

| Week<br>1        | Components   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|------------------|--|---|---|---|---|--|
| <b>Breakfast</b> | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Banana (m) or infant vegetable/fruit  | Breast milk or IF infant formula<br><br>IF infant cereal and/or Yogurt (m)<br><br>Infant vegetable/fruit                    | Breast milk or IF infant formula<br><br>IF infant cereal and/or Peaches (m) or infant vegetable/fruit   | Breast milk or IF infant formula<br><br>IF infant cereal and/or Ham* (m)<br><br>Mashed potatoes (m) or infant vegetable/fruit                                   | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Mandarin oranges* (m) or infant vegetable/fruit  |
| <b>Lunch</b>     | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal and/or Chicken* (m) or infant meat<br><br>Winter squash* (m), green beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Infant meat<br><br>Applesauce (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Cheese* (m) or infant meat<br><br>Steamed broccoli* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Ground turkey* (m) or infant meat<br><br>Peaches (m), pinto beans (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Pork* (m) or infant meat<br><br>Steamed carrots* (m), peas* (m), or infant vegetable/fruit |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> <li>• 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>  | Breast milk or IF infant formula<br><br>Toasted oat cereal (m) or IF infant cereal<br><br>Pears* (m) or infant vegetable/fruit                                    | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Infant vegetable/fruit                 | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Steamed carrots* (m) or infant vegetable/fruit               | Breast milk or IF infant formula<br><br>Graham crackers* (m) or IF infant cereal<br><br>Infant vegetable/fruit  | Breast milk or IF infant formula<br><br>WGR corn puffs cereal, KIX (m) or IF infant cereal<br><br>Banana* (m) or infant vegetable/fruit                    |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> </ul>   | Breast milk or IF infant formula  | Breast milk or IF infant formula  | Breast milk or IF infant formula  | Breast milk or IF infant formula  | Breast milk or IF infant formula   |

*Denise E Laursen RDN, LD*

**Denise E. Laursen, RDN, LD  
CYS Nutritionist, IMCOM G9**

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| Week<br>2        | Components   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|------------------|--|--|--|--|--|--|
| <b>Breakfast</b> | <ul style="list-style-type: none"> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Infant vegetable/fruit   | Breast milk or IF infant formula<br><br>IF infant cereal and/or Scrambled egg* (m)<br><br>Applesauce (m) or infant vegetable/fruit         | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Mandarin oranges* (m) or infant vegetable/fruit                        | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Infant vegetable/fruit   | Breast milk or IF infant formula<br><br>IF infant cereal and/or Yogurt (m)<br><br>Infant vegetable/fruit   |
| <b>Lunch</b>     | <ul style="list-style-type: none"> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal and/or Ground beef* (m) or infant meat<br><br>Green beans* (m), mashed potatoes (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Tuna* (m) or infant meat<br><br>Black beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Turkey* (m) or infant meat<br><br>Peas* (m), or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Cheese* (m) or infant meat<br><br>Pears* (m), green beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Chicken* (m) or infant meat<br><br>Steamed carrots* (m), steamed broccoli* (m) or infant vegetable/fruit |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*</li> <li>0-2 tbsp vegetable, fruit or both*</li> </ul>  | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Peaches (m) or infant vegetable/fruit   | Breast milk or IF infant formula<br><br>Toasted oat cereal (m) or IF infant cereal<br><br>Steamed cauliflower* (m), or infant veg/fruit    | Breast milk or IF infant formula<br><br>Graham cracker* (m) or IF infant cereal<br><br>Banana (m) or infant vegetable/fruit            | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Infant vegetable/fruit  | Breast milk or IF infant formula<br><br>WGR corn puffs cereal (m) or IF infant cereal<br><br>Applesauce (m) infant vegetable/fruit                                       |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>2-4 fl oz Breast milk or IF infant formula</li> </ul>   | Breast milk or IF infant formula   | Breast milk or IF infant formula   | Breast milk or IF infant formula   | Breast milk or IF infant formula   | Breast milk or IF infant formula   |

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| Week<br>3        | Components   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|------------------|--|---|--|--|--|--|
| <b>Breakfast</b> | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Pears* (m) or infant vegetable/fruit  | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Infant vegetable/fruit   | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Infant vegetable/fruit   | Breast milk or IF infant formula<br><br>IF infant cereal and/or Ham* (m)<br><br>Mandarin oranges* (m) or infant vegetable/fruit        | Breast milk or IF infant formula<br><br>IF infant cereal and/or Yogurt (m)<br><br>Peaches (m) or infant vegetable/fruit  |
| <b>Lunch</b>     | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal and/or Scrambled egg* (m) or infant meat<br><br>Steamed carrots* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Ground beef* (m) or infant meat<br><br>Green beans* (m), steamed cauliflower* (m), or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Chicken* (without breading) (m) or infant meat<br><br>Applesauce (m), peas* (m), or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Cheese* (m) or infant meat<br><br>Banana (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Pork* (without barbeque sauce) (m) or infant meat<br><br>Steamed broccoli* (m), pinto beans* (m) or infant vegetable/fruit |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> <li>• 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>  | Breast milk or IF infant formula<br><br>Graham crackers* (m) or IF infant cereal<br><br>Applesauce (m) or infant vegetable/fruit                        | Breast milk or IF infant formula<br><br>WGR corn puffs cereal (m) or IF infant cereal<br><br>Banana (m) or infant vegetable/fruit  | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Steamed cauliflower* (m), or infant vegetable/fruit                                   | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Steamed carrots* (m) or infant vegetable/fruit    | Breast milk or IF infant formula<br><br>Toasted oat cereal (m) or IF infant cereal<br><br>Infant vegetable/fruit   |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> </ul> <p><i>Denise E. Laursen RDN, LD</i><br/>Denise E. Laursen, RDN, LD</p>  | Breast milk or IF infant formula  | Breast milk or IF infant formula   | Breast milk or IF infant formula   | Breast milk or IF infant formula   | Breast milk or IF infant formula   |

**CYS Nutritionist, IMCOM G9**

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| Week<br>4 | Components   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|-----------|--|--|---|---|---|--|
| Breakfast | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula   | Breast milk or IF infant formula                        | Breast milk or IF infant formula                                  | Breast milk or IF infant formula                        | Breast milk or IF infant formula                             |
|           |  | IF infant cereal and/or Yogurt (m)   | IF infant cereal  | IF infant cereal  | IF infant cereal  | IF infant cereal   |
|           |  | Banana (m) or infant vegetable/fruit   | Infant vegetable/fruit                                  | Mandarin oranges* (m) or infant vegetable/fruit                   | Peaches (m) or infant vegetable/fruit                   | Infant vegetable/fruit                                       |
|           |  |  |   |   |   |  |
| Lunch     | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula   | Breast milk or IF infant formula                        | Breast milk or IF infant formula                                  | Breast milk or IF infant formula                        | Breast milk or IF infant formula                             |
|           |  | IF infant cereal and/or Tuna* (m) or infant meat   | IF infant cereal and/or Ground beef* (m) or infant meat | IF infant cereal and/or Pork* (m) or infant meat                  | IF infant cereal and/or Pinto beans* (m) or infant meat | IF infant cereal and/or Chicken* (m) or infant meat          |
|           |  | Peas* (m), Pears* (m) or infant vegetable/fruit  | Peaches (m), green beans* (m) or infant vegetable/fruit | Black beans* (m), steamed carrots* (m), or infant vegetable/fruit | Infant vegetable/fruit                                  | Applesauce (m), winter squash* (m) or infant vegetable/fruit |
|           |  |  |   |   |   |  |
| Snack     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> <li>• 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>  | Breast milk or IF infant formula   | Breast milk or IF infant formula                        | Breast milk or IF infant formula                                  | Breast milk or IF infant formula                        | Breast milk or IF infant formula                             |
|           |  | Graham crackers* (m) or IF infant cereal   | WGR crackers* (m) or IF infant cereal                   | WGR corn puffs cereal (m) or IF infant cereal                     | WGR crackers* (m) or IF infant cereal                   | Toasted oat cereal (m) or IF infant cereal                   |
|           |  | Infant vegetable/fruit   | Mashed potatoes (m) or infant vegetable/fruit           | Banana (m) or infant vegetable/fruit                              | Applesauce* (m) or infant vegetable/fruit               | Pears* (m) or infant vegetable/fruit                         |
|           |  |  |   |   |   |  |
| Snack     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> </ul>   | Breast milk or IF infant formula   | Breast milk or IF infant formula                        | Breast milk or IF infant formula                                  | Breast milk or IF infant formula                        | Breast milk or IF infant formula                             |
|           |  | <p style="text-align: center;"><i>Denise E Laursen RDN, LD</i><br/>Denise E. Laursen, RDN, LD<br/>CYS Nutritionist, IMCOM G9</p> |   |   |   |  |

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| Week<br>5        | Components   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|------------------|--|--|--|---|--|--|
| <b>Breakfast</b> | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal and/or Yogurt (m)<br><br>Peaches (m) or infant vegetable/fruit  | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Applesauce (m) or infant vegetable/fruit   | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Infant vegetable/fruit  | Breast milk or IF infant formula<br><br>IF infant cereal<br><br>Banana (m) or infant vegetable/fruit   | Breast milk or IF infant formula<br><br>IF infant cereal and/or Scrambled egg* (m)<br><br>Pears* (m) or infant vegetable/fruit                                   |
| <b>Lunch</b>     | <ul style="list-style-type: none"> <li>• 6-8 fl oz Breast milk or IF infant formula</li> <li>• 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul> | Breast milk or IF infant formula<br><br>IF infant cereal and/or Black beans* (m) or infant meat<br><br>Steamed carrots* (m), pears* (m), or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Chicken* (m) or infant meat<br><br>Steamed broccoli* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Ground beef* (m) or infant meat<br><br>Green beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Turkey* (m) or infant meat<br><br>Winter squash* (m) or infant vegetable/fruit | Breast milk or IF infant formula<br><br>IF infant cereal and/or Tuna* (m) or infant meat<br><br>Pinto beans* (m), steamed carrots* (m) or infant vegetable/fruit |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> <li>• 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>  | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Steamed cauliflower* (m), or infant vegetable/fruit                           | Breast milk or IF infant formula<br><br>Toasted oat cereal (m) or IF infant cereal<br><br>Mandarin oranges* (m) or infant vegetable/fruit          | Breast milk or IF infant formula<br><br>WGR crackers* (m) or IF infant cereal<br><br>Steamed carrots* (m) or infant vegetable/fruit               | Breast milk or IF infant formula<br><br>WGR corn puffs cereal (m) or IF infant cereal<br><br>Infant vegetable/fruit                            | Breast milk or IF infant formula<br><br>Graham crackers* (m) or IF infant cereal<br><br>Infant vegetable/fruit   |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</li> </ul> <p><i>Denise E. Laursen RDN, LD</i><br/>Denise E. Laursen, RDN, LD</p>  | Breast milk or IF infant formula   | Breast milk or IF infant formula   | Breast milk or IF infant formula  | Breast milk or IF infant formula   | Breast milk or IF infant formula   |

APPENDIX **CYS Nutritionist, IMCOM G9**

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

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Beef-vegetable stew: blend until lumps are no larger than 1/8-inch.

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Broccoli: only the floret portion should be served to infants.

Carrots: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Cauliflower: only the floret portion should be served to infants.

Cheese should be shredded or cut into pieces smaller than the maximum width of 1/8-inch.

Chicken: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Graham crackers must not contain honey.

Green beans: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Ground beef: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ground turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ham: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Mandarin oranges must be canned.

Pears should be canned or ripened to the point where they can be easily mashed with a fork.

Peas: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans should be chopped into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pork: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Scrambled egg: serve scrambled whole egg

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

Turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

WGR crackers should easily dissolve in the mouth. They must not be brittle and hard.

Winter squash: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

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