





CACFP WEEKLY MENU		Center: <b>Play Academy</b>	Month: <b>January</b>	Date: <b>1</b>	to <b>31</b>		
Meal	Age	Portion Size/Component	Monday	Tuesday	Wednesday <b>1</b>	Thursday <b>2</b>	Friday <b>3</b>
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2				Breast Milk/IFFormula	Breast Milk/IFFormula
	6-11 Months	6-8 fl. oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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 combination of both4,5				Breast Milk/IFFormula	Breast Milk/IFFormula
							Oatmeal Infant Cereal
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2				Breast Milk/IFFormula	Breast Milk / Iron
	6-11 Months	2-4 fl. oz breastmilk1 or formula2, and 0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or or crackers (0-¼ oz. eq.) 6; or 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 a combination of both 4,5				Breast Milk/IFFormula	Breast Milk/IFFormula
							Animal Crackers
Lunch	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2				Sweet Potato	Carrots
	6-11 Months	6-8 fluid (fl.) oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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 combination of both4,5				Breast Milk/IFFormula	Breast Milk/IFFormula
							Breast Milk/IFFormula
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2				Cheese Cubes	Baked Beans
	6-11 Months	6-8 fluid (fl.) oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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 combination of both4,5				Apple	Sweet Potato
							Breast Milk/IFFormula
					Breast Milk/IFFormula	Breast Milk/IFFormula	
						Rice Infant Cereal	Oatmeal Infant Cereal
						Apple/Strawber./Bannan	Green Beans

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- 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.
  - Infant formula and dry infant cereal must be iron-fortified.
  - Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
  - A serving of this component is required when the infant is developmentally ready to accept it.
  - Fruit and vegetable juices must not be served.
  - 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.
  - 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 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Breakfast	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
	6-11 Months	6-8 fl. oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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 combination of both4,5	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	
			Apples	Sweet Potato	Green Beans	Carrots	Bananas
AM Snack	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 / Iron
	6-11 Months	2-4 fl. oz breastmilk1 or formula2, and 0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or or crackers (0-¼ oz. eq.) 6; or 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 a combination of both 4,5	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers	
			Bananas	Carrots	Apples	Sweet Potato	Carrots
Lunch	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
	6-11 Months	6-8 fluid (fl.) oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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 combination of both4,5	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans	
			Green Beans	Apple/Strawber./Bannan	Bananas	Apple	Sweet Potato
Supper	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
	6-11 Months	6-8 fluid (fl.) oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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 combination of both4,5	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal	
			Sweet Potato	Apples	Carrots	Apple/Strawber./Bannan	Green Beans

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  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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Breakfast	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
	6-11 Months	6-8 fl. oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-2 Tbsp. vegetables or fruit or a combination of both4,5	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
			Apples	Sweet Potato	Green Beans	Carrots	Bananas
AM Snack	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 / Iron
	6-11 Months	2-4 fl. oz breastmilk1 or formula2, and 0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or or crackers (0-¼ oz. eq.) 6; or 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	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-2 Tbsp. vegetables or fruit or a combination of both 4,5	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
			Bananas	Carrots	Apples	Sweet Potato	Carrots
Lunch	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
	6-11 Months	6-8 fluid (fl.) oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-2 Tbsp. vegetables or fruit or a combination of both4,5	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans
			Green Beans	Apple/Strawber./Bannan	Bananas	Apple	Sweet Potato
Supper	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
	6-11 Months	6-8 fluid (fl.) oz. breastmilk1 or formula2; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 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	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-2 Tbsp. vegetables or fruit or a combination of both4,5	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
			Sweet Potato	Apples	Carrots	Apple/Strawber./Bannan	Green Beans

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  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).
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Meal	Age	Portion Size/Component	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	
		Apples	Sweet Potato	Green Beans	Carrots	Bananas	
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk / Iron
	6-11 Months	2-4 fl. oz breastmilk <sup>1</sup> or formula <sup>2</sup> , and 0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or or crackers (0-¼ oz. eq.) 6; or 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 a combination of both 4,5	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers	
		Bananas	Carrots	Apples	Sweet Potato	Carrots	
Lunch	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans	
		Green Beans	Apple/Strawber./Bannan	Bananas	Apple	Sweet Potato	
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; and 0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2, meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and 0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal	
		Sweet Potato	Apples	Carrots	Apple/Strawber./Bannan	Green Beans	

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  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 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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, cooked dry beans or cooked dry peas; or	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and					
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Apples	Sweet Potato	Green Beans	Carrots	Bananas
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk / Iron
	6-11 Months	2-4 fl. oz. breastmilk <sup>1</sup> or formula <sup>2</sup> , 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
		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 a combination of both 4,5	Bananas	Carrots	Apples	Sweet Potato	Carrots
Lunch	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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, cooked dry beans or cooked dry peas; or	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans
		0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. or ½ cup yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and					
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Green Beans	Apple/Strawber./Bannan	Bananas	Apple	Sweet Potato
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup>	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk <sup>1</sup> or formula <sup>2</sup> ; 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, cooked dry beans or cooked dry peas; or	Oatmeal Infant Cereal	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 yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and					
		0-2 Tbsp. vegetables or fruit or a combination of both <sup>4,5</sup>	Sweet Potato	Apples	Carrots	Apple/Strawber./Bannan	Green Beans

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