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|  | | | | | | |  | | | |
| **INFANTS: BIRTH THROUGH 5 MONTHS:** | | | | | | | | | | |
|  | **MONDAY** | | **TUESDAY** | | **WEDNESDAY** | | **THURSDAY** | | **FRIDAY** | |
| Food Item | Serving Size | Food Item | Serving Size | Food Item | Serving Size | Food Item | Serving Size | Food Item | Serving Size |
| **BREAKFAST** | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz |
| **LUNCH** | Breastmilk/formula | 4-6oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz |
| **PM SNACK** | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz | Breastmilk/formula | 4-6 oz |
|  | | | | | | | | | | |
| **INFANTS: 6 MONTHS THROUGH 11 MONTHS OR WHEN DEVELOPMENTALLY READY:** | | | | | | | | | | |
|  | **MONDAY** | | **TUESDAY** | | **WEDNESDAY** | | **THURSDAY** | | **FRIDAY** | |
| Food Item | Serving Size | Food Item | Serving Size | Food Item | Serving Size | Food Item | Serving Size | Food Item | Serving Size |
| **BREAKFAST**  Breastmilk/formula  Fruit/vegetable  Infant cereal and/or meat/meat alt. | Breastmilk/formula  Mandarin Oranges  Infant Rice Cereal | 6-8 oz  0-2T  0-4T | Breastmilk/formula  Strawberries  Vanilla Yogurt | 6-8 oz  0-2T  0-4T | Breastmilk/formula  Mango Chunks  Infant Oatmeal Cereal | 6-8 oz  0-2T  0-4T | Breastmilk/formula  Michigan Fruit  Vanilla Yogurt | 6-8 oz  0-2T  0-4T | Breastmilk/formula  Sliced Peaches  Infant Mixed grain cereal | 6-8 oz  0-2T  0-4T |
| **LUNCH**  Breastmilk/formula  Fruit/vegetable  Infant cereal and/or meat/meat alt. | Breastmilk/formula  Applesauce/Mixed Vegetables  Breaded Chicken Patty  WG Bun  WG Breading Included | 6-8 oz  0-2T  0-4T  ½ ea | Breastmilk/formula  Fruit Cocktail/Green Beans  Mac and Cheese  Turkey Pepperoni | 6-8 oz  0-2T  0-4T  2 ea | Breastmilk/Formula  Banana/Peas  Meatballs w/Marinara  Round Crackers | 6-8 oz  0-2T  0-4T  4 ea | Breastmilk/formula  Pears/Corn  Hot Dog  WG Bun | 6-8 oz  0-2T  0-4T  ½ ea | Breastmilk/formula  Tropical Fruit/Carrots  Cheese Quesadilla  WG Breading Included | 6-8 oz  0-2T  0-4T |
| **PM SNACK**  Breastmilk/formula  Fruit/vegetable  Grain (bread, cracker, infant cereal or ready to eat cereal) | Breastmilk/formula  Pears  Cheez its | 2-4 oz  0-2 T  ½ pkg | Breastmilk/formula  Mixed Fruit  Goldfish | 2-4 oz  0-2 T  ½ pkg | Breastmilk/formula  Pineapple  Animal Crackers | 2-4 oz  0-2 T  8 ea | Breastmilk/formula  Applesauce  String Cheese | 2-4 oz  0-2 T  ½ ea | Breastmilk/formula  Fruit Cocktail  Wheat Crackers | 2-4 oz  0-2 T  4 ea |

Just Us Kids provides the following and families may bring any alternatives.

Parent’s Choice Formulas- all types

Parent’s Choice Rice and Oatmeal cereal

Gerber Stage 2 baby food