

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

| Week 1 | 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 and/or Yogurt (m) Pears* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled eggs (m) Mashed potatoes (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit Applesauce (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 Mandarin oranges* (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 and/or Meatloaf* (m) or infant meat Steamed carrots* (m) green beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Banana (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Sweet potatoes* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Pork (without BBQ sauce)* (m) or infant meat Steamed cauliflower* (m) pinto beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Cheese*(m) or infant meat Peas* (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 Applesauce (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR toasted oat cereal (m) or IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit | Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Pears* (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR corn puffs [Kix](m) or IF infant cereal Peaches (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed broccoli* (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. 'This institution is an equal opportunity provider'

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| Week 2 | 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 Pears* (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 and/or Yogurt (m) Peaches (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled eggs (m) Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal 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 and/or Pinto beans* (m) or infant meat Peaches (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground Beef* (m) or infant meat Mandarin oranges* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Steamed broccoli* (m) black beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground turkey* (m) or infant meat Green beans* (m) mashed potato (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) or Infant vegetable/fruit | Breast milk or IF infant formula WGR toasted oat cereal (m) or IF infant cereal Steamed carrots *(m) or infant vegetable/fruit | Breast milk or IF infant formula WGR corn puffs [Kix](m) or IF infant cereal Applesauce (m), or infant vegetable/fruit | Breast milk or IF infant formula 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 Pear* (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'

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| 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 | Breast milk or IF infant formula IF infant cereal Peaches (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled eggs (m) Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Yogurt (m) 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 Mandarin oranges* (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 and/or Ground beef* (m) or infant meat Steamed carrots* or cauliflower* (m), (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Pork* (m) or infant meat Steamed broccoli* (m), black beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Turkey (without teriyaki)* (m) or infant meat Pears* (m), peas* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Cheese* (m) or Infant meat Applesauce (m), green beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or ground beef (m) or infant meat Sweet 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 toasted oat cereal (m) or IF infant cereal Pears* (m) or infant vegetable/fruit | Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Applesauce (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR corn puff cereal (m) or IF infant cereal Steamed broccoli* (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 Toasted oat cereal (m) or IF infant cereal Peaches (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. 'This institution is an equal opportunity provider'

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| Week 4 | 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 Banana (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) 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 and/or Yogurt (m) Mandarin oranges* (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 and/or Turkey* (m) or infant meat Steamed broccoli* (m), pinto beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Steamed carrots* (m) mashed potatoes (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) or infant meat Banana (m), peas* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Chicken [no curry sauce]* (m) or infant meat Green beans* (m), pears* (m), or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Peaches (m), steamed cauliflower* (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 without honey (m) or IF infant cereal Infant vegetable/fruit | Breast milk or IF infant formula WGR toasted oat cereal (m) Mandarin oranges* (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Applesauce* (m), mashed sweet potatoes* (m), or infant vegetable/fruit | Breast milk or IF infant formula WGR corn puff 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 Steamed broccoli* (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 |

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 CYS Nutritionist, JMGOM-09

| 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 Mandarin oranges* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) 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 and/or Yogurt (m) Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal Peaches (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 and/or Pinto beans* (m) Peaches (m), green beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Pork* (m) or infant meat Steamed carrots* (m), or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Applesauce (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Peas* (m) or Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Turkey* (m) or infant meat 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 Toasted oat cereal (m) or IF infant cereal Steamed broccoli* (m), steamed cauliflower* (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 WGR corn puffs cereal [Kix](m) or IF infant cereal Mashed potato (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 Graham crackers without honey (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. 'This institution is an equal opportunity provider'

APPENDIX

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

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.

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.

Mandarin oranges must be canned.

Meatloaf: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

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: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

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 or hard.

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