

March

Monday	Tuesday	Wednesday	Thursday	Friday		
<p>2</p> <p>Breakfast WG Cereal, Pear Slices & Milk</p> <p>Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk</p> <p>Snack Baby Carrots w Cheese Cubes</p>	<p>3</p> <p>Breakfast WG French Toast with Pineapple Chunks & Milk</p> <p>Lunch Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk</p> <p>Snack String Cheese & Watermelon Cubes</p>	<p>4</p> <p>Breakfast WG Oatmeal, Strawberries & Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cuties & Milk</p> <p>Snack Crackers & Grapes</p>	<p>5</p> <p>Breakfast WG Cereal, Banana slices & Milk</p> <p>Lunch Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk</p> <p>Snack Cheez-it & Honey Dew Cubes</p>	<p>6</p> <p>Breakfast Croissant, Orange slices & Milk</p> <p>Lunch WG Brown Rice, Grilled Chicken with Corns, Cuties, & Milk</p> <p>Snack Ritz Crackers & Cheese Cubes</p>		
<p>9</p> <p>Breakfast WG Cereal, Apple slices & Milk</p> <p>Lunch Chicken with Bowtie Soup, Mixed Vegetables & Bananas, & Milk</p> <p>Snack Goldfish Crackers & Golden Melon</p>	<p>10</p> <p>Breakfast WG Oatmeal Pancake, Banana slices & Milk</p> <p>Lunch Mac & Cheese, Green Beans, Pear slices & Milk</p> <p>Snack Grapes & Cheese Cubes</p>	<p>11</p> <p>Breakfast Waffles, Honey Dew cubes & Milk</p> <p>Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk</p> <p>Snack Chex Mix & Cantaloupe cubes</p>	<p>12</p> <p>Breakfast WG Cereal, Cantaloupe cubes & Milk</p> <p>Lunch Cheese Quesadilla, Corn kernels, Apple slices & Milk</p> <p>Snack Crackers & Banana slices</p>	<p>13</p> <p>Breakfast Bagel, Cuties segments & Milk</p> <p>Lunch WG Brown Rice, Pinto Beans with Corn, Honey Dew cubes & Milk</p> <p>Snack String Cheese & Orange slices</p>		
<p>16</p> <p>Breakfast WG Cereal, Pear Slices & Milk</p> <p>Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk</p> <p>Snack Baby Carrots w Cheese Cubes</p>	<p>17</p> <p>Breakfast WG French Toast with Pineapple Chunks & Milk</p> <p>Lunch Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk</p> <p>Snack String Cheese & Watermelon Cubes</p>	<p>18</p> <p>Breakfast WG Oatmeal, Strawberries & Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cuties & Milk</p> <p>Snack Crackers & Grapes</p>	<p>19</p> <p>Breakfast WG Cereal, Banana slices & Milk</p> <p>Lunch Chicken Nuggets, Steamed Broccoli Florets, Apples slices & Milk</p> <p>Snack Cheez-it & Honey Dew Cubes</p>	<p>20</p> <p>Breakfast Croissant, Orange slices & Milk</p> <p>Lunch WG Brown Rice, Grilled Chicken with Corn, Cuties, & Milk</p> <p>Snack Ritz Crackers & Cheese Cubes</p>		
<p>23</p> <p>Breakfast WG Cereal, Apple slices & Milk</p> <p>Lunch Chicken with Bowtie Soup, Mixed Vegetables & Bananas, & Milk</p> <p>Snack Goldfish Crackers & Golden Melon</p>	<p>24</p> <p>Breakfast WG Oatmeal Pancake, Banana slices & Milk</p> <p>Lunch Mac & Cheese, Green Beans, Pear slices & Milk</p> <p>Snack Grapes & Cheese Cubes</p>	<p>25</p> <p>Breakfast Waffles, Honey Dew cubes & Milk</p> <p>Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables, Orange slices & Milk</p> <p>Snack Chex Mix & Cantaloupe cubes</p>	<p>26</p> <p>Breakfast WG Cereal, Cantaloupe cubes & Milk</p> <p>Lunch Cheese Quesadilla, Corn kernels, Apple slices & Milk</p> <p>Snack Crackers & Banana slices</p>	<p>27</p> <p>Breakfast Bagel, Cuties segments & Milk</p> <p>Lunch WG Brown Rice, Pinto Beans with Corn, Honey Dew cubes & Milk</p> <p>Snack String Cheese & Orange slices</p>		
<p>30</p> <p>Breakfast WG Cereal, Pear Slices & Milk</p> <p>Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Apples slices & Milk</p> <p>Snack Baby Carrots w Cheese Cubes</p>	<p>31</p> <p>Breakfast WG French Toast with Pineapple Chunks & Milk</p> <p>Lunch Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk</p> <p>Snack String Cheese & Watermelon Cubes</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 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

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<p>2</p> <p>Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk</p> <p>Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) & Formula/Breast Milk</p> <p>Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk</p>	<p>3</p> <p>Breakfast Soft WG French Toast, Pineapple (mashed) & Formula/Breast Milk</p> <p>Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk</p> <p>Snack Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk</p>	<p>4</p> <p>Breakfast Cooked WG Oatmeal, Strawberries (mashed) & Formula/Breast Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato (pureed), Cuties (mashed) & Formula/Breast Milk</p> <p>Snack Teething Sticks, Grapes (mashed) & Formula/Breast Milk</p>	<p>5</p> <p>Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), & Formula/Breast Milk</p> <p>Snack Whipped Melts, Honey Dew (pureed), & Formula/Breast Milk</p>	<p>6</p> <p>Breakfast Waffles, Oranges (mashed) & Formula/Breast Milk</p> <p>Lunch WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) & Formula/Breast Milk</p> <p>Snack Soft WG Bread, Oranges (mashed) & Formula/Breast Milk</p>
<p>9</p> <p>Breakfast Infant WG Cereal, Apple(mashed) & Formula/Breast Milk</p> <p>Lunch Chicken with Bowtie Soup (mashed) Mixed Vegetables (pureed) Bananas (pureed) & Formula/Breast Milk</p> <p>Snack Soft WG Bread, Golden Melon (mashed) & Formula/Breast Milk</p>	<p>10</p> <p>Breakfast WG Oatmeal Pancake (Soft), Banana (mashed) & Formula/Breast Milk</p> <p>Lunch Chicken with Bowtie Soup (mashed), Mixed Vegetables (mashed) Bananas (pureed) & Formula/Breast Milk</p> <p>Snack Lil Crunchies, Grape (mashed) & Formula/Breast Milk</p>	<p>11</p> <p>Breakfast Waffles (soft), Honey Dew (mashed) & Formula/Breast Milk</p> <p>Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Orange (smashed) & Formula/Breast Milk</p> <p>Snack Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk</p>	<p>12</p> <p>Breakfast Infant WG Cereal, Cantaloupe (mashed) & Formula/Breast Milk</p> <p>Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Apples (smashed) & Formula/Breast Milk</p> <p>Snack Yogurt melts, Banana (mashed) & Formula /Breast Milk</p>	<p>13</p> <p>Breakfast Soft WG Waffles, Orange (mashed) & Formula/Breast Milk</p> <p>Lunch Hardboiled Egg (mashed), Bowtie Pasta (soft) Mixed Vegetables (mashed) & Formula/Breast Milk</p> <p>Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk</p>
<p>16</p> <p>Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk</p> <p>Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) & Formula/Breast Milk</p> <p>Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk</p>	<p>17</p> <p>Breakfast Soft WG French Toast, Pineapple (mashed) & Formula/Breast Milk</p> <p>Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk</p> <p>Snack Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk</p>	<p>18</p> <p>Breakfast Cooked WG Oatmeal, Strawberries (mashed) & Formula/Breast Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato (pureed), Cuties (mashed) & Formula/Breast Milk</p> <p>Snack Teething Sticks, Grapes (mashed) & Formula/Breast Milk</p>	<p>19</p> <p>Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato (pureed), Apple (mashed), & Formula/Breast Milk</p> <p>Snack Whipped Melts, Honey Dew (pureed), & Formula/Breast Milk</p>	<p>20</p> <p>Breakfast Waffles, Oranges (mashed) & Formula/Breast Milk</p> <p>Lunch WG Brown Rice (pureed), Ground Turkey with Corn, Cuties (mashed) & Formula/Breast Milk</p> <p>Snack Soft WG Bread, Oranges (mashed) & Formula/Breast Milk</p>
<p>23</p> <p>Breakfast Infant WG Cereal, Apple(mashed) & Formula/Breast Milk</p> <p>Lunch Chicken with Bowtie Soup (mashed) Mixed Vegetables (pureed) Bananas (pureed) & Formula/Breast Milk</p> <p>Snack Soft WG Bread, Golden Melon (mashed) & Formula/Breast Milk</p>	<p>24</p> <p>Breakfast WG Oatmeal Pancake (Soft), Banana (mashed) & Formula/Breast Milk</p> <p>Lunch Chicken with Bowtie Soup (mashed), Mixed Vegetables (mashed) Bananas (pureed) & Formula/Breast Milk</p> <p>Snack Lil Crunchies, Grape (mashed) & Formula/Breast Milk</p>	<p>25</p> <p>Breakfast Waffles (soft), Honey Dew (mashed) & Formula/Breast Milk</p> <p>Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Orange (smashed) & Formula/Breast Milk</p> <p>Snack Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk</p>	<p>26</p> <p>Breakfast Infant WG Cereal, Cantaloupe (mashed) & Formula/Breast Milk</p> <p>Lunch Turkey Stew with WG Brown Rice, Mixed Vegetables (pureed), Apples (smashed) & Formula/Breast Milk</p> <p>Snack Yogurt melts, Banana (mashed) & Formula /Breast Milk</p>	<p>27</p> <p>Breakfast Soft WG Waffles, Orange (mashed) & Formula/Breast Milk</p> <p>Lunch Hardboiled Egg (mashed), Bowtie Pasta (soft) Mixed Vegetables (mashed) & Formula/Breast Milk</p> <p>Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk</p>
<p>30</p> <p>Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk</p> <p>Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Apple (mashed) & Formula/Breast Milk</p> <p>Snack Teething crackers (softened), Watermelon (mashed) & Formula/Breast Milk</p>	<p>31</p> <p>Breakfast Soft WG French Toast, Pineapple (mashed) & Formula/Breast Milk</p> <p>Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk</p> <p>Snack Yogurt Melts, Watermelon (mashed) & 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 sugar per dry ounce.