

Week 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  IF infant cereal  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  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Scrambled eggs* (m) Mashed potatoes* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  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  IF infant cereal or  Chicken* (m) or infant meat  Butternut squash* (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Ground beef* (m) or infant meat  Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Cheese* (m) or infant meat  Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal 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 or  Pork* (m) or infant meat  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  WGR toasted oat cereal (m) or IF infant cereal  Applesauce* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal, KIX (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 graham crackers without honey (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
<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

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	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  IF infant cereal  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  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 or  Yogurt (m)  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  IF infant cereal or  Ground beef* (m) or infant meat  Green beans* (m), mashed potatoes* without gravy (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Shredded cheese* (m) or infant meat  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Ground turkey* (m) or infant meat  Steamed carrots* (m), peas* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Chicken* (m) or infant meat  Steamed broccoli* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Tuna* (m) or infant meat  Peaches* (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  WGR crackers* (m) or IF infant cereal  Peaches* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR toasted oat cereal (m) or IF infant cereal  Steamed broccoli* (m), or infant veg/fruit	Breast milk or IF infant formula  WGR corn puffs cereal, KIX (m) or IF infant cereal  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR graham crackers without honey (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
<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 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  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)  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Yogurt (m)  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  IF infant cereal or  Scrambled egg* (m) or infant meat  Mashed potatoes* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Chicken* (without breading) (m) or infant meat  Banana (m), peas* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Ground beef* (m) or infant meat  Steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  White beans* (m) or infant meat  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Pork* (without barbeque sauce) (m) or infant meat  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  WGR graham crackers without honey (m) or IF infant cereal  Pears* (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  WGR crackers* (m) or IF infant cereal  Banana (m), peaches* (m), or 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 toasted oat cereal (m) or IF infant cereal  Applesauce (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

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	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  IF infant cereal  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  Peaches (m) or 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 or  Scrambled egg* (m)  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  IF infant cereal or  Ground beef* (m) or infant meat  Mashed potatoes*(m), Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Roasted turkey* without seasoning (m) or infant meat  Sweet potatoes* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Pinto beans* (m), cheese* (m) or infant meat  Green beans * (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Pork* (without sauce) (m) or infant meat  Black beans* (m), steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or  Chicken* (m) or infant meat  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  WGR crackers* (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  WGR graham crackers without honey* (m) or IF infant cereal  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  WGR crackers* (m) or IF infant cereal  Applesauce* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR toasted oat cereal (m) or IF infant cereal  Pears* (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

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Week 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  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
<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  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
<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  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
<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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## APPENDIX

Black beans: puree or 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. Cook until soft and cut into pieces smaller than the maximum width of 1/8-inch.

Butternut 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

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. Cook until soft and cut into pieces smaller than the maximum width of 1/8-inch.

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

Chicken: serve without seasoning. 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.

Mashed potatoes: must be lump-free and served without gravy. Do not serve overly thick which would be difficult for the infant to swallow.

Peaches should be canned.

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

Peas: must be cooked and puree or chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans: puree or chop 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.

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CYS Fall/Winter Cycle Infant 6-11 months Approved by: Kayla A. Schumacher, RDN, LD Date: 15 September 2024

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

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.

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

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