

Week 1 (12 months- 2s)

Day 1

Breakfast

Whole milk – ½ cup
Banana – ½
Whole wheat toast –
½ slice

Lunch

Whole milk – ½
cup
Waffle – 1
Mandarin oranges –
1/8 cup
Green beans – 1/8
cup
Vanilla yogurt – ½
cup

PM Snack

Chex mix – ½ cup
Cheese stick- ½
Water

Day 2

Breakfast

Whole milk – ½ cup
Apple – ½
Sun butter – 1 tbsp

Lunch

Whole milk – ½
cup
Chicken – 2 oz
Broccoli – 1/8 cup
Pineapple – 1/8 cup
Biscuit- ½

PM Snack

Berries – ½ cup
Kix cereal – ¼ cup
Water

Day 3

Breakfast

Whole milk – ½ cup
Oatmeal - ¼ cup
Orange – ½

Lunch

Whole milk – ½
cup
Turkey sub
Turkey- 1 oz
Cheese- 1 oz
Bun- ½
Melon – 1/8 cup
Salad – 1/8 cup

PM Snack

Animal crackers – 5
Juice – ½ cup

Day 4

Breakfast

Whole milk – ½ cup
Cheerios – ¼ cup
Apple – ½

Lunch

Whole milk – ½
cup
Sloppy joes – 2 oz
Whole wheat bread
– ½ slice
Cooked peas – 1/8
cup
Pears – 1/8 cup

PM Snack

Cheese cubes -1/2 oz
Wheat crackers – 5
Water

Day 5

Breakfast

Whole milk – ½ cup
Corn muffin – ½
Pear slices – ¼ cup

Lunch

Whole milk – ½
cup
Cheese pizza – ½
slice
Cooked carrots – 1/8
cup
Peaches – 1/8 cup

PM Snack

Granola bar – ½
Mixed fruit – ½ cup
Water

*These are minimal amounts required to be served

Week 2 (12 months- 2s)

Day 1

Breakfast

Whole milk – ½ cup
Mini bagel – ½
Apple – ½

Lunch

Whole milk – ½ cup
Mac and cheese
Cheese – 1 oz
Noodles – ¼ cup
Green beans – 1/8 cup
Fruit cocktail – 1/8 cup

PM Snack

Peaches – ¼ cup
Rice cake – 2
Water

Day 2

Breakfast

Whole milk – ½ cup
Pancake – ½
Orange – ½

Lunch

Whole milk – ½ cup
Cheeseburger – 1/2
French fries – 4
Cooked carrots – 1/8 cup
Pears – 1/8 cup

PM Snack

Strawberry yogurt – ¼ cup
Whole wheat goldfish – ½ oz
Water

Day 3

Breakfast

Whole milk – ½ cup
Bran flakes – ¼ cup
Fruit cocktail – ¼ cup

Lunch

Whole milk – ½ cup
Grilled chicken – 2 oz
Mini pita – ½
Pineapple – 1/8 cup
Salad – 1/8 cup
Dressing (no measurement)

PM Snack

Granola bar – ½
Raisins – 1/8 cup
Water

Day 4

Breakfast

Whole milk – ½ cup
Cinnamon croissant – ½
Pineapple – ¼ cup

Lunch

Whole milk – ½ cup
Fish sticks – 4 fish sticks
Mixed veg. – 1/8 cup
Applesauce – 1/8 cup

PM Snack

Baked tortilla – ½
Melted cheddar cheese – ½ oz
Water

Day 5

Breakfast

Whole milk – ½ cup
English muffin – ½
Melon – ¼ cup

Lunch

Whole milk – ½ cup
Shell noodles – ¼ cup
Ham – 1 oz
Broccoli – 1/8 cup
Peaches – 1/8 cup
Parmesan cheese and butter (no measurement)

PM Snack

Banana – ½
Cheerios – ½ cup
Water

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Week 3 (12 months- 2s)

Day 1

Breakfast

Whole milk – ½ cup
Banana – ½
Whole wheat toast –
½ slice

Lunch

Whole milk – ½
cup
Sliced turkey – 1 oz
Whole wheat
biscuit – ½
Corn – 1/8 cup
Apple – 1/4
Gravy (no
measurement)

PM Snack

Cottage cheese – ¼
cup
Peach halves – ½
cup
Water

Day 2

Breakfast

Whole milk – ½ cup
Kix cereal – ¼ cup
Melon – ¼ cup

Lunch

Whole milk – ½
cup
Vegetable soup
Mixed veg. – 1/8
cup
Noodles – ¼ cup
Cannellini beans –
¼ cup
Crackers – 2
Pears – 1/8 cup

PM Snack

Wheat thins - 5
Mandarin oranges –
½ cup
Water

Day 3

Breakfast

Whole milk – ½ cup
Oatmeal – ¼ cup
Strawberries – ¼
cup

Lunch

Whole milk – ½
cup
French toast sticks
– 2 sticks
Yogurt – ½ cup
Green beans – 1/8
cup
Pineapple – 1/8 cup

PM Snack

Graham crackers – 1
sheet
Juice – ½ cup

Day 4

Breakfast

Whole milk – ½ cup
Life cereal – ¼ cup
Applesauce – ¼ cup

Lunch

Whole milk – ½
cup
Spiral Ham – 1 oz
Corn – 1/8 cup
Fruit cocktail – 1/8
cup
Whole Wheat
dinner roll – ½

PM Snack

Cheese stick – ½
Soft pretzel – ½
Water

Day 5

Breakfast

Whole milk – ½ cup
Corn muffin – ½
Pear slices – ¼ cup

Lunch

Whole milk – ½
cup
Cheese pizza – ½
slice
Cooked carrots – 1/8
cup
Apple – 1/4

PM Snack

Cucumber – ½ cup
Crackers -5
Water

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Week 4 (12 months- 2s)

Day 1

Breakfast

Whole milk – ½ cup
Pancake – ½
Peaches – ¼ cup

Lunch

Whole milk – ½ cup
Ham sub
Ham – 1 oz
Bun – ½
Cheese – 1 oz
Broccoli – 1/8 cup
Pears – 1/8 cup

PM Snack

Cooked carrots – ½ cup
Graham crackers – 1 sheet
Water

Day 2

Breakfast

Whole milk – ½ cup
Mini bagel – ½
Fruit cocktail – ¼ cup

Lunch

Whole milk – ½ cup
Noodles – ¼ cup
Tomato sauce – 1/8 cup
Ground beef – 1 oz
Cooked peas – 1/8 cup
Pineapple - 1/8 cup

PM Snack

Mandarin oranges – ½ cup
Cheerios – ¼ cup
Water

Day 3

Breakfast

Whole milk – ½ cup
Bran flakes – ¼ cup
Berries – ¼ cup

Lunch

Whole milk – ½ cup
Grilled cheese
Cheese – 1 oz
Whole wheat bread – 1 slice
Tomato soup – 1/8 cup
Green beans – 1/8 cup
Pears – 1/8 cup

PM Snack

Soft pretzel – ½
Melon - ½ cup
Water

Day 4

Breakfast

Whole milk – ½ cup
Apple – ½
English muffin – ½

Lunch

Whole milk – ½ cup
Chicken – 2 oz
Mixed veg. – 1/8 cup
Rice – ¼ cup
Fruit cocktail – 1/8 cup

PM Snack

Rice cake – 2
Oranges – ½
Water

Day 5

Breakfast

Whole milk - ½ cup
Cinnamon croissant – ½
Banana - ½

Lunch

Whole milk – ½ cup
Taco salad
Ground beef – 1 oz
Shredded cheese – ½ oz
Lettuce – 1/8 cup
Mini soft tortilla – 1/2
Peaches – 1/8 cup

PM Snack

Wheat thins - 5
Juice – ½ cup

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