

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
				
Breakfast WG Cereal, Apple slices & Milk Lunch Chicken with Bowtie Soup, Mixed Vegetable & Potato, & Milk Snack Goldfish Crackers & Watermelon Cubes	Breakfast WG Oatmeal Pancake, Banana slices & Milk Lunch Mac & Cheese, Steamed Green Beans, Pear slices & Milk Snack Ritz Crackers with Grapes	Breakfast Waffles with Pineapple Chunk & Milk Lunch Turkey Stew with WG Brown Rice & Mixed Vegetable, Orange slices & Milk Snack Chex Mix & Cantaloupe cubes	Breakfast WG Cereal, Banana Slices & Milk Lunch Cheese Quesadilla, Steamed Broccoli, Apple slices & Milk Snack Crackers & Banana slices	Breakfast WG Oatmeal, Orange slices & Milk Lunch Cheese Quesadilla, Steamed Green Beans, Banana slices & Milk Snack Ritz Crackers & Cuties segments
Breakfast WG Cereal, Pear Slices & Milk Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Orange slices & Milk Snack Apple Slices & Ritz Crackers	Breakfast Croissant with Pineapple Chunks & Milk & Milk Lunch WG Brown Rice, Grilled Chicken with Corns, Banana slices & Milk Snack String Cheese & Watermelon Cubes	Breakfast Waffles with Cantaloupe cubes & Milk Lunch Lentils with WG Brown Rice, Tomato & Bell Pepper & Milk Snack Crackers & Grapes	Breakfast WG Cereal, Banana slices & Milk Lunch Chicken Nuggets, Steamed Broccoli, Apples slices & Milk Snack Cheez-it & Pear Slices	Breakfast WG Oatmeal, Orange slices & Milk Lunch Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk Snack Ritz Crackers & Cuties segments
Breakfast WG Cereal, Apple slices & Milk Lunch Chicken with Bowtie Soup, Mixed Vegetable & Potato, & Milk Snack Goldfish Crackers & Watermelon Cubes	Breakfast WG Oatmeal Pancake, Banana slices & Milk Lunch Mac & Cheese, Steamed Green Beans, Pear slices & Milk Snack Ritz Crackers with Grapes	Breakfast Waffles with Pineapple Chunk & Milk Lunch Turkey Stew with WG Brown Rice & Mixed Vegetable, Orange slices & Milk Snack Chex Mix & Cantaloupe cubes	Breakfast WG Cereal, Banana Slices & Milk Lunch Cheese Quesadilla, Steamed Broccoli, Apple slices & Milk Snack Crackers & Banana slices	Breakfast Bagel, Cuties segments & Milk Lunch WG Brown Rice, Pinto Beans with Corn, Pears & Milk Snack String Cheese & Orange slices
Breakfast WG Cereal, Pear Slices & Milk Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Orange slices & Milk Snack Apple Slices & Ritz Crackers	Breakfast Croissant with Pineapple Chunks & Milk & Milk Lunch WG Brown Rice, Grilled Chicken with Corns, Banana slices & Milk Snack String Cheese & Watermelon Cubes	Breakfast Waffles with Cantaloupe cubes & Milk Lunch Lentils with WG Brown Rice, Tomato & Bell Pepper & Milk Snack Crackers & Grapes	Breakfast WG Cereal, Banana slices & Milk Lunch Chicken Nuggets, Steamed Broccoli, Apples slices & Milk Snack Cheez-it & Pear Slices	Breakfast WG Oatmeal, Orange slices & Milk Lunch Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk Snack Ritz Crackers & Cuties segments
Breakfast WG Cereal, Apple slices & Milk Lunch Chicken with Bowtie Soup, Mixed Vegetable & Potato, & Milk Snack Goldfish Crackers & Watermelon Cubes	Breakfast WG Oatmeal Pancake, Banana slices & Milk Lunch Mac & Cheese, Steamed Green Beans, Pear slices & Milk Snack Ritz Crackers with Grapes	Breakfast Waffles with Pineapple Chunk & Milk Lunch Turkey Stew with WG Brown Rice & Mixed Vegetable, Orange slices & Milk Snack Chex Mix & Cantaloupe cubes	Breakfast WG Cereal, Banana Slices & Milk Lunch Cheese Quesadilla, Steamed Broccoli, Apple slices & Milk Snack Crackers & Banana slices	Breakfast Bagel, Cuties segments & Milk Lunch WG Brown Rice, Pinto Beans with Corn, Pears & Milk Snack String Cheese & Orange slices
Breakfast WG Cereal, Pear Slices & Milk Lunch Spaghetti with Ground Turkey, Steamed Green Beans, Orange slices & Milk Snack Apple Slices & Ritz Crackers	Breakfast Croissant with Pineapple Chunks & Milk & Milk Lunch WG Brown Rice, Grilled Chicken with Corns, Banana slices & Milk Snack String Cheese & Watermelon Cubes	Breakfast Waffles with Cantaloupe cubes & Milk Lunch Lentils with WG Brown Rice, Tomato & Bell Pepper & Milk Snack Crackers & Grapes	Breakfast WG Cereal, Banana slices & Milk Lunch Chicken Nuggets, Steamed Broccoli, Apples slices & Milk Snack Cheez-it & Pear Slices	Breakfast WG Oatmeal, Orange slices & Milk Lunch Cheese Quesadilla, Steamed Broccoli, Banana slices & Milk Snack Ritz Crackers & Cuties segments

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

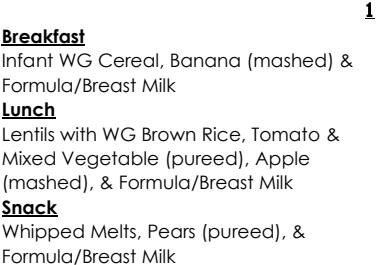
Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula

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
				
5 Breakfast Infant WG Cereal, Apple(mashed) & Formula/Breast Milk Lunch Chicken with Bowtie Soup (mashed), Mixed Vegetable & Potato (pureed) & Formula/Breast Milk Snack Soft WG Bread, Watermelon (mashed) & Formula/Breast Milk	6 Breakfast WG Oatmeal Pancake (Soft), Pear (mashed) & Formula/Breast Milk Lunch Chicken with Bowtie Soup (mashed), Corn (mashed) Pear (pureed) & Formula/Breast Milk Snack Lil Crunchies, Grape (mashed) & Formula/Breast Milk	7 Breakfast Waffles (soft), Pineapple (mashed) & Formula/Breast Milk Lunch Turkey Stew with WG Brown Rice, & Mixed Vegetable (pureed), Orange (smashed) & Formula/Breast Milk Snack Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	8 Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk Lunch Turkey Stew with WG Brown Rice, Broccoli (pureed), Apples (smashed) & Formula/Breast Milk Snack Yogurt melts, Banana (mashed) & Formula/Breast Milk	9 Breakfast Soft Waffles, Cuties (mashed) & Formula/Breast Milk Lunch WG Brown Rice, Pinto Beans with Corn, (mashed), Pears (pureed), & Formula/Breast Milk Snack Teething crackers (softened), Orange (mashed) & Formula/Breast Milk
12 Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Orange (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Apple (mashed) & Formula/Breast Milk	13 Breakfast Soft Waffles, Pineapple (mashed) & Formula/Breast Milk Lunch WG Brown Rice (pureed), Chicken with Corn, Banana (mashed) & Formula/ Breast Milk Snack Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	14 Breakfast Soft Waffles, Cantaloupe (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato & Bell Pepper (pureed) & Formula/Breast Milk Snack Teething Sticks, Grapes (mashed) & Formula/Breast Milk	15 Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato & Mixed Vegetable (pureed) & Formula/Breast Milk Snack Whipped Melts, Pears (pureed), & Formula/Breast Milk	16 Breakfast Cooked WG Oatmeal, Oranges (mashed) & Formula/ Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk Snack Soft WG Bread, Cuties (mashed) & Formula/Breast Milk
19 Breakfast Infant WG Cereal, Apple(mashed) & Formula/Breast Milk Lunch Chicken with Bowtie Soup (mashed), Mixed Vegetable & Potato (pureed) & Formula/Breast Milk Snack Soft WG Bread, Watermelon (mashed) & Formula/Breast Milk	20 Breakfast WG Oatmeal Pancake (Soft), Pear (mashed) & Formula/Breast Milk Lunch Chicken with Bowtie Soup (mashed), Corn (mashed) Pear (pureed) & Formula/Breast Milk Snack Lil Crunchies, Grape (mashed) & Formula/Breast Milk	21 Breakfast Waffles (soft), Pineapple (mashed) & Formula/Breast Milk Lunch Turkey Stew with WG Brown Rice, & Mixed Vegetable (pureed), Orange (smashed) & Formula/Breast Milk Snack Yogurt melts, Cantaloupe (mashed) & Formula/Breast Milk	22 Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk Lunch Turkey Stew with WG Brown Rice, Broccoli (pureed), Apples (smashed) & Formula/Breast Milk Snack Yogurt melts, Banana (mashed) & Formula/Breast Milk	23 Breakfast Soft Waffles, Cuties (mashed) & Formula/ Breast Milk Lunch WG Brown Rice, Pinto Beans with Corn, (mashed), Pears (pureed), & Formula/Breast Milk Snack Teething crackers (softened), Orange (mashed) & Formula/Breast Milk
26 Breakfast Infant WG Cereal, Pear (pureed) & Formula/Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Orange (mashed) & Formula/Breast Milk Snack Teething crackers (softened), Apple (mashed) & Formula/Breast Milk	27 Breakfast Soft Waffles, Pineapple (mashed) & Formula/Breast Milk Lunch WG Brown Rice (pureed), Chicken with Corn, Banana (mashed) & Formula/ Breast Milk Snack Yogurt Melts, Watermelon (mashed) & Formula/Breast Milk	28 Breakfast Soft Waffles, Cantaloupe (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato & Bell Pepper (pureed) & Formula/Breast Milk Snack Teething Sticks, Grapes (mashed) & Formula/Breast Milk	29 Breakfast Infant WG Cereal, Banana (mashed) & Formula/Breast Milk Lunch Lentils with WG Brown Rice, Tomato & Mixed Vegetable (pureed) & Formula/Breast Milk Snack Whipped Melts, Pears (pureed), & Formula/Breast Milk	30 Breakfast Cooked WG Oatmeal, Oranges (mashed) & Formula/ Breast Milk Lunch Spaghetti with Ground Turkey, Green Beans (pureed), Banana (mashed) & Formula/Breast Milk Snack Soft WG Bread, Cuties (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.