

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Oatmeal Cereal; Applesauce AM Snack: Breast Milk/Iron-Fortified Infant Formula; Peaches; Infant Puffs Cereal Snacks Lunch: Breast Milk/Iron-Fortified Infant Formula; Turkey; Carrot Baby Food PM Snack: Breast Milk/Iron-Fortified Infant Formula; Bananas; Teething Biscuits	4 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Rice Cereal; Bananas AM Snack: Breast Milk/Iron-Fortified Infant Formula; Carrot Baby Food; Infant Puffs Cereal Snacks Lunch: Breast Milk/Iron-Fortified Infant Formula; Chicken; Green Beans PM Snack: Breast Milk/Iron-Fortified Infant Formula; Sweet Potatoes; Infant Puffs Cereal Snacks	5 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Rice Cereal; Mango AM Snack: Breast Milk/Iron-Fortified Infant Formula; Peaches; Cheerios WGR; Teething Biscuits Lunch: Breast Milk/Iron-Fortified Infant Formula; Ham/Pork; Squash PM Snack: Breast Milk/Iron-Fortified Infant Formula; Peaches; Cheerios WGR	6 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Oatmeal Cereal; Pears AM Snack: Breast Milk/Iron-Fortified Infant Formula; Green Beans; Infant Puffs Cereal Snacks Lunch: Breast Milk/Iron-Fortified Infant Formula; Beef; Peas PM Snack: Breast Milk/Iron-Fortified Infant Formula; Carrot Baby Food; Infant Puffs Cereal Snacks	7 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Oatmeal Cereal; Applesauce AM Snack: Breast Milk/Iron-Fortified Infant Formula; Pumpkin; Infant Puffs Cereal Snacks Lunch: Gerber Good Start Gentle Formula; Gerber Good Start Soy Formula; Ham/Pork; Green Beans PM Snack: Breast Milk/Iron-Fortified Infant Formula; Apple; Teething Biscuits	8
9	10 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Oatmeal Cereal; Applesauce AM Snack: Breast Milk/Iron-Fortified Infant Formula; Bananas; Teething Biscuits Lunch: Breast Milk/Iron-Fortified Infant Formula; Turkey; Carrot Baby Food PM Snack: Breast Milk/Iron-Fortified Infant Formula; Carrot Baby Food; Infant Puffs Cereal Snacks	11 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Rice Cereal; Bananas AM Snack: Breast Milk/Iron-Fortified Infant Formula; Peaches; Cheerios WGR Lunch: Breast Milk/Iron-Fortified Infant Formula; Chicken; Green Beans PM Snack: Breast Milk/Iron-Fortified Infant Formula; Bananas; Teething Biscuits	12 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Rice Cereal; Bananas AM Snack: Breast Milk/Iron-Fortified Infant Formula; Carrot Baby Food; Infant Puffs Cereal Snacks Lunch: Breast Milk/Iron-Fortified Infant Formula; Chicken; Green Beans PM Snack: Breast Milk/Iron-Fortified Infant Formula; Carrot Baby Food; Infant Puffs Cereal Snacks	13 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Oatmeal Cereal; Applesauce AM Snack: Breast Milk/Iron-Fortified Infant Formula; Carrot Baby Food; Infant Puffs Cereal Snacks Lunch: Breast Milk/Iron-Fortified Infant Formula; Beef; Peas PM Snack: Breast Milk/Iron-Fortified Infant Formula; Bananas; Teething Biscuits	14 Breakfast: Breast Milk/Iron-Fortified Infant Formula; Infant Oatmeal Cereal; Applesauce AM Snack: Breast Milk/Iron-Fortified Infant Formula; Carrot Baby Food; Infant Puffs Cereal Snacks Lunch: Gerber Good Start Gentle Formula; Gerber Good Start Soy Formula; Chicken; Green Beans PM Snack: Breast Milk/Iron-Fortified Infant Formula	15

1 yr olds receive unflavored whole milk, 2-5 yr olds receive unflavored skim or 1% milk, 6 yrs and older receive unflavored or flavored skim or 1% milk. Breastmilk may substitute for cow's milk at any age. Fluid milk substitutes may be served with appropriate documentation. Juice is 100%. WGR indicates whole grain-rich.