DELANSENRON, LDDate: 12 JAN 2021 Denise E. Laursen, MA, RDN, LD

Menu Dates:

CYS_Nutritionist_IMCOM_G9 Week Components Monday Tuesday Wednesday Thursday Friday 1 Breast milk or • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, Breakfast whole eggs, cooked dry beans or peas; or 0-2 oz Yogurt (m) Infant vegetable/fruit Banana (m) or infant Scrambled eggs* (m) vegetable/fruit cheese: or 0-4 oz (volume) cottage cheese; Pears* (m) or infant Peaches (m) or Mashed potatoes (m) or vegetable/fruit infant vegetable/fruit infant vegetable/fruit or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable Breast milk or • 6-8 fl oz Breast milk or IF Breast milk or Breast milk or Breast milk or Breast milk or IF infant formula infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, and/or and/or and/or and/or and/or whole eggs, cooked dry Lunch Ground beef* (m) or Chicken* (m) or infant Tuna* (m) or Pinto beans* (m) or Turkey* without sauce beans or peas; or 0-2 oz cheese; or 0-4 oz infant meat meat infant meat infant meat (m) or infant meat (volume) cottage cheese; Steamed cauliflower* Steamed carrots* (m) Steamed broccoli* (m) or 0-4 oz vogurt; or a Black beans* (m) or or infant vegetable/fruit or infant vegetable/fruit (m), Applesauce (m), peas* combination green beans* (m) infant vegetable/fruit • 0-2 TBSP Fruit/Vegetable (m) or infant vegetable/fruit or infant vegetable/fruit • 2-4 fl oz Breast milk or IF Breast milk or infant formula IF infant formula • 0-1/2 bread slice; or 0-2 Snack crackers; or 0-4 tbsp Graham crackers WGR toasted oat WGR crackers* (m) WGR corn WGR crackers* (m) or infant cereal or readywithout honey (m) or IF cereal (m) or IF infant cereal puffs [Kix](m) IF infant cereal to-eat cereal infant cereal or IF infant cereal or IF infant cereal • 0-2 tbsp Vegetable, Fruit Banana (m) or infant Mandarin oranges* (m) Infant vegetable/fruit Infant vegetable/fruit Infant vegetable/fruit or both vegetable/fruit or infant vegetable/fruit • 2-4 fl oz Breast milk or Snack IF infant formula IF infant formula

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__ Menu Dates:__

	CYS-Nutritionist, IMCOM-G9							
Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	 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 Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Scrambled eggs* (m) 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 Yogurt (m) Banana (m) or infant vegetable/fruit		
Lunch	 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 Cheese* (m) or infant meat Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Turkey* (m) or infant meat Sweet potatoes* (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 Steamed carrots* (m), steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Peas* (m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Roasted pork without BBQ sauce* (m) or infant meat Green beans* (m), mashed potatoes* (m), or infant vegetable/fruit		
Snack	 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 carrots* (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 Graham crackers without honey (m) or IF infant cereal Applesauce (m), or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs [Kix](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 Infant vegetable/fruit		
Snack	• 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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_ Menu Dates:_

	CYS Nutritionist, IMCOM G9							
Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	 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 	Breast milk or IF infant formula IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ham* (m) 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 Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Scrambled eggs* (m) Applesauce (m) or infant vegetable/fruit		
Lunch	 combination 0-2 TBSP Fruit/Vegetable 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 Pinto beans* (m), steamed broccoli* (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 Pinto beans* (m), cheese* (m), or infant meat Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Tuna* (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 Pork* (m) or infant meat Peas* (m) or infant vegetable/fruit		
Snack	 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 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 corn puff cereal [Kix]((m) or IF infant cereal Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Mandarin oranges* (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		
Snack	 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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_ Menu Dates:_

	CYS Nutritionist, IMCOM-G9							
Week	Components	Monday	Tuesday	Wednesday	Thursday	Friday		
4								
	 6-8 fl oz Breast milk or IF infant formula 0-4 TBSP IF Infant Cereal, 	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		
ast	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal		
Breakfast	beans or peas; or 0-2 oz cheese; or 0-4 oz	Infant vegetable/fruit	Yogurt (m)	Infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Scrambled eggs* (m)		
Br	 (volume) cottage cheese; or 0-4 oz yogurt; or a combination 0-2 TBSP Fruit/Vegetable 		Peaches (m) or infant vegetable/fruit			Mandarin oranges* (m) or infant vegetable/fruit		
	 6-8 fl oz Breast milk or IF infant formula 0-4 TBSP IF Infant Cereal, 	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		
Lunch	meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz	IF infant cereal and/or Scrambled egg* (m) or	IF infant cereal and/or Chicken* (m) or	IF infant cereal and/or Roasted pork* (m) or	IF infant cereal and/or Ground turkey* (m) or	IF infant cereal and/or Ground beef* (m) or		
	 cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination 0-2 TBSP Fruit/Vegetable 	infant meat Mandarin oranges* (m), peas* (m) or infant vegetable/fruit	infant meat Green beans* (m) or infant vegetable/fruit	infant meat Pinto beans* (m) or infant vegetable/fruit	infant meat Mashed potatoes (m), green beans* (m) or infant vegetable/fruit	infant meat Infant vegetable/fruit		
	 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 	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		
Snack	 crackers; or 0-4 tbsp infant cereal or ready- to-eat cereal 0-2 tbsp vegetable, fruit 	WGR crackers* (m) or IF infant cereal Steamed cauliflower*	WGR toasted oat cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal Steamed carrots* (m),	Graham crackers without honey (m) or IF infant cereal	WGR corn puff cereal [Kix]((m) or IF infant cereal		
	or both	(m) or infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	steamed broccoli* (m), or infant vegetable/fruit	Peaches (m) or infant vegetable/fruit	Sweet potatoes* (m) or infant vegetable/fruit		
Snack	 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		

DELAWSENRDN, LD Denise E. Laursen, MA, RDN, LD

_ Menu Dates:_

	CYS-Nutritionist, IMCOM-G9							
Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	 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 	Breast milk or IF infant formula IF infant cereal Yogurt (m) Mandarin oranges* (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 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 Scrambled egg* (m) Infant vegetable/fruit		
	 combination 0-2 TBSP Fruit/Vegetable 6-8 fl oz Breast milk or IF infant formula 0-4 TBSP IF Infant Cereal, meat, fish, poultry, 	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal		
Lunch	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	and/or Turkey* (m) or infant meat Steamed carrots* (m) or infant vegetable/fruit	and/or Ground beef* (m) or infant meat Peas* (m) or infant vegetable/fruit	and/or Tuna* (m) or infant meat Green beans* (m), mashed potatoes (m) or infant vegetable/fruit	and/or Cheese* (m) or infant meat Pears* (m), steamed broccoli* (m) or infant vegetable/fruit	and/or Chicken without breading* (m) or infant meat Sweet potatoes* (m) or infant vegetable/fruit		
Snack	 0-2 TBSP Fruit/Vegetable 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 Infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs cereal [Kix] (m) or IF infant cereal Steamed cauliflower* (m) or infant	Breast milk or IF infant formula WGR crackers* (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 Steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Infant vegetable/fruit		
Snack	• 2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	vegetable/fruit 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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Menu Dates:

APPENDIX

Black beans: 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.

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. 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.

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 should be chopped 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 eggs: serve scrambled whole egg.

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.

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CYS Nutritionist, IMCOM G9 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.