

Week 1	Components Denise E. Laursen, RDN, LD Monday CYS Nutritionist, IMCOM G9	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 or meat/meat alternate Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Yogurt (m) Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Scrambled egg (m) Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Banana (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 Chicken* (m) or infant meat Winter squash* (m), green beans (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Pureed beef-vegetable stew* (m) or infant meat Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Cheese* (m) or infant meat Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ground turkey* (m) or infant meat Peaches (m), pinto beans (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Pork* (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 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 broccoli* (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 Mandarin oranges* (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.

Week 2	Components	Monday	Tuesday Nemuel E. Laursen, RDN, LD CYS Nutritionist, IMCOM G9	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 or meat/meat alternate Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Scrambled egg (m) Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Yogurt (m) Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate 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 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 Tuna* (m) or infant meat Black beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Turkey* (m) or infant meat Peas* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant meat Pears* (m), green beans (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal 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

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.

This institution is an equal opportunity provider

Week 3	Components	Monday	Tuesday Denise Flausen, RDN, CYS Nutritionist, IMCOM G9	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 or meat/meat alternate Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Yogurt (m) Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Ham* (m) Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate 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 Scrambled egg (m) or infant meat Peas* (m), peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ground beef* (m) or infant meat Steamed carrots* (m), green beans (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Chicken* (without breading) (m) or infant meat Pinto beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Cheese* (m) or infant meat Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Pork* (without barbeque sauce) (m) or infant meat Steamed broccoli* (m), mashed potatoes (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), steamed broccoli* (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 Graham crackers* (m) or IF infant cereal Applesauce (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.

Week 4	Components	Monday	Tuesday Denise E. Laursen, RDN, LD CYS Nutritionist, IMCOM G9	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 or meat /meat alternate Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Yogurt (m) Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Mandarin oranges*(m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Scrambled egg (m) Mashed potatoes (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 Tuna* (m) or infant meat Steamed carrots* (m), Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Scrambled egg (m) or infant meat Peaches (m), steamed broccoli*(m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Pork* (m) or infant meat Green beans (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ground beef* (m) or infant meat Black beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal 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 Pears* (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
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.

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

Week 5	Components	Monday	Tuesday Denise E. Laursen, RDN, LD CYS Nutritionist, IMCOM G9	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 or Yogurt (m) Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal 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 Pinto beans* (m) or infant meat Steamed broccoli*(m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Chicken* (m) or infant meat Mandarin oranges* (m) steamed cauliflower* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ground beef* (m) or infant meat Green beans (m) applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Turkey* (m) or infant meat Winter squash* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Tuna* (m) or infant meat Pinto beans* (m), 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 Infant vegetable/fruit	Breast milk or IF infant formula Toasted oat cereal (m) or IF infant cereal Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Sweet potatoes* (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

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.

Denise E. Laursen RDN, LD

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

APPENDIX

Beef 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.

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.

Sweet potatoes: 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

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.

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.

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

Denise E Laursen RDN, LD

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