

September

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Breakfast</u> Croissant with Pineapple Chunks & Milk <u>Lunch</u> WG Brown Rice, Grilled Chicken with Corns, Banana slices & Milk <u>Snack</u> String Cheese & Watermelon Cubes	2 <u>Breakfast</u> Waffles with Cantaloupe cubes & Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers & Milk <u>Snack</u> Crackers & Grapes	3 <u>Breakfast</u> WG Cereal, Banana slices & Milk <u>Lunch</u> Chicken Nuggets, Steamed Broccoli, Apples slices & Milk <u>Snack</u> Cheez-it & Pear Slices	4 <u>Breakfast</u> WG Oatmeal, Orange slices & Milk <u>Lunch</u> Cheese Quesadilla, Steamed Green Beans, Banana slices & Milk <u>Snack</u> Ritz Crackers & Cuties segments
	7 <u>Breakfast</u> WG Oatmeal Pancake, Banana slices & Milk <u>Lunch</u> Mac & Cheese, Steamed Green Beans, Pear slices & Milk <u>Snack</u> Ritz Crackers with Grapes	8 <u>Breakfast</u> Waffles with Pineapple Chunk & Milk <u>Lunch</u> Turkey Stew with WG Brown Rice & Bell Peppers, Orange slices & Milk <u>Snack</u> Chex Mix & Cantaloupe cubes	9 <u>Breakfast</u> WG Cereal, Banana Slices & Milk <u>Lunch</u> Cheese Quesadilla, Steamed Broccoli, Apple slices & Milk <u>Snack</u> Crackers & Banana slices	10 <u>Breakfast</u> Bagel, Cuties segments & Milk <u>Lunch</u> WG Brown Rice, Pinto Beans with Corn, Pears & Milk <u>Snack</u> String Cheese & Orange slices
14 <u>Breakfast</u> WG Cereal, Pear Slices & Milk <u>Lunch</u> Spaghetti with Ground Turkey, Steamed Green Beans, Orange slices & Milk <u>Snack</u> Apple Slices with Sunflower Butter	15 <u>Breakfast</u> Croissant with Pineapple Chunks & Milk & Milk <u>Lunch</u> WG Brown Rice, Grilled Chicken with Corns, Banana slices & Milk <u>Snack</u> String Cheese & Watermelon Cubes	16 <u>Breakfast</u> Waffles with Cantaloupe cubes & Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers & Milk <u>Snack</u> Crackers & Grapes	17 <u>Breakfast</u> WG Cereal, Banana slices & Milk <u>Lunch</u> Chicken Nuggets, Steamed Broccoli, Apples slices & Milk <u>Snack</u> Cheez-it & Pear Slices	18 <u>Breakfast</u> WG Oatmeal, Orange slices & Milk <u>Lunch</u> Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk <u>Snack</u> Ritz Crackers & Cuties segments
21 <u>Breakfast</u> WG Cereal, Apple slices & Milk <u>Lunch</u> Chicken with Bowtie Soup, Bell Peppers & Potato, & Milk <u>Snack</u> Goldfish Crackers & Watermelon Cubes	22 <u>Breakfast</u> WG Oatmeal Pancake, Banana slices & Milk <u>Lunch</u> Mac & Cheese, Steamed Green Beans, Pear slices & Milk <u>Snack</u> Ritz Crackers with Grapes	23 <u>Breakfast</u> Waffles with Pineapple Chunk & Milk <u>Lunch</u> Turkey Stew with WG Brown Rice & Bell Peppers, Orange slices & Milk <u>Snack</u> Chex Mix & Cantaloupe cubes	24 <u>Breakfast</u> WG Cereal, Banana Slices & Milk <u>Lunch</u> Cheese Quesadilla, Steamed Broccoli, Apple slices & Milk <u>Snack</u> Crackers & Banana slices	25 <u>Breakfast</u> Bagel, Cuties segments & Milk <u>Lunch</u> WG Brown Rice, Pinto Beans with Corn, Pears & Milk <u>Snack</u> String Cheese & Orange slices
28 <u>Breakfast</u> WG Cereal, Pear Slices & Milk <u>Lunch</u> Spaghetti with Ground Turkey, Steamed Green Beans, Orange slices & Milk <u>Snack</u> Apple Slices with Sunflower Butter	29 <u>Breakfast</u> Croissant with Pineapple Chunks & Milk & Milk <u>Lunch</u> WG Brown Rice, Grilled Chicken with Corns, Banana slices & Milk <u>Snack</u> String Cheese & Watermelon Cubes	30 <u>Breakfast</u> Waffles with Cantaloupe cubes & Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers & Milk <u>Snack</u> Crackers & Grapes		

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

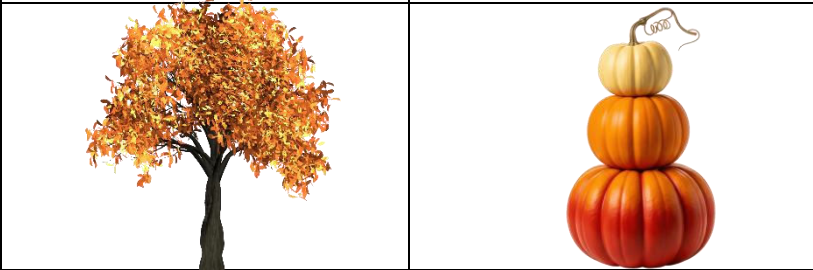
Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula

Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk or Whole 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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Breakfast</u> Soft Waffles, Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Chicken with Corn, Banana (mashed) & Formula/ Breast Milk <u>Snack</u> Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	2 <u>Breakfast</u> Soft Waffles, Cantaloupe (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers (pureed) & Formula/Breast Milk <u>Snack</u> Teething Sticks, Grapes (mashed) & Formula/Breast Milk	3 <u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers (pureed), Apple (mashed), & Formula/Breast Milk <u>Snack</u> Whipped Melts, Pears (pureed), & Formula/Breast Milk	4 <u>Breakfast</u> Cooked WG Oatmeal, Oranges (mashed) & Formula/ Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Cuties (mashed) & Formula/Breast Milk
	7 <u>Breakfast</u> WG Oatmeal Pancake (Soft), Pear (mashed) & Formula/Breast Milk <u>Lunch</u> Chicken with Bowtie Soup (mashed), Corn (mashed) Pear (pureed) & Formula/Breast Milk <u>Snack</u> Lil Crunchies, Grape (mashed) & Formula/Breast Milk	8 <u>Breakfast</u> Waffles (soft), Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, & Bell Peppers (pureed), Orange (smashed) & Formula/Breast Milk <u>Snack</u> Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	9 <u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Broccoli (pureed), Apples (smashed) & Formula/Breast Milk <u>Snack</u> Yogurt melts, Banana (mashed) & Formula /Breast Milk	10 <u>Breakfast</u> Cooked WG Oatmeal, Oranges (mashed) & Formula/ Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Cuties (mashed) & Formula/Breast Milk
14 <u>Breakfast</u> Infant WG Cereal, Pear (pureed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Orange (mashed) & Formula/Breast Milk <u>Snack</u> Teething crackers (softened), Apple (mashed) & Formula/Breast Milk	15 <u>Breakfast</u> Soft Waffles, Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Chicken with Corn, Banana (mashed) & Formula/ Breast Milk <u>Snack</u> Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	16 <u>Breakfast</u> Soft Waffles, Cantaloupe (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers (pureed) & Formula/Breast Milk <u>Snack</u> Teething Sticks, Grapes (mashed) & Formula/Breast Milk	17 <u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers (pureed) & Formula/Breast Milk <u>Snack</u> Whipped Melts, Pears (pureed), & Formula/Breast Milk	18 <u>Breakfast</u> Cooked WG Oatmeal, Oranges (mashed) & Formula/ Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Cuties (mashed) & Formula/Breast Milk
21 <u>Breakfast</u> Infant WG Cereal, Apple(mashed) & Formula/Breast Milk <u>Lunch</u> Chicken with Bowtie Soup (mashed) Bell Peppers & Potato (pureed) & Formula/Breast Milk <u>Snack</u> Soft WG Bread, Watermelon (mashed) & Formula/Breast Milk	22 <u>Breakfast</u> WG Oatmeal Pancake (Soft), Pear (mashed) & Formula/Breast Milk <u>Lunch</u> Chicken with Bowtie Soup (mashed), Corn (mashed) Pear (pureed) & Formula/Breast Milk <u>Snack</u> Lil Crunchies, Grape (mashed) & Formula/Breast Milk	23 <u>Breakfast</u> Waffles (soft), Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, & Bell Peppers (pureed), Orange (smashed) & Formula/Breast Milk <u>Snack</u> Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	24 <u>Breakfast</u> Infant WG Cereal, Banana (mashed) & Formula/Breast Milk <u>Lunch</u> Turkey Stew with WG Brown Rice, Broccoli (pureed), Apples (smashed) & Formula/Breast Milk <u>Snack</u> Yogurt melts, Banana (mashed) & Formula /Breast Milk	25 <u>Breakfast</u> Soft Waffles, Cuties (mashed) & Formula/ Breast Milk <u>Lunch</u> WG Brown Rice, Pinto Beans with Corn, (mashed), Pears (pureed), & Formula/Breast Milk <u>Snack</u> Teething crackers (softened), Orange (mashed) & Formula/Breast Milk
28 <u>Breakfast</u> Infant WG Cereal, Pear (pureed) & Formula/Breast Milk <u>Lunch</u> Spaghetti with Ground Turkey, Green Beans (pureed), Orange (mashed) & Formula/Breast Milk <u>Snack</u> Teething crackers (softened), Apple (mashed) & Formula/Breast Milk	29 <u>Breakfast</u> Soft Waffles, Pineapple (mashed) & Formula/Breast Milk <u>Lunch</u> WG Brown Rice (pureed), Chicken with Corn, Banana (mashed) & Formula/ Breast Milk <u>Snack</u> Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	30 <u>Breakfast</u> Soft Waffles, Cantaloupe (mashed) & Formula/Breast Milk <u>Lunch</u> Lentils with WG Brown Rice, Tomato & Bell Peppers (pureed) & Formula/Breast Milk <u>Snack</u> Teething Sticks, Grapes (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} 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 vegetables or fruit, or a combination of both. ^{5,6}
Snack	4-6 fluid ounces breast milk ¹ or formula ²	

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.