

Kayla A. Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Applesauce* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Scrambled egg* (m)</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Yogurt (m)</p> <p>Peaches* (m) or infant vegetable/fruit</p>
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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Scrambled egg* (m) or infant meat</p> <p>Mashed potatoes* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Chicken* (without breading) (m) or infant meat</p> <p>Banana (m), peas* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Ground beef* (m) or infant meat</p> <p>Steamed cauliflower* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or White beans* (m) or infant meat</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Pork* (without barbeque sauce) (m) or infant meat</p> <p>Steamed broccoli* (m), pinto beans* (m) or infant vegetable/fruit</p>
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* 	<p>Breast milk or IF infant formula</p> <p>WGR graham crackers without honey (m) or IF infant cereal</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs cereal (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Banana (m), peaches* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Mashed potatoes* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR toasted oat cereal (m) or IF infant cereal</p> <p>Applesauce (m) or Infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>

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.