

**Week 1**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole 2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-4 Oz. Cheese Pieces 0-2 T Cantaloupe Pieces Mashed/Diced	Cantaloupe Toasted English Muffin w/Sliced Cheese 1% & Whole Milk	Cantaloupe Toasted English Muffin w/Sliced Cheese 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Cooked Potatoes & Carrots Mashed/Diced	Baked Chicken Breast <b>Brown Rice</b> w/ Potatoes, Carrots, Onions, & Tomatoes Orange Slices 1% & Whole Milk	Baked Chicken Breast <b>Brown Rice</b> w/ Potatoes, Carrots, Onions, & Tomatoes Orange Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cooked Baby Carrots Mashed/Diced 0-2 Townhouse Crackers	Steamed Baby Carrots Townhouse Crackers 1% & Whole Milk	Baby Carrots/w Dressing Townhouse Crackers 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/ Formula 0-4 T IF Cereal 0-4 T Scrambled Eggs 0-2 T Applesauce	Applesauce Scrambled Eggs Toasted <b>WGR Bread</b> w/Butter 1% & Whole Milk	Applesauce Scrambled Eggs Toasted <b>WGR Bread</b> w/ Butter 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Black Beans Mashed 0-2 T Fruit Cocktail Mashed/Diced	Black Bean Chili W/ Cheddar Cheese Fruit Cocktail <b>Cornbread</b> 1% & Whole Milk	Black Bean Chili W/ Cheddar Cheese Fruit Cocktail <b>Cornbread</b> 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cooked Celery Mashed/Diced 0 – 2 Saltine Crackers	Cooked Celery Cottage Cheese <b>Corn Tortilla Chips</b> 1% & Whole Milk	Celery Sticks Cottage Cheese <b>Corn Tortilla Chips</b> 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Blueberries Mashed	Blueberries String Cheese <b>Cheerios</b> 1% & Whole Milk	Blueberries String Cheese <b>Cheerios</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Mixed Vegetables Mashed	Chicken Noodle Soup Mixed Vegetables Apricots 1% & Whole Milk	Chicken Noodle Soup Mixed Vegetables Apricots 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-½ Slice Cinnamon Bread 0-2 T Pineapple Pieces Mashed/Diced	Pineapple Cinnamon Bread w/Butter 1% & Whole Milk	Pineapple Cinnamon Bread w/Butter 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Bananas Mashed/Diced	Bananas <b>Oatmeal</b> 1% & Whole Milk	Bananas <b>Oatmeal</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Peaches Mashed/Diced	<b>WGR Spaghetti</b> w/ Meat Sauce Romaine Salad w/Dressing Peaches 1% & Whole Milk	<b>WGR Spaghetti</b> w/ Meat Sauce Romaine Salad w/Dressing Peaches 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Pears Mashed/Diced 0 – ½ Slice Garden Harvest Bread	Pear Slices Garden Harvest Bread 1% & Whole Milk	Pear Slices Garden Harvest Bread 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Strawberries Mashed/Diced	Strawberries Toasted <b>WGR Bagels</b> w/Sunbutter 1% & Whole Milk	Strawberries Toasted <b>WGR Bagels</b> w/ Sunbutter 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Cooked Salmon Plain 0-2 T Cooked Carrots Mashed/Diced	Salmon Melt on a <b>WGR Bun</b> Cooked Carrots Apple Slices 1% & Whole Milk	Salmon Melt on a <b>WGR Bun</b> Cooked Carrots Apple Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Honeydew Mashed/Diced 0- 2 Graham Crackers	Honeydew Graham Crackers Vanilla Yogurt 1% & Whole Milk	Honeydew Graham Crackers Vanilla Yogurt 1% Milk

**Week 2**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole 2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Bananas Mashed/Diced	Bananas Toasted Rye Bread w/ Cheese 1% & Whole Milk	Bananas Toasted Rye Bread w/ Cheese 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T String Cheese Pieces 0-2 Peeled Cucumber Pieces Mashed/Diced	Sunbutter and Fruit Spread Sandwiches on <b>WGR Bread</b> String Cheese Cucumbers Pear Slices 1% & Whole Milk	Sunbutter and Fruit Spread Sandwiches on <b>WGR Bread</b> String Cheese Cucumbers Pear Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cooked Broccoli Mashed 0-1/2 Piece English Muffin	Steamed Broccoli English Muffin w/Butter Cottage Cheese 1% & Whole Milk	Broccoli English Muffin w/Butter Cottage Cheese 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Mixed Berries Mashed/Diced	Mixed Berries Vanilla Yogurt Pancakes 1% & Whole Milk	Mixed Berries Vanilla Yogurt Pancakes 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Green Beans Mashed/Diced	Fiesta Chicken <b>Brown Rice</b> Green Beans Orange Slices 1% & Whole Milk	Fiesta Chicken <b>Brown Rice</b> Green Beans Orange Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0 – ½ Slice Banana Oat Bread 0-2 T Pineapple Pieces Mashed/Diced	Pineapple <b>Banana Oat Bread</b> 1% & Whole Milk	Pineapple <b>Banana Oat Bread</b> 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Apple Pieces Mashed/Diced	Apple Slices Rice Chex 1% & Whole Milk	Apple Slices Rice Chex 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Peas Mashed	Lasagna w/ Beef and Cheese <b>WGR Bread Stick</b> Pea Salad Apricots 1% & Whole Milk	Lasagna w/ Beef and Cheese <b>WGR Bread Stick</b> Pea Salad Apricots 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Strawberry Pieces Mashed/Diced 0-4 T Baked Oatmeal	Strawberries <b>Baked Oatmeal</b> 1% & Whole Milk	Strawberries <b>Baked Oatmeal</b> 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-2 T Applesauce	Applesauce Toasted <b>WGR Bagel</b> w/Butter String Cheese Milk	Applesauce Toasted <b>WGR Bagel</b> w/Butter String Cheese 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Tuna Plain 0-2 T Tropical Fruit Mashed/Diced	Tuna Salad <b>WGR Bun</b> Romaine and Green Pepper Salad w/Dressing Tropical Fruit 1% & Whole Milk	Tuna Salad <b>WGR Bun</b> Romaine and Green Pepper Salad w/Dressing Tropical Fruit 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Blueberries Mashed 0-1/2 Piece Blueberry Muffin	Blueberries <b>Blueberry Muffin</b> 1% & Whole Milk	Blueberries <b>Blueberry Muffin</b> 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-4 T Scrambled Eggs 0-2 T Peaches Mashed/Diced	Peaches Toasted <b>WGR Bread</b> w/Butter Scrambled Eggs 1% & Whole Milk	Peaches Toasted <b>WGR Bread</b> w/Butter Scrambled Eggs 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Kidney Beans Mashed 0-2 T Zucchini Mashed/Diced	Minestrone Soup Cantaloupe Saltine Crackers 1% & Whole Milk	Minestrone Soup Cantaloupe Saltine Crackers 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cooked Baby Carrots Mashed/Diced 0-½ Slice Zucchini Bread	Steamed Baby Carrots Zucchini Bread 1% & Whole Milk	Baby Carrots w/Veggie Dip Zucchini Bread 1% Milk

**Week 3**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole 2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Mixed Berries Mashed/Diced	Mixed Berries <b>Oatmeal</b> 1% & Whole Milk	Mixed Berries <b>Oatmeal</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/ Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef 0-2 T Potatoes Mashed/Diced	Borscht Soup w/Beef Mandarin Oranges Saltine Crackers 1% & Whole Milk	Borscht Soup w/Beef Mandarin Oranges Saltine Crackers 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cooked Cauliflower Mashed 0 – ½ Piece Carrot Bread	Steamed Cauliflower Carrot Bread Cottage Cheese 1% & Whole Milk	Cauliflower Carrot Bread Cottage Cheese 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Pear Pieces Mashed/Diced	Pear Slices Toasted English Muffin w/ Sunbutter 1% & Whole Milk	Pear Slices Toasted English Muffin w/Sunbutter 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Cod Plain Diced 0-2 T Potatoes Mashed	Baked Cod Fillets Pineapple Tidbits Baked Diced Potatoes <b>WGR Dinner Roll</b> W/ Butter 1% & Whole Milk	Baked Cod Fillets Pineapple Tidbits Baked Diced Potatoes <b>WGR Dinner Roll</b> W/ Butter 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cantaloupe Mashed/Diced 0-½ WGR Waffles	Cantaloupe Vanilla Yogurt <b>WGR Waffles</b> 1% & Whole Milk	Cantaloupe Vanilla Yogurt <b>WGR Waffles</b> 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Applesauce	Applesauce Cinnamon Swirl Toast w/ Butter String Cheese 1% & Whole Milk	Applesauce Cinnamon Swirl Toast w /Butter String Cheese 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Cooked Broccoli Mashed	Stir-Fry w/ Chicken, Broccoli, Carrots, Green Pepper <b>Brown Rice</b> Peaches 1% & Whole Milk	Stir-Fry w/ Chicken, Broccoli, Carrots, Green Pepper <b>Brown Rice</b> Peaches 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Strawberries Mashed/Diced 0-1/2 Slice Banana Bread	Strawberries <b>Banana Bread</b> 1% & Whole Milk	Strawberries <b>Banana Bread</b> 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Bananas Mashed/Diced	Bananas <b>Cheerios</b> 1% & Whole Milk	Bananas <b>Cheerios</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Tropical Fruit Mashed/Diced	Pizza w/ Gr. Beef & Cheese <b>WGR Pizza Crust</b> Romaine Salad w/Dressing Tropical Fruit 1% & Whole Milk	Pizza w/ Gr. Beef & Cheese <b>WGR Pizza Crust</b> Romaine Salad w/Dressing Tropical Fruit 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cooked Baby Carrots Mashed/Diced 0 – 1/2 Slice Tortilla	Steamed Baby Carrots <b>WGR Quesadillas</b> Salsa 1% & Whole Milk	Baby Carrots <b>WGR Quesadillas</b> Salsa 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-4 T Scrambled Eggs 0-2 T Fruit Cocktail Mashed/Diced	Fruit Cocktail Toasted <b>WGR Bagel</b> w/butter Scrambled Eggs 1% & Whole Milk	Fruit Cocktail Toasted <b>WGR Bagel</b> w/butter Scrambled Eggs 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Peas Mashed	Parmesan Chicken <b>WGR Rotini</b> Peas Orange Slices 1% & Whole Milk	Parmesan Chicken <b>WGR Rotini</b> Peas Orange Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Zucchini Squash Mashed/Diced 0 – 2 Townhouse Crackers	Baked Zucchini Squash Townhouse Crackers Cottage Cheese 1% & Whole Milk	Baked Zucchini Squash Townhouse Crackers Cottage Cheese 1% Milk

**Week 4**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole 2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Blueberries Mashed	Blueberries Vanilla Yogurt Pancakes 1% & Whole Milk	Blueberries Vanilla Yogurt Pancakes 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Sweet Potato Mashed	Gr. Beef Sweet Potato Casserole <b>WGR Rotini</b> Diced Grapes 1% & Whole Milk	Gr. Beef Sweet Potato Casserole <b>WGR Rotini</b> Grape Halves 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Kiwi Mashed/Diced 0-4 T WGR Cheerios	Kiwi & Apple <b>Cheerios</b> 1% & Whole Milk	Kiwi & Apple <b>Cheerios</b> 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Applesauce	Applesauce <b>WGR Waffles</b> 1% & Whole Milk	Applesauce <b>WGR Waffles</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Scrambled Egg 0-2 T Fruit Cocktail Mashed/Diced	Egg, & Cheese Burrito w/Salsa <b>WGR Tortilla</b> Romaine Salad w/ Dressing Fruit Cocktail 1% & Whole Milk	Egg, & Cheese Burrito w/Salsa <b>WGR Tortilla</b> Romaine Salad w/ Dressing Fruit Cocktail 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Pineapple Pieces Mashed/Diced 0-½ Slice Garden Harvest Bread	Pineapple Garden Harvest Bread 1% & Whole Milk	Pineapple Garden Harvest Bread 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-4 T Sliced Cheese 0-2 T Peaches Mashed/Diced	Diced Peaches Toasted English Muffins w/Sliced Cheese 1% & Whole Milk	Diced Peaches Toasted English Muffins w/Sliced Cheese 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Diced Chicken Plain 0-2 T Orange Pieces Mashed/Diced	Homemade Chicken Corn Chowder Orange Slices <b>WGR Dinner Roll</b> w/Butter 1% & Whole Milk	Homemade Chicken Corn Chowder Orange Slices <b>WGR Dinner Roll</b> w/Butter 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 Saltine Crackers 0-2 T Peeled Cucumber Pieces Diced/Mashed	Cucumbers w/Dressing <b>Corn Tortilla</b> Chip String Cheese 1% & Whole Milk	Cucumbers w/Dressing <b>Corn Tortilla</b> Chip String Cheese 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Pears Mashed/Diced	Pear Slices Toasted <b>WGR Bread</b> w/Sunbutter 1% & Whole Milk	Pear Slices Toasted <b>WGR Bread</b> w/Sunbutter 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Apple Pieces Mashed/Diced	Picadillo <b>Brown Rice</b> Apple Slices Baby Carrots 1% & Whole Milk	Picadillo <b>Brown Rice</b> Apple Slices Baby Carrots 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-4 T Cantaloupe Mashed 0-1/2 Zunana Bread	Cantaloupe Zunana Bread 1% & Whole Milk	Cantaloupe Zunana Bread 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Bananas Mashed/Diced	Bananas Toasted <b>WGR Bread Sticks</b> Cottage Cheese 1% & Whole Milk	Bananas Toasted <b>WGR Bread Sticks</b> Cottage Cheese 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Baked Cod Plain 0-2 T Honeydew Pieces Mashed/Diced	Baked Cod Fillets Noodles w/Butter Mashed Sweet Potato Honeydew 1% & Whole Milk	Baked Cod Fillets Noodles w/Butter Mashed Sweet Potato Honeydew Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Mixed Berries Mashed	Mixed Berries <b>WGR Bagels</b> w/Butter 1% & Whole Milk	Mixed Berries <b>WGR Bagel</b> w/Butter 1% Milk

**Week 5**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole</b> <b>2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Pears Mashed/Diced	Pear Slices <b>Cheerios</b> 1% & Whole Milk	Pear Slices <b>Cheerios</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Green Beans Mashed	Baked Chicken Breast Gallo Pinto w/ <b>Brown Rice</b> Green Beans Tropical Fruit 1% & Whole Milk	Baked Chicken Breast Gallo Pinto w/ <b>Brown Rice</b> Green Beans Tropical Fruit 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cantaloupe Mashed/Diced 0 – 2 Graham Crackers	Cantaloupe Graham Crackers Cheese Curds 1% & Whole Milk	Cantaloupe Graham Crackers Cheese Curds 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Mixed Berries Mashed/Diced	Mixed Berries <b>WGR Waffles</b> Vanilla Yogurt 1% & Whole Milk	Mixed Berries <b>WGR Waffles</b> Vanilla Yogurt 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Refried Beans 0-2 T Cooked Broccoli Mashed	Taco Pizza w/ Cheese, Tomato & Vegetarian Refried Beans <b>WGR Pizza Crust</b> Broccoli & Cauliflower Salad Fruit Cocktail 1% & Whole Milk	Taco Pizza w/ Cheese, Tomato & Vegetarian Refried Beans <b>WGR Pizza Crust</b> Broccoli & Cauliflower Salad Fruit Cocktail 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-4 T Cooked Celery Mashed/Diced 0 – ½ Slice English Muffin	Cooked Celery Toasted English Muffin w/Sunbutter 1% & Whole Milk	Celery Sticks Toasted English Muffin w/Sunbutter 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Pineapple Pieces Mashed/Diced	Pineapple Toasted <b>WGR Bagel</b> w/Sunbutter 1% & Whole Milk	Pineapple Toasted <b>WGR Bagel</b> w/Sunbutter 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Orange Pieces Mashed/Diced	Sloppy Joes <b>WGR Bun</b> Corn Orange Slices 1% & Whole Milk	Sloppy Joes <b>WGR Bun</b> Corn Orange Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Blueberries Mashed/Diced 0-4 T IF Cereal	Blueberries <b>WGR Baked Oatmeal</b> 1% & Whole Milk	Blueberries <b>WGR Baked Oatmeal</b> 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Strawberries Mashed/Diced	Strawberries <b>WGR French Toasts Sticks</b> 1% & Whole Milk	Strawberries <b>WGR French Toasts Sticks</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Cooked Carrots Mashed/Diced	Beef Goulash w/Macaroni <b>WGR Dinner Roll</b> w/Butter Steamed Carrots Apricots 1% & Whole Milk	Beef Goulash w/Macaroni <b>WGR Dinner Roll</b> w/Butter Steamed Carrots Apricots 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Bananas Mashed/Diced 0 – ½ Zunana Bread	Bananas Zunana Bread 1% & Whole Milk	Bananas Zunana Bread 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Honeydew Mashed/Diced	Honeydew Toasted Cinnamon Bread w/Butter Vanilla Yogurt 1% & Whole Milk	Honeydew Toasted Cinnamon Bread w/Butter Vanilla Yogurt 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Baked Cod Plain 0-2 T Apple Pieces Mashed/Diced	Fish & Cheese Taco <b>WGR Tortilla</b> Romaine Salad w/Salsa Apple Slices 1% & Whole Milk	Fish & Cheese Taco <b>WGR Tortilla</b> Romaine Salad w/Salsa Apple Slices 1 % Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cooked Broccoli Mashed/Diced 0-4 T IF Cereal	Steamed Broccoli <b>WGR Bread Sticks</b> Cottage Cheese 1% & Whole Milk	Broccoli <b>WGR Bread Sticks</b> Cottage Cheese 1% Milk

**Week 6**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole</b> <b>2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-4 Oz. Shredded Cheddar Cheese 0-2 T Peaches Mashed/Diced	Peaches Egg & Veggie Bake <b>WGR Bread</b> w/Butter 1% & Whole Milk	Peaches Egg & Veggie Bake <b>WGR Bread</b> w/Butter 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Cooked Carrots Mashed/Diced	Lentil Soup Saltine Crackers Steamed Carrots Apple Slices 1% & Whole Milk	Lentil Soup Saltine Crackers Steamed Carrots Apple Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Pears Mashed/Diced 0- ½ Piece WGR Bread Sticks	Pear Slices <b>WGR Bread Sticks</b> String Cheese 1% & Whole Milk	Pear Slices <b>WGR Bread Sticks</b> String Cheese 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Applesauce	Applesauce <b>WGR Waffles</b> 1% & Whole Milk	Applesauce <b>WGR Waffles</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Baked Cod Diced 0-2 T Peas Mashed	Baked Cod Fillet <b>WGR Rotini</b> Sugar Snap Peas Cantaloupe 1% & Whole Milk	Baked Cod Fillet <b>WGR Rotini</b> Sugar Snap Peas Cantaloupe 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Pineapple Pieces Mashed/Diced 0-4 T IF Cereal	Pineapple Toasted <b>WGR Bagel</b> w/ Sunbutter 1% & Whole Milk	Pineapple Toasted <b>WGR Bagel</b> w/ Sunbutter 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Mixed Berries Mashed	Mixed Berries <b>Oatmeal</b> 1% & Whole Milk	Mixed Berries <b>Oatmeal</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Cooked Cauliflower Mashed/Diced	Meatloaf Steamed Cauliflower <b>WGR Bread</b> w/ Butter Apple Slices 1% & Whole Milk	Meatloaf Steamed Cauliflower <b>WGR Bread</b> w/ Butter Apple Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-1/2 Oz. Shredded Cheese 0-4 T Tomato Mashed/Diced 0 – 2 Saltine Crackers	Pico de Gallo <b>Corn Tortilla</b> Chips Cheese Curds 1% & Whole Milk	Pico de Gallo <b>Corn Tortilla</b> Chips Cheese Curds 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Strawberries Mashed/Diced	Strawberries Pancakes Vanilla Yogurt 1% & Whole Milk	Strawberries Pancakes Vanilla Yogurt 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Peeled Cucumber Pieces Mashed/Diced	Chicken Salad <b>WGR Bun</b> Spinach Salad, Diced Red Peppers, and Cucumbers w/Dressing Fruit Cocktail 1% & Whole Milk	Chicken Salad <b>WGR Bun</b> Spinach Salad, Diced Red Peppers, and Cucumbers w/Dressing Fruit Cocktail 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-1/2 Slice Zucchini Bread 0-2 Cooked Carrots Mashed/Diced	Steamed Baby Carrots <b>Zucchini Bread</b> 1% & Whole Milk	Baby Carrots w/Dressing <b>Zucchini Bread</b> 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Bananas Mashed/Diced	Bananas Rice Chex 1% & Whole Milk	Bananas Rice Chex 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground. Beef Plain 0-2 T Orange Pieces Mashed/Diced	Pinto Bean Soup Mixed Vegetables <b>WGR Dinner Roll</b> w/Butter Orange Slices 1% & Whole Milk	Pinto Bean Soup Mixed Vegetables <b>WGR Dinner Roll</b> w Butter Orange Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Honeydew Mashed/Diced 0 – ½ Slice Banana Oat Muffin	Honeydew <b>Banana Oat Muffin</b> 1% & Whole Milk	Honeydew <b>Banana Oat Muffin</b> 1% Milk

**Week 7**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole</b> <b>2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Apple Pieces Diced/Mashed	Diced Apples <b>Oatmeal</b> w/Cinnamon 1% & Whole Milk	Diced Apples <b>Oatmeal</b> w/ Cinnamon 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Baked Cod Plain 0-2 T Cooked Cabbage Mashed/Diced	Baked Cod Fillet <b>Brown Rice</b> Fruit Cocktail Red Cabbage Salad 1% & Whole Milk	Baked Cod Fillet <b>Brown Rice</b> Fruit Cocktail Red Cabbage Salad 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Kiwi Mashed/Diced 0-1/2 English Muffin	Tropical Salad Toasted English Muffin w/Sunbutter 1% & Whole Milk	Tropical Salad Toasted English Muffin w/Sunbutter 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Mixed Berries Mashed/Diced	Mixed Berries Pancakes 1% & Whole Milk	Mixed Berries Pancakes 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Cheese Diced 0-2 T Pear Pieces Mashed/Diced	Toasted Cheese Sandwich on <b>WGR Bread</b> Tomato Soup Pear Slices 1% & Whole Milk	Toasted Cheese Sandwich on <b>WGR Bread</b> Tomato Soup Pear Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Cooked Baby Carrots Mashed/Diced	Steamed Baby Carrots Toasted <b>WGR Bagel</b> w/Butter String Cheese 1% & Whole Milk	Baby Carrots Toasted <b>WGR Bagel</b> w/Butter String Cheese 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Peaches Mashed/Diced 0-2 T Scrambled Eggs	Peaches <b>WGR Breadstick</b> Scrambled Eggs 1% & Whole Milk	Peaches <b>WGR Breadstick</b> Scrambled Eggs 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Hamburger Diced 0-2 T Sweet Potatoes Mashed	Hamburger w/Ketchup <b>WGR Bun</b> Mashed Sweet Potato Tropical Fruit Milk	Hamburger w/Ketchup <b>WGR Bun</b> Mashed Sweet Potato Tropical Fruit 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Raspberries Mashed 0 – ½ Slice Raspberry Muffins	Raspberries Vanilla Yogurt <b>Raspberry Muffins</b> 1% & Whole Milk	Raspberries Vanilla Yogurt <b>Raspberry Muffins</b> 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Bananas Pieces Mashed/Diced	Bananas Rice Chex 1% & Whole Milk	Bananas Rice Chex 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Orange Pieces Mashed/Diced	Cheesy Chicken Salsa Bake <b>WGR Tortillas</b> Romaine Salad w/Dressing Orange Slices 1% & Whole Milk	Cheesy Chicken Salsa Bake <b>WGR Tortillas</b> Romaine Salad w/Dressing Orange Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Cantaloupe Mashed/Diced 0-½ Slice Rye Bread	Cantaloupe Toasted Rye Bread w/Cheese 1% & Whole Milk	Cantaloupe Toasted Rye Bread w/Cheese 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Blueberries Mashed	Blueberries <b>WGR Waffles</b> Vanilla Yogurt 1% & Whole Milk	Blueberries <b>WGR Waffles</b> Vanilla Yogurt 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef Plain 0-2 T Peas Mashed	Beef & Cheese Casserole <b>WGR Rotini</b> Apple Slices Peas 1% & Whole Milk	Beef & Cheese Casserole <b>WGR Rotini</b> Apple Slices Peas 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Peeled Cucumber Pieces Mashed/Diced 0 – ½ Sliced Carrot Bread	Cucumbers w/Veggie Dip Carrot Bread 1% & Whole Milk	Cucumbers w/Veggie Dip Carrot Bread 1% Milk

**Week 8**
**Date:**
**Center:**

Meal	Menu Items Birth-5 Months	Menu Items Children 6-11 Months	Menu Items <b>1-2 Years: Whole 2-3 Years: 1% Milk</b>	Menu Items 3-5 Years
<b>Monday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Apples Pieces Mashed/Diced	Apple Slices Toasted <b>WGR Bagel</b> w/ Butter Sliced Cheese 1% & Whole Milk	Apple Slices Toasted <b>WGR Bagel</b> w/ Butter Sliced Cheese 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken Diced Plain 0-2 T Green Beans Mashed/Diced	Parmesan Chicken <b>WGR Rotini</b> Green Beans Kiwi/Pear Salad 1% & Whole Milk	Parmesan Chicken <b>WGR Rotini</b> Green Beans Kiwi/Pear Salad 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Honeydew Pieces Mashed/Diced 0 – ½ Banana Bread Slice	Honeydew <b>Banana Bread</b> 1% & Whole Milk	Honeydew <b>Banana Bread</b> 1% Milk
<b>Tuesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Apricots Mashed/Diced	Apricots <b>WGR Baked Oatmeal</b> 1% & Whole Milk	Apricots <b>WGR Baked Oatmeal</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Tuna Plain 0-2 T Tropical Fruit Mashed/Diced	Tuna Melt on a <b>WGR Bun</b> Spinach Salad w/ Tomato & Green Pepper w/dressing Tropical Fruit 1% & Whole Milk	Tuna Melt on a <b>WGR Bun</b> Spinach Salad w/ Tomato & Green Pepper w/ dressing Tropical Fruit 1% Milk
Snack	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-2 T Zucchini Squash Mashed/Diced 0 – ½ Piece WGR Bread	Zucchini Squash Rounds <b>WGR Bread</b> w/Butter Turkey Sandwich 1% & Whole Milk	Zucchini Squash Rounds <b>WGR Bread</b> w/Butter Turkey Sandwich 1% Milk
<b>Wednesday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Peaches Mashed/Diced	Peaches <b>WGR Waffles</b> Vanilla Yogurt 1% & Whole Milk	Peaches <b>WGR Waffles</b> Vanilla Yogurt 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Ground Beef 0-2 T Refried Beans Mashed	Tacos W/ Beef & Cheese Refried Beans & Salsa <b>WGR Tortillas</b> Corn Orange Slices 1% & Whole Milk	Tacos W/ Beef & Cheese Refried Beans & Salsa <b>WGR Tortillas</b> Corn Orange Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Blueberries Mashed 0 – ½ Pancake	Blueberries Pancakes 1% & Whole Milk	Blueberries Pancakes 1% Milk
<b>Thursday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Scrambled Eggs 0-2 T Pineapple Pieces Mashed/Diced	Pineapple Tidbits Toasted English Muffin w/Butter Scrambled Eggs 1% & Whole Milk	Pineapple Tidbits Toasted English Muffin w/Butter Scrambled Eggs 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-2 Oz. Shredded Cheese 0-2 T Cooked Carrots Mashed/Diced	Baked Macaroni & Cheese Cooked Carrots Pear Slices 1% & Whole Milk	Baked Macaroni & Cheese Cooked Carrots Pear Slices 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0-2 T Bananas Mashed/Diced 0 – 4 T Cheerios	Bananas <b>Cheerios</b> 1% & Whole Milk	Bananas <b>Cheerios</b> 1% Milk
<b>Friday</b> Breakfast	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal 0-2 T Mixed Berries Mashed/Diced	Mixed Berries <b>WGR French Toast Sticks</b> 1% & Whole Milk	Mixed Berries <b>WGR French Toast Sticks</b> 1% Milk
Lunch	4-6 ounces Breastmilk or Formula	6-8 Oz. Breastmilk/Formula 0-4 T IF Cereal and/or 0-4 T Chicken, Diced Plain 0-2 T Cooked Broccoli Mashed	Chicken & Broccoli Dijon <b>Brown Rice</b> Cantaloupe 1% & Whole Milk	Chicken & Broccoli Dijon <b>Brown Rice</b> Cantaloupe 1% Milk
Snack	4-6 ounces Breastmilk or Formula	2-4 Oz. Breastmilk/Formula 0- ½ Slice Cornbread 0-2 T Applesauce	Applesauce <b>Cornbread</b> 1% & Whole Milk	Applesauce <b>Cornbread</b> 1% Milk