

# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>Breakfast</b> WG Cereal, Apple slices & Milk <b>Lunch</b> Chicken with Bowtie Soup, Mixed Vegetables & Green Beans & Milk <b>Snack</b> Goldfish Crackers & Golden Melon	<b>Breakfast</b> WG Oatmeal Pancake, Banana slices & Milk <b>Lunch</b> Mac & Cheese, Steamed Broccoli, Pear slices & Milk <b>Snack</b> Grapes & Cheese Cubes	<b>Breakfast</b> Waffles, Honey Dew cubes & Milk <b>Lunch</b> Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk <b>Snack</b> Chex Mix & Cantaloupe cubes	<b>Breakfast</b> WG Cereal, Banana slices & Milk <b>Lunch</b> Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk <b>Snack</b> Cheez-it & Honey Dew Cubes	<b>Breakfast</b> Croissant, Orange slices & Milk <b>Lunch</b> WG Brown Rice, Ground Turkey with Corn, Cuties, & Milk <b>Snack</b> Ritz Crackers & Cheese Cubes
<b>Breakfast</b> WG Cereal, Pear Slices & Milk <b>Lunch</b> Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk <b>Snack</b> Baby Carrots w Cheese Cubes	<b>Breakfast</b> WG French Toast with Pineapple Chunks & Milk <b>Lunch</b> Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk <b>Snack</b> String Cheese & Watermelon Cubes	<b>Breakfast</b> WG Oatmeal, Strawberries & Milk <b>Lunch</b> Lentils with WG Brown Rice, Tomato, Cuties & Milk <b>Snack</b> Crackers & Grapes	<b>Breakfast</b> WG Cereal, Banana slices & Milk <b>Lunch</b> Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk <b>Snack</b> Cheez-it & Honey Dew Cubes	<b>Breakfast</b> Croissant, Orange slices & Milk <b>Lunch</b> WG Brown Rice, Ground Turkey with Corn, Cuties, & Milk <b>Snack</b> Ritz Crackers & Cheese Cubes
	<b>Breakfast</b> WG Oatmeal Pancake, Banana slices & Milk <b>Lunch</b> Mac & Cheese, Steamed Broccoli, Pear slices & Milk <b>Snack</b> Grapes & Cheese Cubes	<b>Breakfast</b> Waffles, Honey Dew cubes & Milk <b>Lunch</b> Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk <b>Snack</b> Chex Mix & Cantaloupe cubes	<b>Breakfast</b> WG Cereal, Cuties segments & Milk <b>Lunch</b> Cheese Quesadilla, Corn kernels, Apple slices & Milk <b>Snack</b> Crackers & Banana slices	<b>Breakfast</b> Bagel, Cuties segments & Milk <b>Lunch</b> WG Brown Rice, Pinto Beans with Corn, Honey Dew cubes & Milk <b>Snack</b> String Cheese & Orange slices
<b>Breakfast</b> WG Cereal, Pear Slices & Milk <b>Lunch</b> Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk <b>Snack</b> Baby Carrots w Cheese Cubes	<b>Breakfast</b> WG French Toast with Pineapple Chunks & Milk <b>Lunch</b> Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk <b>Snack</b> String Cheese & Watermelon Cubes	<b>Breakfast</b> WG Oatmeal, Strawberries & Milk <b>Lunch</b> Lentils with WG Brown Rice, Tomato, Cuties & Milk <b>Snack</b> Crackers & Grapes	<b>Breakfast</b> WG Cereal, Banana slices & Milk <b>Lunch</b> Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk <b>Snack</b> Cheez-it & Honey Dew Cubes	<b>Breakfast</b> Croissant, Orange slices & Milk <b>Lunch</b> WG Brown Rice, Ground Turkey with Corn, Cuties, & Milk <b>Snack</b> Ritz Crackers & Cheese Cubes

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
			<p><b>Breakfast</b> Infant WG Cereal, Banana (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), &amp; Formula/Breast Milk</p> <p><b>Snack</b> Whipped Melts, Honey Dew (pureed), &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Waffles, Oranges (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Soft WG Bread, Oranges (mashed) &amp; Formula/Breast Milk</p>
<p><b>Breakfast</b> Infant WG Cereal, Apple (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Chicken with Bowtie Soup (mashed) Mixed Vegetables (pureed) Green Beans (pureed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Soft WG Bread, Golden Melon (mashed) &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> WG Oatmeal Pancake (Soft), Banana (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Chicken with Bowtie Soup (mashed), Mixed Vegetables (mashed) Green Beans (pureed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Lil Crunchies, Grape (mashed) &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Waffles (soft), Honey Dew (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Orange (smashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Yogurt melts, Cantaloupe (mashed) &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Infant WG Cereal, Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Apples (smashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Yogurt melts, Banana (mashed) &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Bagel (soft, Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Pinto Beans with WG Brown Rice (pureed), Corn (mashed) Honey Dew (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Teething Sticks, Orange (mashed) &amp; Formula/Breast Milk</p>
<p><b>Breakfast</b> Infant WG Cereal, Pear (pureed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Teething crackers (softened), Watermelon (mashed) &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Soft WG French Toast, Pineapple (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Yogurt Melts, Watermelon (mashed) &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Cooked WG Oatmeal, Strawberries (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Lentils with WG Brown Rice, Tomato (pureed), Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Teething Sticks, Grapes (mashed) &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Infant WG Cereal, Banana (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), &amp; Formula/Breast Milk</p> <p><b>Snack</b> Whipped Melts, Honey Dew (pureed), &amp; Formula/Breast Milk</p>	<p><b>Breakfast</b> Waffles, Oranges (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Soft WG Bread, Oranges (mashed) &amp; Formula/Breast Milk</p>
<p><b>19</b></p> <p></p>	<p><b>20</b></p> <p><b>Breakfast</b> WG Oatmeal Pancake (Soft), Banana (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Chicken with Bowtie Soup (mashed), Mixed Vegetables (mashed) Green Beans (pureed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Lil Crunchies, Grape (mashed) &amp; Formula/Breast Milk</p>	<p><b>21</b></p> <p><b>Breakfast</b> Waffles (soft), Honey Dew (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Orange (smashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Yogurt melts, Cantaloupe (mashed) &amp; Formula/Breast Milk</p>	<p><b>22</b></p> <p><b>Breakfast</b> Infant WG Cereal, Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Apples (smashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Yogurt melts, Banana (mashed) &amp; Formula/Breast Milk</p>	<p><b>23</b></p> <p><b>Breakfast</b> Bagel (soft, Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Pinto Beans with WG Brown Rice (pureed), Corn (mashed) Honey Dew (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Teething Sticks, Orange (mashed) &amp; Formula/Breast Milk</p>
<p><b>26</b></p> <p><b>Breakfast</b> Infant WG Cereal, Pear (pureed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Teething crackers (softened), Watermelon (mashed) &amp; Formula/Breast Milk</p>	<p><b>27</b></p> <p><b>Breakfast</b> Soft WG French Toast, Pineapple (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Spaghetti with Ground Turkey, Green Beans (pureed), Banana s (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Yogurt Melts, Watermelon (mashed) &amp; Formula/Breast Milk</p>	<p><b>28</b></p> <p><b>Breakfast</b> Cooked WG Oatmeal, Strawberries (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Lentils with WG Brown Rice, Tomato (pureed), Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Teething Sticks, Grapes (mashed) &amp; Formula/Breast Milk</p>	<p><b>29</b></p> <p><b>Breakfast</b> Infant WG Cereal, Banana (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), &amp; Formula/Breast Milk</p> <p><b>Snack</b> Whipped Melts, Honey Dew (pureed), &amp; Formula/Breast Milk</p>	<p><b>30</b></p> <p><b>Breakfast</b> Waffles, Oranges (mashed) &amp; Formula/Breast Milk</p> <p><b>Lunch</b> WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) &amp; Formula/Breast Milk</p> <p><b>Snack</b> Soft WG Bread, Oranges (mashed) &amp; Formula/Breast Milk</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 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	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breast milk <sup>1</sup> or formula; <sup>2</sup> and  0-½ ounce equivalent infant cereal; <sup>2,3</sup> 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; <sup>4</sup> or a combination of the above; <sup>5</sup> and  0-2 tablespoons vegetable or fruit, or a combination of both. <sup>5,6</sup>
Snack	4-6 fluid ounces breast milk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breast milk <sup>1</sup> or formula; <sup>2</sup> and  0-½ ounce equivalent bread; <sup>3,7</sup> or 0-¼ ounce equivalent crackers; <sup>3,7</sup> or 0-½ ounce equivalent infant cereal; <sup>2,3</sup> or 0-¼ ounce equivalent ready-to-eat breakfast cereal; <sup>3,5,7,8</sup> and  0-2 tablespoons vegetable or fruit, or a combination of both. <sup>5,6</sup>

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Information on crediting grain items may be found in FNS guidance.

<sup>4</sup> 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).

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

<sup>6</sup> Fruit and vegetable juices must not be served.

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

<sup>8</sup> 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.