

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

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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Denise E. Laursen, MA, RDN, LD
 Denise E. Laursen, MA, RDN, LD
 CYS Nutritionist, IMCOM-G9

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

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Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 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* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ham* (m) Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Yogurt (m) Peaches (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 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* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal and/or Scrambled egg* (m) or infant meat Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Green beans* (m), steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (without breading) (m) or infant meat Applesauce (m), peas* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Cheese* (m) or infant meat Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Pork* (without barbeque sauce) (m) or infant meat Steamed broccoli* (m), pinto beans* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	Breast milk or IF infant formula Graham crackers* (m) or IF infant cereal Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs cereal (m) or IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula Toasted oat cereal (m) or IF infant cereal Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz 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	Breast milk or IF infant formula

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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Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 6-8 fl oz Breast milk or IF infant formula 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* 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal and/or Yogurt (m) Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ham* (m) Infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> 6-8 fl oz Breast milk or IF infant formula 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* 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Peas* (m), Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Peaches (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Pork* (m) or infant meat Black beans* (m), steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Pinto beans* (m) or infant meat Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Applesauce (m), winter squash* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both* 	Breast milk or IF infant formula Graham crackers* (m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs cereal (m) or IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Applesauce* (m) or infant vegetable/fruit	Breast milk or IF infant formula Toasted oat cereal (m) or IF infant cereal Pears* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> 2-4 fl oz 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	Breast milk or IF infant formula

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Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 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* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal and/or Yogurt (m) Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Scrambled egg* (m) Pears* (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 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* • 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal and/or Black beans* (m) or infant meat Steamed carrots* (m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Turkey* (m) or infant meat Winter squash* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Pinto beans* (m), steamed carrots* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula Toasted oat cereal (m) or IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs cereal (m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula Graham crackers* (m) or IF infant cereal Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz 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	Breast milk or IF infant formula

APPENDIX

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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