

CACFP WEEKLY MENU			Center: <b>Play Academy</b>	Month: <b>April</b>	Date: <b>1</b>	to <b>30</b>		
Meal	Age	Portion Size/Component	Monday	Tuesday <b>1</b>	Wednesday <b>2</b>	Thursday <b>3</b>	Friday <b>4</b>	
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2		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	
				Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	
				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 / 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	
				Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers	
				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	
	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	
				String Cheese	Yogurt	Cheese Cubes	Baked 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	
	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	
				Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal	
				Apples	Carrots	Apple/Strawber./Bannan	Green Beans	

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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 <sup>7</sup>	Tuesday <sup>8</sup>	Wednesday <sup>9</sup>	Thursday <sup>10</sup>	Friday <sup>11</sup>
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).
- oz eq = ounce equivalents

Meal	Age	Portion Size/Component	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
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	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 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	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	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 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	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	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 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	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	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 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	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 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
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 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>	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) <sup>4,6,7</sup> ; 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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  4. A serving of this component is required when the infant is developmentally ready to accept it.
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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.
  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 28	Tuesday 29	Wednesday 30	Thursday	Friday
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2	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		
		Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal			
		Apples	Sweet Potato	Green Beans			
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula		
	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		
		White Bread	Cheerios	Goldfish Crackers			
		Bananas	Carrots	Apples			
Lunch	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2	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		
		Sliced Turkey	String Cheese	Yogurt			
		Green Beans	Apple/Strawber./Bannan	Bananas			
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk1 or formula2	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		
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