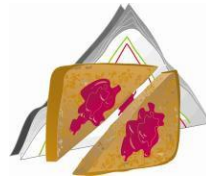


Portion sizes are for children ages 4 to 11 months. We may change the meals shown, rearrange the order or make substitutions within a meal. Each menu will offer the food components that USDA meal patterns require. Note: the variety of culturally diverse menus.



For all seasons, turning today's learners into tomorrow's leaders

2801 North Dr. Martin Luther King Drive
First and Second Shifts



Cycle Menus for Infants—Week 1—Day 1

Meal	Food	Serving Sizes: 4–7 Months	Serving Sizes: 8–11 Months
Breakfast	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Peaches, in a jar		1–4 Tbsp
Snack	Breast Milk or Formula, iron- fortified	4–6 fl oz	2–4 fl oz
	Crackers, whole-grain		0–2 crackers
Lunch	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Strained Turkey, in a jar		1–4 Tbsp
	Carrots, in a jar	0–3 Tbsp	1–4 Tbsp



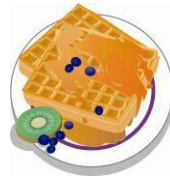
Cycle Menus for Infants—Week 1—Day 2

Meal	Food	Serving Sizes: 4–7 Months	Serving Sizes: 8–11 Months
Breakfast	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Pears, in a jar ^{3,6}		1–4 Tbsp
Snack	Breast Milk or Formula, iron- fortified	4–6 fl oz	2–4 fl oz
	Crackers, whole-grain		0–2 crackers
Lunch	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Strained Chicken, in a jar ⁶		1–4 Tbsp
	Peas, in a jar	0–3 Tbsp	1–4 Tbsp



Cycle Menus for Infants—Week 1—Day 3

Meal	Food	Serving Sizes: 4–7 Months	Serving Sizes: 8–11 Months
Breakfast	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Bananas, in a jar		1–4 Tbsp
Snack	Breast Milk or Formula, iron- fortified	4–6 fl oz	
	Orange Juice		2–4 fl oz
	Crackers, whole-grain		0–2 crackers
Lunch	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Strained Lamb, in a jar		1–4 Tbsp
	Beets, in a jar	0–3 Tbsp	1–4 Tbsp



Cycle Menus for Infants—Week 1—Day 4

Meal	Food	Serving Sizes: 4–7 Months	Serving Sizes: 8–11 Months
Breakfast	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Applesauce, in a jar		1–4 Tbsp
Snack	Breast Milk or Formula, iron- fortified	4–6 fl oz	2–4 fl oz
	Crackers, whole-grain		0–2 crackers
Lunch	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Strained Veal, in a jar		1–4 Tbsp
	Green Beans, in a jar	0–3 Tbsp	1–4 Tbsp



Cycle Menus for Infants—Week 1—Day 5

Meal	Food	Serving Sizes: 4–7 Months	Serving Sizes: 8–11 Months
Breakfast	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Plums, in a jar		1–4 Tbsp
Snack	Breast Milk or Formula, iron- fortified	4–6 fl oz	2–4 fl oz
	Crackers, whole-grain		0–2 crackers
Lunch	Breast Milk or Formula, iron- fortified	4–8 fl oz	6–8 fl oz
	Infant Rice Cereal, iron-fortified	0–3 Tbsp	2–4 Tbsp
	Strained Beef, in a jar		1–4 Tbsp
	Squash, in a jar	0–3 Tbsp	1–4 Tbsp