

November



Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast WG Cereal, Pear Slices & Milk Lunch WG Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk Snack Baby Carrots w Cheese Cubes	4 Breakfast WG Toast with Cream Cheese, Pineapple Chunks & Milk Lunch Cheese Quesadilla, Steamed Cauliflower, Apples slices & Milk Snack String Cheese & Watermelon Cubes	5 Breakfast WG Oatmeal, Strawberries & Milk Lunch Lentils with WG Brown Rice, Diced Tomatoes, Cantaloupe Cubes & Milk Snack Club Snack Crackers & Grapes	6 Breakfast WG Toast with Jelly, Banana slices & Milk Lunch WG Turkey Ham Sandwich, Orange slices, Cucumber slices & Milk Snack Cheez-it & Honey Dew Cubes	7 Breakfast WG Croissant, Orange slices & Milk Lunch WG Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk Snack Ritz Crackers & Cheese Cubes
10 Breakfast WG Cereal, Banana slices & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato cubes, Mixed Vegetables & Milk Snack Goldfish Crackers & Golden Melon	11 	12 Breakfast WG Toast with scrambled eggs & Watermelon cubes & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange slices & Milk Snack Cherry Tomatoes & Cheese Cubes	13 Breakfast WG Bagel, Honey Dew cubes & Milk Lunch Mac & Cheese, Steamed Broccoli, Pear slices & Milk Snack Chex Mix & Cantaloupe cubes	14 Breakfast WG Pancakes, Cuties segments & Milk Lunch WG Rice, Beans, Diced Tomatoes Apple slices & Milk Snack String Cheese & Orange slices
17 Breakfast WG Cereal, Pear Slices & Milk Lunch WG Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk Snack Baby Carrots w Cheese Cubes	18 Breakfast WG Toast with Cream Cheese, Pineapple Chunks & Milk Lunch Cheese Quesadilla, Steamed Cauliflower, Apples slices & Milk Snack String Cheese & Watermelon Cubes	19 Breakfast WG Oatmeal, Strawberries & Milk Lunch Lentils with WG Brown Rice, Diced Tomatoes, Cantaloupe Cubes & Milk Snack Club Snack Crackers & Grapes	20 Breakfast WG Toast with Jelly, Banana slices & Milk Lunch WG Turkey Ham Sandwich, Orange slices, Cucumber slices & Milk Snack Cheez-it & Honey Dew Cubes	21 Breakfast WG Croissant, Orange slices & Milk Lunch WG Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk Snack Ritz Crackers & Cheese Cubes
24 Breakfast WG Cereal, Banana slices & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato cubes, Mixed Vegetables & Milk Snack Goldfish Crackers & Golden Melon	25 Breakfast WG Waffles, Cuties segments & Milk Lunch WG Grilled Cheese Sandwiches, Corn kernels, Honey Dew cubes & Milk Snack Saltine Crackers & Bananas slices	26 Breakfast WG Toast with scrambled eggs & Watermelon cubes & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange slices & Milk Snack Cherry Tomatoes & Cheese Cubes	27 	28

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

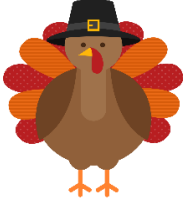
Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula

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
or Formula Only

November

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Infant Cereal, Pear (pureed) & Formula/Breast Milk Lunch WG Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Soft Bread, Oranges (mashed) & Formula/Breast Milk	4 Breakfast Soft WG Bread with Cream Cheese, Pineapple (mashed) & Formula/Breast Milk Lunch Cheese Quesadilla, Cauliflower (mashed), Apples (mashed) & Formula /Breast Milk Snack Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	5 Breakfast Cooked Oatmeal, Strawberries (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato (pureed), Cantaloupe (mashed) & Formula/Breast Milk Snack Teething Sticks, Orange (mashed) & Formula/Breast Milk	6 Breakfast WG Toast with scrambled eggs (soft), Banana (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato (pureed), Orange (mashed), & Formula/Breast Milk Snack Whipped Melts, Applesauce & Formula/Breast Milk	7 Breakfast Soft WG Waffles, Orange (mashed) & Formula/Breast Milk Lunch Hardboiled Egg (mashed), Bowtie Pasta (soft) Mixed Vegetables (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk
10 Breakfast Infant Cereal, Banana (mashed) & Formula/Breast Milk Lunch Hardboiled Egg (mashed) Soft Potato (mashed) Mixed Vegetables (pureed) & Formula/Breast Milk Snack Soft Bread, Golden Melon (mashed) & Formula/Breast Milk	11 	12 Breakfast Soft WG Bread with scrambled Eggs (Soft) Watermelon (mashed) & Formula /Breast Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables (mashed) Orange (mashed) & Formula/Breast Milk Snack Soft WG Bread, Orange (mashed) & Formula/Breast Milk	13 Breakfast WG Bagel (soft), Honey Dew (mashed) & Formula/ Breast Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables (pureed), Pears (smashed) & Formula/Breast Milk Snack Yogurt melts, Cantaloupe (mashed)& Formula /Breast Milk	8 Breakfast WG Pancakes, Oranges (mashed) & Formula/Breast Milk Lunch Beans with WG Brown Rice (pureed), Apples (mashed) & Formula/Breast Milk Snack Teething Sticks, Honey Dew (mashed) & Formula/Breast Milk
17 Breakfast Infant Cereal, Pear (pureed) & Formula/Breast Milk Lunch WG Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Soft Bread, Oranges (mashed) & Formula/Breast Milk	18 Breakfast Soft WG Bread with Cream Cheese, Pineapple (mashed) & Formula/Breast Milk Lunch Cheese Quesadilla, Cauliflower (mashed), Apples (mashed) & Formula /Breast Milk Snack Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	19 Breakfast Cooked Oatmeal, Strawberries (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato (pureed), Cantaloupe (mashed) & Formula/Breast Milk Snack Teething Sticks, Orange (mashed) & Formula/Breast Milk	20 Breakfast WG Toast with scrambled eggs, Banana (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato (pureed), Orange (mashed), & Formula/Breast Milk Snack Whipped Melts, Applesauce & Formula/Breast Milk	21 Breakfast Soft WG Waffles, Orange (mashed) & Formula/Breast Milk Lunch Hardboiled Egg (mashed), Bowtie Pasta (soft) Mixed Vegetables (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk
24 Breakfast Infant Cereal, Banana (mashed) & Formula/Breast Milk Lunch Hardboiled Egg (mashed) Soft Potato (mashed) Mixed Vegetables (pureed) & Formula/Breast Milk Snack Soft Bread, Golden Melon (mashed) & Formula/Breast Milk	25 Breakfast Soft WG Waffles, Cuties (mashed) & Formula/Breast Milk Lunch Hardboiled Egg (mashed) Bowtie Pasta (soft), Mixed Vegetables (mashed) Honey Dew (mashed) & Formula/Breast Milk Snack Lil Crunchies, Bananas (mashed) & Formula/Breast Milk	26 Breakfast Soft WG Bread with scrambled Eggs (Soft) Watermelon (mashed) & Formula /Breast Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables (mashed) Orange (mashed) & Formula/Breast Milk Snack Soft WG Bread, Orange (mashed) & Formula/Breast Milk	27 	28 

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 sugar per dry ounce.