

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 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 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 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 or Chicken* (m) or infant meat Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Ground beef* (m) or infant meat Steamed broccoli* (m), peaches* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Cheese* (m) or infant meat Cauliflower* (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Tuna* (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 graham crackers without honey (m) or IF infant cereal Mandarin oranges* (m), or infant vegetable/fruit	Breast milk or IF infant formula WGR toasted oat cereal (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 WGR corn puffs cereal (m) or IF infant cereal Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (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.