


| | | | | |
|---|--|-------------------------------------|--|-----------------------------------|
|  | | Wednesday 1 | Thursday 2 | Friday 3 |
| | | Orange slices Low sugar cereal | Apple slices Waffles | Mixed fruit Low sugar cereal |
| Monday 6 | Tuesday 7 | Wednesday 8 | Thursday 9 | Friday 10 |
| Diced pears Low sugar cereal | Applesauce Pancakes | Diced pineapple Low sugar cereal | Turkey sausage & egg patty Cheese slice Diced peaches Tortilla wrap | Diced banana Low sugar cereal |
| Monday 13 | Tuesday 14 | Wednesday 15 | Thursday 16 | Friday 17 |
| Apple sauce Low sugar cereal | Soy butter Orange slices Raisin bread | Mixed fruit Low sugar cereal | Yogurt cup Blueberries | Diced peaches Low sugar cereal |
| Monday 20 | Tuesday 21 | Wednesday 22 | Thursday 23 | Friday 24 |
| Diced pears Low sugar cereal | Sliced cheese Diced pears English muffin | Orange slices Low sugar cereal | Apple slices Waffles | Mixed fruit Low sugar cereal |
| Monday 27 | Tuesday 28 | Wednesday 29 | Thursday 30 | Friday 31 |
| Diced pears Low sugar cereal | Applesauce Pancakes | Diced pineapple Low sugar cereal | Turkey sausage & egg patty Cheese slice Diced peaches Tortilla wrap | Diced banana Low sugar cereal |

May Infant-1yr Breakfast Menu



| Serving Size Key | | | |
|---------------------------------------|-------------------------------------|--|---------------------------------|
| Age | B-5 months | 6-11 months | 1 yr. old |
| Milk | 4-6 fluid oz. breastmilk/formula | 6-8 fluid oz. breastmilk/formula | 4 fluid ounces whole milk |
| Cheese | n/a | 0-2 oz. | 1-4 oz. |
| Yogurt/protein alternative | n/a | 0-4 oz. | 1-2 oz. |
| Fruits/Vegetables | n/a | 0-4 Tbs. | 2-4 oz. each |
| Whole grain-rich or enriched bread | n/a | n/a | ½ slice |
| bread product | n/a | n/a | ½ serving |
| cereal grain | n/a | 0-4 Tbs. infant cereal or breakfast cereal | ¼ c. |

Color Code

Protein **Veggie** **Fruit** **Grain**

***Milk must be offered during
breakfast***