CACFP WEI	EKLY MEN	U Center: Play Academy	Month:	January	Date: 1	to 31	
Meal	Age	Portion Size/Component	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2			HRPPY NEW YEAR	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		6-8 fl. oz. breastmilk1 or formula2; and			HULL.	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
		meat, fish, poultry, whole egg,			ALL CONTRACTOR OF THE PARTY OF	Oatmeal Infant Cereal	Rice Infant Cereal
	6-11	cooked dry beans or cooked dry peas; or			1 75		
Breakfast	Months	0-2 oz. cheese; or					
		0-4 oz. (volume) cottage cheese; or					
		0-4 oz. or ½ cup yogurt3; or a			X.		
		combination of the above4; and				Carrets	Bananas
		0-2 Tbsp. vegetables or fruit or a combination of both4,5				Carrots	Bananas
	Birth-5	Combination of both4,5			APPY NEW YEAR	Breast Milk/IFIFormula	Breast Milk / Iron
		4-6 fluid (fl.) oz. breastmilk1 or formula2			Y Common Trans	Breast Willk/IFIFOITIfula	breast wilk / Iron
		2-4 fl. oz breastmilk1 or formula2, and			65	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or				brease willight it official	Dreast William II of frida
		or crackers (0-¼ oz. eq.) 6; or				Animal Crackers	Graham Crackers
AM Snack	6-11	0-4 Tbsp. infant cereal (0-1/2 oz. eq.) 2,6; or			2025		
	Months	ready-to-eat breakfast cereal (0-¼ oz eq)4,6,7; and					
		0-2 Tbsp. vegetables or fruit or				Sweet Potato	Carrots
		a combination of both 4,5					
	Birth-5					Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2			Happy	d and a second	
		6-8 fluid (fl.) oz. breastmilk1 or formula2; and			New year	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			THE PERSON NAMED IN		
Lunch	Months	0-2 oz. cheese; or				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				Apple	Sweet Potato
		combination of both4,5			·OAOE	, the ic	Sweet Fototo
	Birth-5				*ZUZO	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	Months	4-6 fluid (fl.) oz. breastmilk1 or formula2			0 -0 1		
		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			000	Rice Infant Cereal	Oatmeal Infant Cereal
	Months	0-2 oz. cheese; or			13 (3)		
		0-4 oz. (volume) cottage cheese; or	l				
		0-4 oz. or ½ cup yogurt3; or a					
		combination of the above4; and	-			A 1 /5: 1 /5	
		0-2 Tbsp. vegetables or fruit or a				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.
- 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 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
	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
		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	Droost Mille/IEIEormula	Droost Mills/IEIEormula	Breast Milk/IFIFormula	Droost Mills/IEIEormula	Droost Mills/IEIEormula
		4-6 fluid (fl.) oz. breastmilk1 or formula2	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Wilk/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 wilky if it of fittala	breast wilk/ii ii oriiiula	breast wilky if it official	breast wilky if it of fittala	breast wilk/ii ii oriiiula
		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	,	0			
		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./Bannar	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
		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,					
		cooked dry beans or cooked dry peas; or	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
Supper		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	Courset Detects	Analaa	C	A source /Chance in a source	C B
		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	L		l	l

- 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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
	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
	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,					
Lunch		cooked dry beans or cooked dry peas; or 0-2 oz. cheese; or	Sliced Turkey	String Cheese	Vogurt	Cheese Cubes	Baked Beans
Lunch		0-4 oz. (volume) cottage cheese; or	Siliced fulkey	String Cheese	Yogurt	Cheese Cubes	Dakeu Dealis
		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	Green Beans	, ippic, scrawscii, saimai	Sananas	, topic	Sweet Foldes
	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	,	,	, , , , , , , , , , , , , , , , , , , ,	,	
Supper		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 ( 0-1/2 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 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
	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	D A A:II. /IEIE	Dana at Mille /IEIE a manula
		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
Lancin	IVIOIICIIS	0-4 oz. (volume) cottage cheese; or	Sheed rankey	String Cheese	loguit	Cheese cubes	Bakea 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					

- 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.
- ${\bf 2.}$  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.
- $\textbf{4.} \ \textbf{A} \ \textbf{serving of this component is required when the infant is developmentally ready to accept it.}$
- $\textbf{5.} \ \textbf{Fruit and vegetable juices must not be served}.$
- 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
	Birth-5		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
		0-1/2 slice of bread/bread-like items (0-1/2 oz. eq.) 6; or					
		or crackers (0-¼ oz. eq.) 6; or	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
AM Snack	6-11	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		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,					
		cooked dry beans or cooked dry peas; or	l				
Lunch		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	Bananas	Apple	Sweet Potato
	Birth-5	combination of both4,5	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
		4-6 fluid (fl.) oz. breastmilk1 or formula2	Breast Willky Fricorniula	breast wilk/iriroilliula	breast wilk/iriroilliula	breast willky ir ir of fillula	breast wilk/iriroilliula
-		6-8 fluid (fl.) oz. breastmik1 or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IEIEormula
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,	brease willight it official	Dreast Wilky II II Officia	breast wilky it it or maia	breast wilky if it of mala	Dreast Willie, II II Officia
		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	Gutinear mane genear	Tilde mane dereal	outmear mane cerear	The mane sereal	With the second
омрре.		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 Reans

- 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.
- ${\bf 2.}$  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