







Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">2</p> <p>Breakfast WG Cereal, Strawberries & Milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Apples & Milk</p> <p>Snack Gogo Gurt & Oranges</p>	<p align="right">3</p> <p>Breakfast WG Oatmeal, Pears & Milk</p> <p>Lunch Cheese Quesadilla, Cauliflower, Apples & Milk</p> <p>Snack String Cheese & Watermelon</p>	<p align="right">4</p> <p>Breakfast Seasonal Muffins, Pineapple & Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk</p> <p>Snack WG Gram Crackers & Grapes</p>	<p align="right">5</p> <p>Breakfast WG Toast with Jelly, Banana & Milk</p> <p>Lunch WG Turkey Ham Sandwich, Orange, Cucumber & Milk</p> <p>Snack Cheez-it & Apple Sauce</p>	<p align="right">6</p> <p>Breakfast Butter Croissant, Orange & Milk</p> <p>Lunch WG Chicken Nuggets, Broccoli, Apples & Milk</p> <p>Snack Cream Cheese with Crackers & Honey Dew</p>
<p align="right">9</p> <p>Breakfast WG Cereal, Banana & Milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & Milk</p> <p>Snack Nilla Wafers & Golden Melon</p>	<p align="right">10</p> <p>Breakfast Waffles, Cuties & Milk</p> <p>Lunch Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk</p> <p>Snack WG Strawberry Crispy Creamy Wafer Bars & Bananas</p>	<p align="right">11</p> <p>Breakfast Seasonal Muffins, Watermelon & Milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk</p> <p>Snack Chex Mix & Orange</p>	<p align="right">12</p> <p>Breakfast WG Bagel, Honey Dew & Milk</p> <p>Lunch Mac & Cheese, Broccoli, Pears, Broccoli & Milk</p> <p>Snack Rice Krispie & Cantaloupe</p>	<p align="right">13</p> <p>Breakfast WG Pancakes, Cuties & Milk</p> <p>Lunch Beans, WG rice, apples, tomato & Milk</p> <p>Snack Soft & Chewy Oat Bar & Watermelon</p>
<p align="right">16</p> <p>Breakfast WG Cereal, Strawberries & Milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Apples & Milk</p> <p>Snack Gogo Gurt & Oranges</p>	<p align="right">17</p> <p>Breakfast WG Oatmeal, Pears & Milk</p> <p>Lunch Cheese Quesadilla, Cauliflower, Apples & Milk</p> <p>Snack String Cheese & Watermelon</p>	<p align="right">18</p> <p>Breakfast Seasonal Muffins, Pineapple & Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk</p> <p>Snack WG Gram Crackers & Grapes</p>	<p align="right">19</p> <p>Breakfast WG Toast with Jelly, Banana & Milk</p> <p>Lunch WG Turkey Ham Sandwich, Orange, Cucumber & Milk</p> <p>Snack Cheez-it & Apple Sauce</p>	<p align="right">20</p> <p>Breakfast Butter Croissant, Orange & Milk</p> <p>Lunch WG Chicken Nuggets, Broccoli, Apples & Milk</p> <p>Snack Cream Cheese with Crackers & Honey Dew</p>
<p align="right">23</p> <p>Breakfast WG Cereal, Banana & Milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & Milk</p> <p>Snack Nilla Wafers & Golden Melon</p>	<p align="right">24</p> <p>Breakfast Waffles, Cuties & Milk</p> <p>Lunch Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk</p> <p>Snack WG Strawberry Crispy Creamy Wafer Bars & Bananas</p>	<p align="right">25</p> <p>Breakfast Seasonal Muffins, Watermelon & Milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk</p> <p>Snack Chex Mix & Orange</p>	<p align="right">26</p> <p>Breakfast WG Bagel, Honey Dew & Milk</p> <p>Lunch Mac & Cheese, Broccoli, Pears, Broccoli & Milk</p> <p>Snack Rice Krispie & Cantaloupe</p>	<p align="right">27</p> <p>Breakfast WG Pancakes, Cuties & Milk</p> <p>Lunch Beans, WG rice, apples, tomato & Milk</p> <p>Snack Soft & Chewy Oat Bar & Watermelon</p>
<p align="right">30</p> <p>Breakfast WG Cereal, Strawberries & Milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Apples & Milk</p> <p>Snack Gogo Gurt Yogurt & Oranges</p>				

Infants 6 Weeks to 5 Months 4-6 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack

Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in the form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula

Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk This institution is an equal opportunity provider by: USDA

Infants from 6 weeks - 5 months drink
Breast milk or Formula Only



Infants from 6 months to 11 months drink
Breast milk or formula and purees

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<p>2</p> <p>Breakfast Infant Cereal, Strawberries & formula/breast milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk</p> <p>Snack Bread, Oranges & formula/breast milk</p>	<p>3</p> <p>Breakfast Cooked oatmeal, Pears & formula/breast milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Cauliflower, Apples & formula or breast milk</p> <p>Snack Yogurt melts, Watermelon & formula/breast</p>	<p>4</p> <p>Breakfast Seasonal Muffin, apple sauce & formula/breast milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & formula/breast milk</p> <p>Snack Teething Sticks, Grapes & formula/breast milk</p>	<p>5</p> <p>Breakfast Toast, Banana & formula/breast milk</p> <p>Lunch Lentils with WG Rice, Tomato, Orange, & formula/breast milk</p> <p>Snack Whipped Melts, Apple Sauce & formula/breast milk</p>	<p>6</p> <p>Breakfast Butter Croissant, Orange & formula or formula/breast milk</p> <p>Lunch Cottage Cheese, Broccoli, Apples & formula/breast milk</p> <p>Snack Teethers, Honey Dew formula/breast milk</p>
<p>9</p> <p>Breakfast Infant Cereal, Banana & formula/breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & formula/breast milk</p> <p>Snack Animal Crackers, Golden Melon & formula/breast milk</p>	<p>10</p> <p>Breakfast Waffles, Cuties & formula or breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk</p> <p>Snack Lil Crunchies, Bananas & formula or breast milk</p>	<p>11</p> <p>Breakfast Seasonal Muffins, Watermelon & formula or breast milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk</p> <p>Snack Bread, Orange & formula or breast milk</p>	<p>12</p> <p>Breakfast WG Bagel, Honey Dew & formula or breast milk</p> <p>Lunch Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk</p> <p>Snack Yogurt melts, Cantaloupe & formula or breast milk</p>	<p>13</p> <p>Breakfast WG Pancakes, Orange & formula or breast milk</p> <p>Lunch Beans with WG Brown Rice, Apples, & formula or breast milk</p> <p>Snack Teething Sticks, Honey dew & formula or breast milk</p>
<p>16</p> <p>Breakfast Infant Cereal, Strawberries & formula/breast milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk</p> <p>Snack Bread, Oranges & formula/breast milk</p>	<p>17</p> <p>Breakfast Cooked Oatmeal, Pears & formula or breast milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Cauliflower, Apples & formula or breast milk</p> <p>Snack Yogurt melts, Watermelon & formula/breast milk</p>	<p>18</p> <p>Breakfast Seasonal Muffins, Watermelon & formula or breast milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & formula/breast milk</p> <p>Snack Teething Sticks, Orange & formula/breast milk</p>	<p>19</p> <p>Breakfast WG Toast with Jelly, Banana & formula/breast milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Orange, & formula/breast milk</p> <p>Snack Whipped Melts, Apple Sauce & formula/breast milk</p>	<p>20</p> <p>Breakfast Butter Croissant, Cuties & formula or breast milk</p> <p>Lunch Cottage Cheese, Broccoli, Apples & formula/breast milk</p> <p>Snack Teethers, Watermelon & formula or breast milk</p>
<p>23</p> <p>Breakfast Infant Cereal, Banana & formula/breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & formula/breast milk</p> <p>Snack Animal Crackers, Golden Melon & formula/breast milk</p>	<p>24</p> <p>Breakfast Waffles, Cuties & formula or breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk</p> <p>Snack Lil Crunchies, Bananas & formula or breast milk</p>	<p>25</p> <p>Breakfast Seasonal Muffins, Watermelon & formula or breast milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk</p> <p>Snack Bread, Orange & formula or breast milk</p>	<p>26</p> <p>Breakfast WG Bagel, Honey Dew & formula or breast milk</p> <p>Lunch Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk</p> <p>Snack Yogurt melts, Cantaloupe & formula or breast milk</p>	<p>27</p> <p>Breakfast WG Pancakes, Oranges & Formula/breast milk</p> <p>Lunch Beans with WG brown Rice, Apples & Formula/breast milk</p> <p>Snack Teething Sticks, Honey Dew/ formula/breast milk</p>
<p>30</p> <p>Breakfast Infant Cereal, Strawberries & formula/breast milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk</p> <p>Snack Bread, Oranges & formula/breast milk</p>				

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breast milk ¹ or formula ²	6-8 fluid ounces breast milk ¹ or formula; ² and 0-½ ounce equivalent infant cereal; ^{2,3} or 0-4 tablespoons: meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt; ⁴ or a combination of the above; ⁵ and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}
Snack	4-6 fluid ounces breast milk ¹ or formula ²	2-4 fluid ounces breast milk ¹ or formula; ² and 0-½ ounce equivalent bread; ^{3,7} or 0-¼ ounce equivalent crackers; ^{3,7} or 0-½ ounce equivalent infant cereal; ^{2,3} or 0-¼ ounce equivalent ready-to-eat breakfast cereal; ^{3,5,7,8} and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}

¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Information on crediting grain items may be found in FNS guidance.

⁴ Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

⁸ Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.