

	Week 1						
Meal	Age	Portion Size/Component	Monday	September Tuesday ¹	Wednesday ²	Thursday ³	Friday ⁴
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and		Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Oatmeal Infant Cereal		Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}		Sweet Potato	Green Beans	Carrots	Bananas
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² , and		Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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	Cheerios		Goldfish Crackers	Animal Crackers	Graham Crackers
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}		Carrots	Apples	Sweet Potato	Carrots
Lunch	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and		Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	String Cheese		Yogurt	Cheese Cubes	Baked Beans
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}		Apple / Strawberry / Banana	Bananas	Apple	Sweet Potato
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²		Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and		Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Rice Infant Cereal		Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}		Apples	Carrots	Apple / Strawberry / Banana	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

	Week 1						
Mea	Age	Portion Size/Component	Monday7	Tuesday8	Wednesday9	Thursday10	Friday11
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk¹ or formula²	HOLIDAY: Labor Day	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 / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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		Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both¹, ⁵		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
	6-11 Months	2-4 fl. oz breastmilk¹ or formula², and		Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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, ⁴; or ready-to-eat breakfast cereal (0-¼ oz eq)⁴, ⁶, ⁷; and		Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
		0-2 Tbsp. vegetables or fruit or a combination of both¹, ⁵		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		Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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		String Cheese	Yogurt	Cheese Cubes	Baked Beans
		0-2 Tbsp. vegetables or fruit or a combination of both¹, ⁵		Apple / Strawberry / Banana	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	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	
		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	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal	
		0-2 Tbsp. vegetables or fruit or a combination of both¹, ⁵	Apples	Carrots	Apple / Strawberry / Banana	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

	Week 1						
Mea	Age	Portion Size/Component	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Apples	Sweet Potato	Green Beans	Carrots	Bananas
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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) ^{6, 7} ; and	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
		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 ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Green Beans	Apple / Strawberry / Banana	Bananas	Apple	Sweet Potato
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Sweet Potato	Apples	Carrots	Apple / Strawberry / Banana	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

	Week 1						
Mea	Age	Portion Size/Component	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Apples	Sweet Potato	Green Beans	Carrots	Bananas
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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.) ^{6, 7} ; and	White Bread	Cheerios	Goldfish Crackers	Animal Crackers	Graham Crackers
		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 ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Sliced Turkey	String Cheese	Yogurt	Cheese Cubes	Baked Beans
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Green Beans	Apple / Strawberry / Banana	Bananas	Apple	Sweet Potato
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula
		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 ³ ; or a combination of the above ⁴ ; and	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal	Rice Infant Cereal	Multigrain Infant Cereal
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Sweet Potato	Apples	Carrots	Apple / Strawberry / Banana	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).

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	Week 1						
Mea	Age	Portion Size/Component	Monday 28	Tuesday 29	Wednesday 30	Thursday	Friday
Breakfast	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula		
	6-11 Months	6-8 fl. oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula		
		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 ³ ; or a combination of the above ⁴ ; and	Rice Infant Cereal	Oatmeal Infant Cereal	Multigrain Infant Cereal		
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Apples	Sweet Potato	Green Beans		
AM Snack	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula		
	6-11 Months	2-4 fl. oz breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula		
		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) ^{6, 7} ; and	White Bread	Cheerios	Goldfish Crackers		
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Bananas	Carrots	Apples		
Lunch	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula		
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula		
		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 ³ ; or a combination of the above ⁴ ; and	Sliced Turkey	String Cheese	Yogurt		
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Green Beans	Apple / Strawberry / Banana	Bananas		
Supper	Birth-5 Months	4-6 fluid (fl.) oz. breastmilk ¹ or formula ²	Breast Milk/IFIFormula	Breast Milk/IFIFormula	Breast Milk/IFIFormula		
	6-11 Months	6-8 fluid (fl.) oz. breastmilk ¹ or formula ² ; and	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula	Breast Milk / Iron-Fortified Formula		
		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 ³ ; or a combination of the above ⁴ ; and	Oatmeal Infant Cereal	Rice Infant Cereal	Oatmeal Infant Cereal		
		0-2 Tbsp. vegetables or fruit or a combination of both ^{4, 5}	Sweet Potato	Apples	Carrots		

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