CACFP WEE		U Center: Play Academy	Month:	April	Date: 1	to 30	
Meal	Age	Portion Size/Component	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	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
		0-4 Tbsp. infant cereal ( 0-1/2 oz. eq.) 2,					
		meat, fish, poultry, whole egg,		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		Sweet Potato	Green Beans	Carrots	Bananas
		combination of both4,5					
	Birth-5			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
		0-1/2 slice of bread/bread-like items (0-1/2 oz. eq.) 6; or					
		or crackers (0-¼ oz. eq.) 6; or		Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
AM Snack	6-11	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		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
		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,					
		meat, fish, poultry, whole egg,					
		cooked dry beans or cooked dry peas; or					
Lunch	Months	0-2 oz. cheese; or		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		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
		4-6 fluid (fl.) oz. breastmilk1 or formula2				D	
		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,					
	C 44	meat, fish, poultry, whole egg,		Dias Infrat Coursel	Onterna linfort Coursel	Dias Jufant Canad	Multimain Infant Course
C	6-11	cooked dry beans or cooked dry peas; or		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		Analaa	Council	A sur la (Chanaich an /C	Cara Para
		0-2 Tbsp. vegetables or fruit or a		Apples	Carrots	Apple/Strawber./Bannar	Green Beans
		combination of both4,5	I	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.

Age	Portion Size/Component	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
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			-		
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
6-11	0-4 Tbsp. infant cereal (0-1/2 oz. eq.) 2,6; or					
Months						
	0-2 Tbsp. vegetables or fruit or	Bananas	Carrots	Apples	Sweet Potato	Carrots
	a combination of both 4,5					
		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
Months						
		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
Dirth E		Proast Milk/IEIEormula	Proact Milk /IEIEormula	Broast Milk/IEIEormula	Proact Milk/IEIEormula	Breast Milk/IFIFormula
	4.6 fluid (fl.) oz. brosstmilk1 or formula?	Diedst Wilky FFOITIUId	bredst willky ir ir of filling	bredst willky informula	breast will ky ir ir of filling	bredst willky ir ir official
WORTHS		Breast Milk/IEIFormula	Breast Milk/IEIEormula	Breast Milk/IEIEormula	Breast Milk/IEIEormula	Breast Milk/IFIFormula
		brease winky in it official	breast wilky in it official	brease willight in ormala	brease willight in ormana	breast winky if it offitiala
6-11		Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
-		Outmean mane cerear	Nice mane cerear			Mangrain mane cerea
	· · ·	Sweet Potato	Apples	Carrots	Apple/Strawber./Bannar	Green Beans
	combination of both4,5					
	Months 6-11 Months Birth-5 Months 6-11 Months 6-11 Months 6-11 Months 6-11 Months 6-11 6-11 6-11	Months4-6 fluid (fl.) oz. breastmilk1 or formula2; and6-8 fl. oz. breastmilk1 or formula2; and0-4 Tbsp. infant cereal (0-½ oz. eq.) 2, meat, fish, poultry, whole egg,6-11cooked dry beans or cooked dry peas; orMonths0-2 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 both4,5Birth-52-4 fl. oz breastmilk1 or formula2, and 0-½ slice of bread/bread-like items (0-½ oz. eq.) 6; or or crackers (0-½ oz. eq.) 6; or or crackers (0-½ oz. eq.) 6; or6-110-4 Tbsp. infant cereal (0-½ oz. eq.) 2,6; or ready-to-eat breakfast cereal (0-½ oz. eq.) 2,6; or a combination of both 4,5Birth-5	Months4-6 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 0-4 oz. (volume) cottage cheese; or or crackers (0-½ oz. eq.) 6; or ready-to-eat breakfast cereal (0-½ oz. eq.) 2, for ready-to-eat breakfast cereal (0-½ oz. eq.) 2, for meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; or 0-4 oz. (volume) cottage cheese; or 0-4 oz. (volume) cottage ch	Months         4-6 fluid (fl.) oz. breastmilk1 or formula2; and G-8 fl. oz. breastmilk2 or formula2; and G-11 Months         Breast Milk/IFIFormula         Breast Milk/IFIFormula           6-11 Months         G-2 meat, fish, poultry, whole egg, cocked dry beans or cocked dry peas; or O-4 oz. (volume) cottage cheese; or O-4 oz. or X cup yogurt3; or a combination of the above4; and O-2 Tbsp. vegetables or fruit or a combination of both4,5         Rice Infant Cereal         Oatmeal Infant Cereal           Birth-5         A-6 fluid (fl.) oz. breastmilk1 or formula2, and O-7 scice of 0-4 oz. (volume) cottage cheese; or O-4 doz. (volume) cottage cheese; or O-4 fluid (fl.) oz. breastmilk1 or formula2.         Breast Milk/IFIFormula         Breast Milk/IFIFormula           8irth-5         A-6 fluid (fl.) oz. breastmilk1 or formula2, and O-7 scracker (0-4 oz. eq.) 6; or or crackers (0-4 oz. eq.) 6; or or crackers (0-4 oz. eq.) 6; or or crackers (0-4 oz. eq.) 2; or or crackers (0-4 oz. eq.) 2; or a combination of both 4,5         Breast Milk/IFIFormula         Breast Milk/IFIFormula           Birth-5         A-6 fluid (fl.) oz. breastmilk1 or formula2; and O-4 Tbsp. infant cereal (0-4 oz. eq.) 2; meat, fish, pouttry, whole egg, cocked dry beans or cooked dry peas; or O-4 oz. or X cup yogur3; or a combination of both 4,5         Breast Milk/IFIFormula         Breast Milk/IFIFormula           Birth-5         -2 oz. cheese; or O-4 oz. or X cup yogur3; or a combination of both 4,5         Breast Milk/IFIFor	Months         4-6 fluid (fl.) oz. breastmilk1 or formula2; and O-4 Tbsp. infant cereal (0-% oz. eq.) 2, meat, fish, poultry, whole egg, 0-2 oz. cheese; or O-4 oz. (volume) cottage cheese; or O-4 oz. or % cup yogurt3; or a combination of both4,5         Apples         Sweet Potato         Green Beans           Birth-5         4-6 fluid (fl.) oz. breastmilk1 or formula2, or crackers (0-% oz. eq.) 6; or or crackers (0-% oz. eq.) 6; or or crackers (0-% oz. eq.) 6; or or crackers (0-% oz. eq.) 2; or a combination of both 4,5         Breast Milk/IFIFormula         Breast Milk/IFIFormula         Breast Milk/IFIFormula           0-3 Tbsp. vegetables or fruit or a combination of both 4,5         Breast Milk/IFIFormula         Breast Milk/IFIFormula         Breast Milk/IFIFormula           0-4 Tbsp. infant cereal (0-% oz. eq.) 2;; or mat, fish, poultry, whole egg.         Bananas         Carrots         Apples           8irth-5         8-6 fluid (fl.) oz. breastmilk1 or formula2; and 0-2 Tbsp. vegetables or fruit or a combination of the above4; and         Breast Milk/IFIFormula         Breast Milk/IFIFormula         Breast Milk/IFIFormula         Breast Milk/IFIFormula           8-6 fluid (fl.) oz. breastmilk1 or formula2; and or ontination of the above4; and         Breast Milk/IFIFormula         Breast Milk/IFIFormula         Breast Milk/IFIFormula	Months         4-6 fluid (fl.) oz. breastmilk.or formula2, and 0 4 Thap. Infant cereal (0 ½ oz. eq.) 2, meat, fish, poutry, whole egg, 0 4 0z. or ½ cup yogur13; or a combination of the above4; and 0 2 Thap. englate of pensor combet, and 0 2 Thap. englate of pensor, and 0 2 Thap. englate of pen

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.

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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.

Meal	Age	Portion Size/Component	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
	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
	ľ	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					
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					C 10.1
		0-2 Tbsp. vegetables or fruit or a combination of both4,5	Green Beans	Apple/Strawber./Bannar	Bananas	Apple	Sweet Potato
	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	breast wilky if it official	breast wilk/in it official	breast wilky if it of filua		breast which it is official
- F		6-8 fluid (fl.) oz. breastmikt or formula2; and	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	-	$0-4$ Tbsp. infant cereal ( $0-\frac{1}{2}$ oz. eq.) 2,	Dicuse winty if it official	breast winky in it official	Dicust willy in orritold	brease winty if it of findia	Diedse wing it it official
		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					
	-	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.

**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.

Meal	Age	Portion Size/Component	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
	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	D	Comoto	Annia	Current Destantes	Coursets
		0-2 Tbsp. vegetables or fruit or a combination of both 4.5	Bananas	Carrots	Apples	Sweet Potato	Carrots
	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	Breast Willk/IFIFOrmula	Breast Willk/IFIFOrmula	Bredst Wilk/IFIFOrmula	Breast Willk/IFIFOrmula	Bredst Willk/IFIFOrmula
		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,	brease willight in orthold	brease winky if it offitiala	Dicase wilky if it offitiala	breast willight in ormalia	Dicase wilky if it offitiala
		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	oneed rankey		logure		Banca Beans
		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
	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 ( 0-1/2 oz. eq.) 2,					
		meat, fish, poultry, whole egg,					
Supper	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		al opportunity provider			

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Meal	Age	Portion Size/Component	Monday 28	Tuesday 29	Wednesday 30	Thursday	Friday
	Birth-5		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		
		0-4 Tbsp. infant cereal ( 0-½ oz. eq.) 2,					
		meat, fish, poultry, whole egg,	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain 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		
		combination of both4,5					
	Birth-5		Breast Milk/IFIFormula	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	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		
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		
		a combination of both 4,5					
	Birth-5		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		
		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					
Lunch	Months	0-2 oz. cheese; or	Sliced Turkey	String Cheese	Yogurt		
		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		
		combination of both4,5					
	Birth-5		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		
		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		
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		
		combination of both4,5					
			This institution is an equ	al apportunity 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.