

# Sample Weekly Menu (Birth to Five)

## Day/Meal

## Infant & Toddler Menu

## Preschool Menu

### Monday - Breakfast

Birth–5 mo: 4–6 oz breastmilk/formula  
6–11 mo: 6–8 oz breastmilk/formula, ½ oz cereal, 2 tbsp carrots  
1–2 yr: 4 oz milk, ¼ cup banana, ½ oz cereal

6 oz milk, ½ cup banana, ½ oz cereal

### Monday - AM Snack

Birth–5 mo: 4–6 oz breastmilk/formula  
6–11 mo: 2–4 oz breastmilk/formula, ½ oz bread, 2 tbsp strawberries  
1–2 yr: 4 oz milk, ½ cup orange slices, ½ oz corn muffin

4 oz milk, ½ cup orange slices, ½ oz corn muffin

### Monday - Lunch

Birth–5 mo: 4–6 oz breastmilk/formula  
6–11 mo: 6–8 oz breastmilk/formula, 2 oz cheese, 2 tbsp applesauce  
1–2 yr: Spaghetti (½ oz), meatballs (1 oz), carrots, strawberries

Spaghetti (½ oz), meatballs (1.5 oz), carrots (¼ cup), strawberries (¼ cup)



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|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| <b>Monday - PM Snack</b>     | Birth–5 mo: 4–6 oz breastmilk/formula<br>6–11 mo: 2–4 oz breastmilk/formula, ¼ oz cereal, 2 tbsp sweet potatoes<br>1–2 yr: 4 oz milk, graham crackers, peanut butter | 4 oz milk, graham crackers, peanut butter                     |
| <b>Tuesday - Breakfast</b>   | 6–11 mo: 6–8 oz breastmilk/formula, 2 oz cheese, 2 tbsp applesauce<br>1–2 yr: 4 oz milk, ¼ cup apple, ½ oz scrambled eggs                                            | 6 oz milk, ½ cup apple, ½ oz scrambled eggs                   |
| <b>Tuesday - AM Snack</b>    | 6–11 mo: 2–4 oz breastmilk/formula, ½ oz cereal, 2 tbsp blackberries<br>1–2 yr: 4 oz milk, yogurt, blueberries, granola                                              | 4 oz milk, yogurt, blueberries, granola                       |
| <b>Tuesday - Lunch</b>       | 6–11 mo: 6–8 oz breastmilk/formula, 4 oz cottage cheese, 2 tbsp mango<br>1–2 yr: Chinese noodle soup, cheese, carrots, oranges                                       | Chinese noodle soup, cheese, carrots (¼ cup), oranges (¼ cup) |
| <b>Tuesday - PM Snack</b>    | 6–11 mo: 2–4 oz breastmilk/formula, ¼ oz crackers, 2 tbsp green beans<br>1–2 yr: 4 oz milk, pretzels, cream cheese                                                   | 4 oz milk, pretzels, cream cheese                             |
| <b>Wednesday - Breakfast</b> | 6–11 mo: 6–8 oz breastmilk/formula, ½ cup yogurt, 2 tbsp sweet potatoes<br>1–2 yr: 4 oz milk, ¼ cup strawberries, ½ oz cereal                                        | 6 oz milk, ½ cup strawberries, ½ oz cereal                    |



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| <b>Wednesday - AM Snack</b> | 6–11 mo: 2–4 oz breastmilk/formula, ¼ oz crackers, 2 tbsp broccoli<br>1–2 yr: 4 oz milk, sunflower butter, apple slices     | 4 oz milk, sunflower butter, apple slices                |
| <b>Wednesday - Lunch</b>    | 6–11 mo: 6–8 oz breastmilk/formula, ½ oz cereal, 2 tbsp carrots<br>1–2 yr: Turkey sandwich, celery, banana                  | Turkey sandwich (1.5 oz), celery (¼ cup), banana (¼ cup) |
| <b>Wednesday - PM Snack</b> | 6–11 mo: 2–4 oz breastmilk/formula, ½ oz bread, 2 tbsp banana<br>1–2 yr: 4 oz milk, egg, grapes                             | 4 oz milk, egg, grapes                                   |
| <b>Thursday - Breakfast</b> | 6–11 mo: 6–8 oz breastmilk/formula, ½ oz cereal, 2 tbsp green beans<br>1–2 yr: 4 oz milk, ¼ cup blueberries, ½ oz fruit bar | 6 oz milk, ½ cup blueberries, ½ oz fruit bar             |
| <b>Thursday - AM Snack</b>  | 6–11 mo: 2–4 oz breastmilk/formula, ½ oz bread, 2 tbsp watermelon<br>1–2 yr: 4 oz milk, cereal, mango                       | 4 oz milk, cereal, mango                                 |
| <b>Thursday - Lunch</b>     | 6–11 mo: 6–8 oz breastmilk/formula, ½ cup yogurt, 2 tbsp sweet potatoes<br>1–2 yr: Fish sticks, broccoli, oranges           | Fish sticks (1.5 oz), broccoli (¼ cup), oranges (¼ cup)  |
| <b>Thursday - PM Snack</b>  | 6–11 mo: 2–4 oz breastmilk/formula, ¼ oz crackers, 2 tbsp blueberries<br>1–2 yr: 4 oz milk, yogurt, blackberries            | 4 oz milk, yogurt, blackberries                          |



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|---------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| <b>Friday - Breakfast</b> | 6–11 mo: 6–8 oz breastmilk/formula, 4 oz cottage cheese, 2 tbsp mango<br>1–2 yr: 4 oz milk, cantaloupe, pancake | 6 oz milk, cantaloupe, pancake                        |
| <b>Friday - AM Snack</b>  | 6–11 mo: 2–4 oz breastmilk/formula, ½ oz cereal, 2 tbsp kiwi<br>1–2 yr: 4 oz milk, crackers, applesauce         | 4 oz milk, crackers, applesauce                       |
| <b>Friday - Lunch</b>     | 6–11 mo: 6–8 oz breastmilk/formula, scrambled egg, 2 tbsp green beans<br>1–2 yr: Grilled cheese, corn, apples   | Grilled cheese (1.5 oz), corn (¼ cup), apples (¼ cup) |
| <b>Friday - PM Snack</b>  | 6–11 mo: 2–4 oz breastmilk/formula, ¼ oz cereal, 2 tbsp carrots<br>1–2 yr: 4 oz milk, cheese cubes, crackers    | 4 oz milk, cheese cubes, crackers                     |

