakfast cereal (0-¼ oz eq)4,6,7; and					
		0-2 Tbsp. vegetables or fruit or	Bananas	Carrots	Apples	Sweet Potato	Carrots
		a combination of both 4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	-	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
		meat, fish, poultry, whole egg,					
Luciali		cooked dry beans or cooked dry peas; or	Cline d Tombre	Chaire Charac	Vt	Cheese Cubes	Baked Beans
Lunch		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Bakeu Bearis
		0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
	ŀ	0-2 Tbsp. vegetables or fruit or a	Green Beans	Apple/Strawber./Bannan	Rananas	Apple	Sweet Potato
		combination of both4,5	Green beans	ppic/strawser./barman	Bunanas	/ tppic	Sweet Foldes
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
Supper		4-6 fluid (fl.) oz. breastmilk1 or formula2	,	, , , , , , , , , , , , , , , , , , , ,	, , , , , , , , , , , , , , , , , , , ,	, , , , , , , , , , , , , , , , , , , ,	
	-	6-8 fluid (fl.) oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,	,	,	,	,	,
		meat, fish, poultry, whole egg,					
	6-11	cooked dry beans or cooked dry peas; or	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Sweet Potato	Apples	Carrots	Apple/Strawber./Bannar	Green Beans
		combination of both4,5					

- 1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- 2. Infant formula and dry infant cereal must be iron-fortified.
- ${\bf 3.}$  Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- **4.** A serving of this component is required when the infant is developmentally ready to accept it.
- **5.** Fruit and vegetable juices must not be served.
- 6. All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.
- 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). oz eq = ounce equivalents

Meal	Age	Portion Size/Component	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
	Birth-5	· ·	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fl. oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
		meat, fish, poultry, whole egg,	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
	6-11	cooked dry beans or cooked dry peas; or					
Breakfast	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Apples	Sweet Potato	Green Beans	Carrots	Bananas
		combination of both4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk / Iron
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		2-4 fl. oz breastmilk1 or formula2, and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or					
		or crackers (0-¼ oz. eq.) 6; or	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
AM Snack		0-4 Tbsp. infant cereal (0-½ oz. eq.) 2,6; or					
	Months	ready-to-eat breakfast cereal (0-¼ oz eq)4,6,7; and					
		0-2 Tbsp. vegetables or fruit or	Bananas	Carrots	Apples	Sweet Potato	Carrots
		a combination of both 4,5					
	Birth-5	4. C. fluid (fl.)	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2 6-8 fluid (fl.) oz. breastmilk1 or formula2; and	D	D	D A A :     /   E   E   -	Dan	D
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		meat, fish, poultry, whole egg,					
	6-11	cooked dry beans or cooked dry peas; or					
Lunch		0-2 oz. cheese; or	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans
Lunch	IVIOIICIIS	0-4 oz. (volume) cottage cheese; or	Sheed rankey	String Cheese	loguit	Cheese cuses	Dakea Bearis
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Green Beans	Apple/Strawber./Bannan	Bananas	Apple	Sweet Potato
		combination of both4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
Supper		meat, fish, poultry, whole egg,					
	6-11	cooked dry beans or cooked dry peas; or	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Sweet Potato	Apples	Carrots	Apple/Strawber./Bannar	Green Beans
		combination of both4,5					

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- 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). oz eq = ounce equivalents

Meal	Age	Portion Size/Component	Monday 29	Tuesday 30	Wednesday	Thursday	Friday
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula			
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fl. oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula			
		0-4 Tbsp. infant cereal ( 0-1/2 oz. eq.) 2,					
		meat, fish, poultry, whole egg,	Rice Infant Cereal	Oatmeal Infant Cereal			
	6-11	cooked dry beans or cooked dry peas; or					
Breakfast	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Apples	Sweet Potato			
		combination of both4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula			
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2					
		2-4 fl. oz breastmilk1 or formula2, and	Breast Milk/IFIFormula	Breast Milk/IFIFormula			
		0-1/2 slice of bread/bread-like items (0-1/2 oz. eq.) 6; or					
		or crackers (0-¼ oz. eq.) 6; or	White Bread	Cheerios			
AM Snack		0-4 Tbsp. infant cereal (0-1/2 oz. eq.) 2,6; or					
	Months	ready-to-eat breakfast cereal (0-1/4 oz eq)4,6,7; and					
		0-2 Tbsp. vegetables or fruit or	Bananas	Carrots			
		a combination of both 4,5					
	Birth-5		Breast Milk/IFIFormula	Breast Milk/IFIFormula			
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2	D 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	D 1 4 4 11 / 15 15			
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula			
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
	c 11	meat, fish, poultry, whole egg,					
Lorente	6-11	cooked dry beans or cooked dry peas; or	Clies d Toules	Chair - Channa			
Lunch	iviontns	0-2 oz. cheese; or	Sliced Turkey	String Cheese			
		0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Green Beans	Apple/Strawber./Bannan			
		combination of both4,5	Green beans	Apple/Strawber./Barirlan	•		
	Birth-5	compared to bottly,	Breast Milk/IFIFormula	Breast Milk/IFIFormula			
		4-6 fluid (fl.) oz. breastmilk1 or formula2					
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula			
Supper		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,	·				
		meat, fish, poultry, whole egg,					
	6-11	cooked dry beans or cooked dry peas; or	Oatmeal Infant Cereal	Rice Infant Cereal			
	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and					
		0-2 Tbsp. vegetables or fruit or a	Sweet Potato	Apples			
		combination of both4,5					
		·	This institution is an equ	al opportunity provider			

- 1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- 2. Infant formula and dry infant cereal must be iron-fortified.
- **3.** Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- **4.** A serving of this component is required when the infant is developmentally ready to accept it.
- **5.** Fruit and vegetable juices must not be served.
- 6. All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.
- 7. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). oz eq = ounce equivalents