

Date: \_\_\_\_\_

Center: \_\_\_\_\_

NSP or CA: \_\_\_\_\_

Meal	Menu Items Birth to 3 Months	Menu Items 4 to 7 Months	Menu Items 8 to 11 Months	Menu Items 1 to 2 Years Old (whole milk) 2 to 3 Years Old (1% milk)	Menu Items 3 to 5 Years Old (1% milk)
<b>Monday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Strawberries Multigrain toast Hard-cooked egg Milk	Strawberries Multigrain toast Hard-cooked egg Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed beans	6–8 oz breast milk or formula 2–4 T infant cereal or 1–4 T peeled softened pear <i>and</i> 1–4 T beans	Bean & pasta soup Lettuce & spinach salad with ranch dressing Italian bread Pears Milk	Bean & pasta soup Lettuce & spinach salad with ranch dressing Italian bread Pears Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cheddar cheese 0–2 saltine crackers	Lowfat cream cheese Saltine crackers Milk	Celery with sunflower butter & raisins Saltine crackers Milk
<b>Tuesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T mashed banana	Banana Lemon poppyseed muffin Milk	Banana Lemon poppyseed muffin Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peach	6–8 oz breast milk or formula 2–4 T infant cereal or 1–4 T plain ground beef <i>and</i> 1–4 T green beans	Spaghetti with meat sauce Lettuce & carrot salad Vienna bread Peaches Milk	Spaghetti with meat sauce Lettuce & carrot salad Vienna bread Peaches Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T diced peach 0–½ slice plain toast	Peeled orange pieces Soft bread stick Milk	Orange pieces Bread stick Milk
<b>Wednesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T diced banana	Orange juice Wheat english muffin Milk	Orange juice Wheat english muffin Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed potato	6–8 oz breast milk or formula 2–4 T infant cereal or ½–2 oz turkey <i>and</i> 1–4 T mashed potato	Roasted turkey Mashed potatoes Cooked broccoli Wheat dinner roll Milk	Roasted turkey Mashed potatoes Cooked broccoli Wheat dinner roll Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 0–2 plain crackers 1–4 T cooked carrot pieces	Parboiled baby carrots Wheat crackers Milk	Baby carrots & dip Wheat crackers Milk

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<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T peeled softened pear	Pear pieces Rice squares cereal Milk	Pear pieces Rice squares cereal Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T applesauce	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T diced chicken <i>and</i> 1–4 T diced peeled apple	Baked chicken breast Corn Apple chunks with strawberry yogurt Wheat bread with butter Milk	Baked chicken breast Corn Apple chunks with strawberry yogurt Wheat bread with butter Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T applesauce 0–2 graham crackers	Pineapple chunks Pumpkin oat muffin Milk	Pineapple chunks Pumpkin oat muffin Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T mashed melon	Strawberries Biscuits with cinnamon Milk	Strawberries Biscuits with cinnamon Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed melon	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz ground turkey <i>and</i> 1–4 T chopped steamed cauliflower	Turkey chili with cheddar cheese Steamed cauliflower Honeydew melon Cornbread Milk	Turkey chili with cheddar cheese Raw cauliflower Honeydew melon Cornbread Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula ½–2 oz cheddar cheese 0–2 wheat crackers	String cheese Wheat crackers Milk	String cheese Wheat crackers Milk

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<b>Monday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Apple juice Multigrain toast with margarine Milk	Apple juice Toasted plain bagel Lowfat cream cheese Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed sweet potato	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T sweet potato <i>and</i> 1–4 T cottage cheese	Baked fish fillet Sweet potato wedges Veggie blend Rye bread Milk	Baked fish fillet Sweet potato wedges Veggie blend Rye bread Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T peach chunks 0–2 plain crackers	Peaches Zucchini bread Milk	Peaches Zucchini bread Milk
<b>Tuesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T diced pear	Diced pear Cinnamon swirl toast Milk	Diced pear Cinnamon swirl toast Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T applesauce	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cheese <i>and</i> 1–4 T applesauce	Creamy veggie soup Wheat bread & cheese sandwich Cooked broccoli Peeled apple pieces Milk	Creamy veggie soup Wheat bread & cheese sandwich Raw broccoli Apple slices Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T mashed banana 0–2 graham crackers	Fruit yogurt Trail mix Milk	Fruit yogurt Trail mix Milk
<b>Wednesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T mashed banana	Orange slices Crisp rice cereal Milk	Orange slices Crisp rice cereal Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peach	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T ground beef <i>and</i> 1–4 T green beans	Beef & cheese lasagna Green beans Peaches Vienna bread Milk	Beef & cheese lasagna Green beans Peaches Vienna bread Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T diced peach 0–2 graham crackers	Pineapple chunks Graham crackers Milk	Pineapple chunks Graham crackers Milk

<b>Meal</b>	<b>Menu Items Birth to 3 Months</b>	<b>Menu Items 4 to 7 Months</b>	<b>Menu Items 8 to 11 Months</b>	<b>Menu Items 1 to 2 Years Old (whole milk) 2 to 3 Years Old (1% milk)</b>	<b>Menu Items 3 to 5 Years Old (1% milk)</b>
<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T diced cantaloupe	Cantaloupe Wheat english muffin Milk	Cantaloupe Wheat english muffin Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peas	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T chicken <i>and</i> 1–2 T cooked peas	Chicken a la King Fruit salad Peas & carrots Biscuit Milk	Chicken a la King Fruit salad Peas & carrots Biscuit Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T applesauce 2–4 animal crackers	Applesauce Multigrain toast with melted mozzarella cheese Milk	Applesauce Multigrain toast with melted mozzarella cheese Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T mashed banana	Orange juice Pancakes with apricot cream Milk	Orange juice Pancakes with apricot cream Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed carrot	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T diced beef <i>and</i> 1–4 T cooked carrot	Beef pot roast Boiled potatoes & carrots Banana & strawberry salad Wheat dinner roll Milk	Beef pot roast Boiled potatoes & carrots Banana & strawberry salad Wheat dinner roll Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T mashed blueberries 0–½ slice multigrain toast	Blueberries Morning Glory muffins Milk	Blueberries Morning Glory muffins Milk

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<b>Monday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T melon pieces	Peeled orange pieces Wheat english muffin Milk	Orange slices Wheat english muffin Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed sweet potato	6–8 oz breast milk or formula 2–4 T infant cereal or 1–4 T chicken breast <i>and</i> 1–4 T mashed sweet potato	Baked chicken breast Long grain brown rice Sweet potatoes wedges Melon cubes Milk	Baked chicken breast Long grain brown rice Sweet potatoes wedges Melon cubes Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T banana pieces 0–½ slice wheat toast	Banana Wheat toast with margarine Milk	Banana Wheat toast with sunflower butter Milk
<b>Tuesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Strawberries Kix cereal Milk	Strawberries Kix Cereal Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3T mashed banana	6–8 oz breast milk or formula 2–4 T infant cereal or ½–2 oz cheese <i>and</i> 1–4 T banana pieces	Tuna salad Romaine salad with cucumber Kiwi & banana Pita bread Milk	Tuna salad Romaine salad with cucumber Kiwi & banana Pita bread Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T mashed cooked broccoli 0–½ slice toasted pita	Cooked broccoli Macaroni & cheese Milk	Raw broccoli Macaroni & cheese Milk
<b>Wednesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T chopped pear	Pear pieces Wheat toast with margarine Milk	Pear pieces Wheat toast with jelly Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peas	6–8 oz breast milk or formula 2–4 T infant cereal or 1–4 T pork roast <i>and</i> 1–4 T cooked peas	Pork roast Egg noodles Peas and cauliflower pieces Peaches Milk	Pork roast Egg noodles Crunchy pea salad Peaches Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cooked carrot pieces 0–½ slice wheat toast	Parboiled baby carrots Parmesan cheese crisps Milk	Baby carrots with dip Parmesan cheese crisps Milk

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<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T diced cantaloupe	White grape juice Cranberry oat bread Milk	White grape juice Cranberry oat bread Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed cantaloupe	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T turkey <i>and</i> 1–4 T diced cooked broccoli	Turkey stir-fry with carrot, broccoli, & green pepper Brown rice Cantaloupe Milk	Turkey stir-fry with carrot, broccoli, & green pepper Brown rice Cantaloupe Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T diced cooked apple 0–2 graham crackers	Peeled apple pieces Graham crackers Lemon fruit dip Milk	Apple slices Graham crackers Lemon fruit dip Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T diced peach	Banana & peach smoothie Waffles Milk	Banana & peach smoothie Waffles Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T peach puree	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cheese <i>and</i> 1–4 T applesauce	Bean & cheese burrito Spinach & lettuce salad Applesauce Milk	Bean & cheese burrito Sour cream Spinach & lettuce salad with tomato pieces Applesauce Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T mashed banana 0–½ slice multigrain toast	Yogurt & raspberries Multigrain toast Milk	Yogurt & raspberries Multigrain toast Milk

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<b>Monday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Chipped apple Multigrain toast with margarine Milk	Apple slices Multigrain toast with margarine Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peas	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz ground beef <i>and</i> 1–4 T peas	Spaghetti & meat sauce Peas & corn mix Bread stick Diced pear Milk	Spaghetti & meat sauce Peas & corn mix Bread stick Diced pear Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T diced cantaloupe 0–½ slice wheat toast	Cantaloupe pieces Toasted bagel with margarine Milk	Cantaloupe pieces Plain bagel with lowfat cream cheese Milk
<b>Tuesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Applesauce Pancakes Milk	Applesauce Pancakes Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed melon	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T green beans <i>and</i> 1–4 T chopped melon	Salmon patty Rice pilaf Green beans Melon Milk	Salmon patty Rice pilaf Green beans Melon Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula ½–2 oz cheese 0–2 plain crackers	Pineapple Cheese chunks Plain crackers Milk	Pineapple Cheese chunks Triscuit crackers Milk
<b>Wednesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Orange juice Biscuits Milk	Orange juice Biscuits Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed apricot	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cheese <i>and</i> 1–4 T baked potato	Cheeseburger on a bun Baked potato wedges Baked beans Tomato slices Milk	Cheeseburgers on bun Baked potato wedges Baked beans Tomato slices Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T mashed apricot 0–2 saltine crackers	Diced apricot Blueberry scone Milk	Diced apricot Blueberry scone Milk

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<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T cut banana	Banana Oatmeal Milk	Banana Oatmeal Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed banana	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T plain chicken <i>and</i> 1–4 T chopped cooked broccoli	Chicken corn chowder Cooked broccoli Peaches Saltine crackers Milk	Chicken corn chowder Raw broccoli Peaches Saltine crackers Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T diced cooked apple 0–2 graham crackers	Chipped apple Baked tortilla chips Milk	Apple slices Veggie tortilla triangles Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Orange chunks Apple cinnamon muffins Milk	Oranges slices Apple cinnamon muffins Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed green beans	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T plain ground beef <i>and</i> 1–4 T cooked green beans	Ground beef & vegetable pizza Romaine & spinach salad Fruit cocktail Lowfat cottage cheese Milk	Ground beef & vegetable pizza Romaine & spinach salad Fruit cocktail Lowfat cottage cheese Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cottage cheese 1–2 plain crackers	Raspberries Cheerios Milk	Raspberries Cheerios Milk

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<b>Monday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	French toast Applesauce Milk	French toast Applesauce Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peas	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T chicken <i>and</i> 1–4 T peas	Chicken pot pie Lettuce salad Orange slices Vienna bread Milk	Chicken pot pie Lettuce salad Orange slices Vienna bread Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cut seeded cucumber 0–2 plain crackers	Cucumber slices Lowfat cottage cheese Plain crackers Milk	Cucumber slices Lowfat cottage cheese Plain crackers Milk
<b>Tuesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T mashed banana	Banana Bran muffin Milk	Banana Bran muffin Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed cooked carrot	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cottage cheese <i>and</i> 1–4 T cooked potato	Beef ring bologna Cooked potatoes & carrots Fruit compote Wheat bread Milk	Beef ring bologna Cooked potatoes & carrots Fruit compote Wheat bread Mil
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cooked cut carrot 0–2 plain crackers	Cherry tomato slices Savory trail mix Milk	Cherry tomato halves Savory trail mix Milk
<b>Wednesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T chopped apricot	Scrambled eggs Wheat english muffin with margarine Orange juice Milk	Scrambled eggs Wheat english muffin with margarine Orange juice Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed apricot	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T plain ground beef <i>and</i> 1–4 T peas	Beef stroganoff Egg noodles Veggie blend Yam sticks Apricots Milk	Beef stroganoff Egg noodles Veggie blend Yam sticks Apricots Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T applesauce 0–2 graham crackers	Pineapple chunks Graham crackers Milk	Pineapple chunks Graham crackers Milk

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<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Strawberries Croissant Milk	Strawberries Croissant Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T applesauce	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T plain ground beef <i>and</i> 1–4 T chopped baked potato	Sloppy Joes on a bun Baked potato wedges Green pepper slices Chopped apples Milk	Sloppy Joes on a bun Baked potato wedges Green pepper slices Chopped apples Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cooked apple 0–2 plain crackers	Cheese quesadilla with salsa dip Milk	Cheese quesadilla with salsa dip Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T chopped peach	Fruit Cocktail Wheat toast with margarine Milk	Fruit Cocktail Wheat toast with margarine Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed potato	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T diced chicked <i>and</i> 1–4 T mashed potato	Chicken Legs Mashed Potatoes Apple slices Wheat dinner roll Milk	Chicken Legs Mashed Potatoes Apple slices Wheat dinner roll Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T chopped cooked broccoli 0–2 wheat crackers	Steamed broccoli & cauliflower Wheat crackers Milk	Raw broccoli & cauliflower Vegetable dip Wheat crackers Milk

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<b>Monday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Orange juice Waffles Strawberries Milk	Orange juice Waffles Strawberries Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed potato	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cheese <i>and</i> 1–4 T steamed broccoli	Roast turkey Mashed potatoes Steamed broccoli Cinnamon applesauce Wheat dinner roll Milk	Roast turkey Mashed potatoes Steamed broccoli Cinnamon applesauce Wheat dinner roll Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cooked carrot 0–2 saltine crackers	Cooked baby carrots Saltine crackers Milk	Baby carrots Dip Triscuit crackers Milk
<b>Tuesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T cut banana	Banana Blueberry muffin Milk	Banana Blueberry muffin Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed pear	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T plain chicken <i>and</i> 1–4 T diced pear	Chicken salad tortilla with cheese Lettuce & sliced tomato Corn Diced pear Milk	Chicken salad tortilla with cheese Lettuce & sliced tomato Corn Diced pear Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula ½–2 oz cheese 0–½ slice wheat toast	Peeled orange pieces Soft pretzel Milk	Orange wedges Soft pretzel Milk
<b>Wednesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Apple juice Pancakes Strawberries Milk	Apple juice Pancakes Strawberries Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed potato	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T meatloaf <i>and</i> 1–4 T mashed potato	Meatloaf Mashed potatoes Cooked broccoli & cauliflower Wheat bread Milk	Meatloaf Mashed potatoes Cooked broccoli & cauliflower Wheat bread Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 0–2 wheat crackers 1–4 T cooked carrot pieces	Parboiled carrot & jicama Wheat crackers Cottage cheese Milk	Carrot & jicama pieces Hard bread stick Cottage cheese Milk

<b>Meal</b>	<b>Menu Items Birth to 3 Months</b>	<b>Menu Items 4 to 7 Months</b>	<b>Menu Items 8 to 11 Months</b>	<b>Menu Items 1 to 2 Years Old (whole milk) 2 to 3 Years Old (1% milk)</b>	<b>Menu Items 3 to 5 Years Old (1% milk)</b>
<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T chopped melon	Honeydew melon Multigrain toast Milk	Honeydew melon Multigrain toast Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed melon	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cheese <i>and</i> 1–4 T peas	Fish filet Brown rice Peas Pineapple Milk	Fish filet Brown rice Peas Pineapple Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cooked apple 0–½ slice apple quick bread	Peeled apple pieces Apple quick bread Milk	Apple slices Apple quick bread Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T cut banana	Banana Corn flake cereal Milk	Banana Corn flake cereal Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peach	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cheese <i>and</i> 1–4 T chopped veggie blend	Egg–go–round Turkey sausage Garden blend veggies Peaches Wheat english muffin Milk	Egg–go–round Turkey sausage Garden blend veggies Peaches Wheat english muffin Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T diced peach 0–½ toasted english muffin	Mixed berries Vanilla yogurt Granola Milk	Mixed berries Vanilla yogurt Granola Milk

Date: \_\_\_\_\_

Center: \_\_\_\_\_

NSP or CA: \_\_\_\_\_

Meal	Menu Items Birth to 3 Months	Menu Items 4 to 7 Months	Menu Items 8 to 11 Months	Menu Items 1 to 2 Years Old (whole milk) 2 to 3 Years Old (1% milk)	Menu Items 3 to 5 Years Old (1% milk)
<b>Monday</b>					
Breakfast	4-6 oz breast milk or formula	4-8 oz breast milk or formula 0-3 T infant cereal	6-8 oz breast milk or formula 2-4 T infant cereal 1-4 T applesauce	Orange wedges Biscuit Milk	Orange wedges Biscuit Milk
Lunch	4-6 oz breast milk or formula	4-8 oz breast milk or formula 0-3 T infant cereal 0-3 T mashed green beans	6-8 oz breast milk or formula 2-4 T infant cereal <i>or</i> ½-2 oz cheese (noodles extra) <i>and</i> 1-4 T chopped beans	Ham & cheese noodle bake Green beans Fruit salad Milk	Ham & cheese noodle bake Green beans Fruit salad Milk
Snack	4-6 oz breast milk or formula	4-8 oz breast milk or formula	2-4 oz breast milk or formula 1-4 T diced apricot 0-½ slice wheat toast	Egg salad on wheat bread Milk	Egg salad on wheat bread Milk
<b>Tuesday</b>					
Breakfast	4-6 oz breast milk or formula	4-8 oz breast milk or formula 0-3 T infant cereal	6-8 oz breast milk or formula 2-4 T infant cereal 1-4 T cantaloupe	Diced apricot Light rye bread with melted mozzarella cheese Milk	Apricot Light rye bread with melted mozzarella cheese Milk
Lunch	4-6 oz breast milk or formula	4-8 oz breast milk or formula 0-3 T infant cereal 0-3 T mashed cantaloupe	6-8 oz breast milk or formula 2-4 T infant cereal <i>or</i> 1-4 T baked beans <i>and</i> 1-4 T potato wedges	Hamburger patty Bun Potato wedges Baked beans Cantaloupe Milk	Hamburger patty Bun Potato wedges Baked beans Cantaloupe Milk
Snack	4-6 oz breast milk or formula	4-8 oz breast milk or formula	2-4 oz breast milk or formula 1-4 T cooked apple 0-½ slice wheat toast	Apple chunks Pumpkin bread Milk	Apple slices Pumpkin bread Milk
<b>Wednesday</b>					
Breakfast	4-6 oz breast milk or formula	4-8 oz breast milk or formula 0-3 T infant cereal	6-8 oz breast milk or formula 2-4 T infant cereal 1-4 T chopped banana	Banana Wheat english muffin with margarine Milk	banana Wheat english muffin with margarine Milk
Lunch	4-6 oz breast milk or formula	4-8 oz breast milk or formula 0-3 T infant cereal 0-3 T mashed banana	6-8 oz breast milk or formula 2-4 T infant cereal <i>or</i> 1-4 T diced chicken <i>and</i> 1-4 T sweet potato	Chicken leg Baked sweet potato wedges Fruit salad Egg noodles Milk	Chicken leg Baked sweet potato wedges Fruit salad Egg noodles Milk
Snack	4-6 oz breast milk or formula	4-8 oz breast milk or formula	2-4 oz breast milk or formula 0-2 plain crackers 1-4 T cooked carrot	Parboiled baby carrots Wheat cinnamon sticks Milk	Parboiled baby carrots Wheat cinnamon sticks Milk

<b>Meal</b>	<b>Menu Items Birth to 3 Months</b>	<b>Menu Items 4 to 7 Months</b>	<b>Menu Items 8 to 11 Months</b>	<b>Menu Items 1 to 2 Years Old (whole milk) 2 to 3 Years Old (1% milk)</b>	<b>Menu Items 3 to 5 Years Old (1% milk)</b>
<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T chopped peach	Peaches Kix cereal Milk	Peaches Kix cereal Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed pear	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T hard-cooked egg yolk <i>and</i> 1–4 T pear	Tomato soup Hard-cooked egg quarters Toasted cheese on wheat bread Cooked & cut sugar snap peas Pears Milk	Tomato soup Hard-cooked egg quarters Toasted cheese on wheat bread Cooked & cut sugar snap peas Pears Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cottage cheese 0–2 wheat crackers	Cottage cheese Wheat crackers Milk	Cottage cheese Wheat crackers Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Mandarin orange & pineapple salad Multigrain toast Milk	Mandarin orange & pineapple salad Multigrain toast Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peach	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T mashed baked potato <i>and</i> ½–2 oz cheese	Baked fish fillets Baked potato Apple pieces Wheat dinner roll Milk	Baked fish fillets Baked potato Apple slices Wheat dinner roll Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T blueberries 0–½ slice wheat toast	Peaches & blueberries Toasted plain bagel with margarine Milk	Peaches & blueberries Plain bagel with margarine Milk

Date: \_\_\_\_\_

Center: \_\_\_\_\_

NSP or CA: \_\_\_\_\_

Meal	Menu Items Birth to 3 Months	Menu Items 4 to 7 Months	Menu Items 8 to 11 Months	Menu Items 1 to 2 Years Old (whole milk) 2 to 3 Years Old (1% milk)	Menu Items 3 to 5 Years Old (1% milk)
<b>Monday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T cut pear	Pears Pancakes Sugar-free maple syrup Milk	Pears Pancakes Sugar-free maple syrup Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed pear	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T plain chicken <i>and</i> 1–4 T mashed veggie blend	Italian seasoned chicken Lettuce & spinach salad with tomato & green pepper Veggie blend Fettuccini Milk	Italian seasoned chicken Lettuce & spinach salad with tomato & green pepper Veggie blend Fettuccini Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T applesauce 0–2 saltine crackers	Diced grapes Bran & raisin muffins Milk	Grape halves Bran & raisin muffins Milk
<b>Tuesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T cantaloupe	Orange juice Toasted blueberry bagel with margarine Milk	Orange juice Blueberry bagel with margarine Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed peach	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 T chicken <i>and</i> 1–4 T chopped cooked broccoli	Chicken broccoli dijon Brown rice Cantaloupe Dinner roll Milk	Chicken broccoli dijon Brown Rice Cantaloupe Dinner roll Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T vanilla yogurt 0–½ slice multigrain toast	Vanilla yogurt & raspberries Corn muffin Milk	Vanilla yogurt & raspberries Corn muffin Milk
<b>Wednesday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T cut banana	Banana Rice cereal Milk	Banana Rice cereal Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed potato	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> 1–4 T beef & beans <i>and</i> 1–4 T applesauce	Beef & bean tortillas Lettuce & tomato Cheese Salsa Apple slices Milk	Beef & bean tortillas Lettuce & tomato Cheese Salsa Apple slices Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T parboiled carrots 0–2 wheat crackers	Parboiled baby carrots Cheese cubes Wheat crackers Milk	Baby carrots Cheese cubes Wheat crackers Milk

<b>Meal</b>	<b>Menu Items Birth to 3 Months</b>	<b>Menu Items 4 to 7 Months</b>	<b>Menu Items 8 to 11 Months</b>	<b>Menu Items 1 to 2 Years Old (whole milk) 2 to 3 Years Old (1% milk)</b>	<b>Menu Items 3 to 5 Years Old (1% milk)</b>
<b>Thursday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Orange segments Wheat toast with margarine Milk	Orange segments Wheat toast with sunflower butter Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T applesauce	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cheese pieces <i>and</i> 1–4 T wax beans	BBQ chicken sandwich Bun Wax beans Fruit salad Milk	BBQ chicken sandwich Bun Wax beans Fruit salad Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T cut peach 0–½ slice wheat toast	Diced peach Wheat english muffin Milk	Peach pieces Wheat english muffin Milk
<b>Friday</b>					
Breakfast	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal	6–8 oz breast milk or formula 2–4 T infant cereal 1–4 T applesauce	Cinnamon applesauce French toast Milk	Cinnamon applesauce French toast Milk
Lunch	4–6 oz breast milk or formula	4–8 oz breast milk or formula 0–3 T infant cereal 0–3 T mashed banana	6–8 oz breast milk or formula 2–4 T infant cereal <i>or</i> ½–2 oz cottage cheese <i>and</i> 1–4 T diced beet	Baked macaroni & cheese Cottage cheese Beets Kiwi & banana slices Milk	Baked macaroni & cheese Cottage cheese Beets Kiwi & banana slices Milk
Snack	4–6 oz breast milk or formula	4–8 oz breast milk or formula	2–4 oz breast milk or formula 1–4 T banana pieces 0–2 plain crackers	Cinnamon crisps Fruit salsa Milk	Cinnamon crisps Fruit salsa Milk