



December

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast WG Cereal, Pear Slices & Milk Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk Snack Baby Carrots w Cheese Cubes	2 Breakfast WG French Toast with Pineapple Chunks & Milk Lunch Bean and Cheese Quesadilla, Steamed Cauliflower, Apples slices & Milk Snack String Cheese & Watermelon Cubes	3 Breakfast WG Oatmeal, Strawberries & Milk Lunch Lentils with WG Brown Rice, Diced Tomatoes, Cantaloupe Cubes & Milk Snack Club Snack Crackers & Grapes	4 Breakfast WG Cereal, Banana slices & Milk Lunch Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk Snack Cheez-it & Honey Dew Cubes	5 Breakfast Croissant, Orange slices & Milk Lunch WG Brown Rice, Ground Turkey with Corn, Pinto Beans, Shredded Cheese, Cuties, & Milk Snack Ritz Crackers & Cheese Cubes
8 Breakfast WG Cereal, Apple slices & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato cubes, Mixed Vegetables & Milk Snack Goldfish Crackers & Golden Melon	9 Breakfast WG Oatmeal Pancake, Banana slices & Milk Lunch Mac & Cheese, Steamed Broccoli, Pear slices & Milk Snack Sliced Apple & Cheese Cubes	10 Breakfast Waffles, Honey Dew cubes & Milk Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk Snack Chex Mix & Cantaloupe cubes	11 Breakfast WG Cereal, Cuties segments & Milk Lunch Cheese Quesadilla, Corn kernels, Honey Dew cubes & Milk Snack Saltine Crackers & Bananas slices	12 Breakfast Bagel, Cuties segments & Milk Lunch WG Brown Rice, Beans, Diced Tomatoes Apple slices & Milk Snack String Cheese & Orange slices
15 Breakfast WG Cereal, Pear Slices & Milk Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk Snack Baby Carrots w Cheese Cubes	16 Breakfast WG French Toast with Pineapple Chunks & Milk Lunch Bean and Cheese Quesadilla, Steamed Cauliflower, Apples slices & Milk Snack String Cheese & Watermelon Cubes	17 Breakfast WG Oatmeal, Strawberries & Milk Lunch Lentils with WG Brown Rice, Diced Tomatoes, Cantaloupe Cubes & Milk Snack Club Snack Crackers & Grapes	18 Breakfast WG Cereal, Banana slices & Milk Lunch Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk Snack Cheez-it & Honey Dew Cubes	19 Breakfast Croissant, Orange slices & Milk Lunch WG Rice, Ground Turkey with Corn, Pinto Beans, Shredded Cheese, Cuties, & Milk Snack Ritz Crackers & Cheese Cubes
22 Breakfast WG Cereal, Apple slices & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato cubes, Mixed Vegetables & Milk Snack Goldfish Crackers & Golden Melon	23 Breakfast WG Oatmeal Pancake, Banana slices & Milk Lunch Mac & Cheese, Steamed Broccoli, Pear slices & Milk Snack Sliced Apple & Cheese Cubes	24 Breakfast Waffles, Honey Dew cubes & Milk Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk Snack Chex Mix & Cantaloupe cubes	25 	26 
29 Breakfast WG Cereal, Pear Slices & Milk Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk Snack Baby Carrots w Cheese Cubes	30 Breakfast WG French Toast with Pineapple Chunks & Milk Lunch Bean and Cheese Quesadilla, Steamed Cauliflower, Apples slices & Milk Snack String Cheese & Watermelon Cubes	31 Breakfast WG Oatmeal, Strawberries & Milk Lunch Lentils with WG Brown Rice, Diced Tomatoes, Cantaloupe Cubes & Milk Snack Club Snack Crackers & Grapes		

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	2 Breakfast Soft WG Bread with Cream Cheese, Pineapple (mashed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	3 Breakfast Soft Waffles, Cuties (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	4 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	5 Breakfast Waffles, Oranges (mashed) & Formula/Breast Milk Lunch Beans with WG Brown Rice (pureed), Apples (mashed) & Formula/Breast Milk Snack Soft WG Bread, Oranges (mashed) & Formula/Breast Milk
8 Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk Lunch Hardboiled Egg (mashed) Soft Potato (mashed) Mixed Vegetables (pureed) & Formula/Breast Milk Snack Soft WG Bread, Golden Melon (mashed) & Formula/Breast Milk	9 Breakfast Cooked WG Oatmeal, Strawberries (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	10 Breakfast Bagel (soft), Honey Dew (mashed) & Formula/Breast Milk Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Pears (smashed) & Formula/Breast Milk Snack Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	11 Breakfast Bagel (soft), Honey Dew (mashed) & Formula/Breast Milk Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Pears (smashed) & Formula/Breast Milk Snack Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	12 Breakfast 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
15 Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	16 Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	17 Breakfast Soft Waffles, Cuties (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	18 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	19 Breakfast 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
22 Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk Lunch Hardboiled Egg (mashed) Soft Potato (mashed) Mixed Vegetables (pureed) & Formula/Breast Milk Snack Soft WG Bread, Golden Melon (mashed) & Formula/Breast Milk	23 Breakfast Cooked WG Oatmeal, Strawberries (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	24 Breakfast Bagel (soft), Honey Dew (mashed) & Formula/Breast Milk Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Pears (smashed) & Formula/Breast Milk Snack Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	25 	26 
29 Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	30 Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Grapes (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk	31 Breakfast Soft Waffles, Cuties (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		

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.