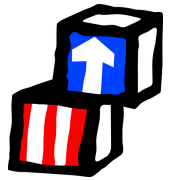
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Menu for Week 1 – Nov. 30 –Dec. 4, 2026 – ELC, EHS and Head Start

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	Milk /Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute
	Fruit/Vegetable	1/4 cup	1/2 cup	Applesauce	Peaches	Fruit Cocktail	Pears	Applesauce
	Grain/Meat+	1/2 oz eq	1/2 oz eq	WG French Toast Sticks	Yogurt W/ graham crackers	WG Waffles	WG Corn Flakes	WG Pancakes
LUNCH	Milk	1/2 cup	3/4 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute
	Vegetable	1/8 cup	1/4 cup	Corn	Green Beans	California Blend	Broccoli	Carrots & Dip
	Fruit*	1/8 cup	1/4 cup	Fruit Cocktail	Fresh Oranges	Peaches	Mandarin Oranges	Apple Slices
	Grain	1/2 oz eq	1/2 oz eq	WG Hot Dog Bun	WG Hot Dog Bun	Hamburger Bun	Rigatoni Pasta	W9 Grain Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Hot Dogs	Meatballs	Cheeseburger	Baked Ziti w/ extra cheese	Sliced Turkey
SNACK	Milk	1/2 cup	1/2 cup	Milk/Milk Substitute	Water	Milk/Milk Substitute	Milk	100% Apple Juice
	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					Salsa
	Grain	1/2 oz eq	1/2 oz eq	WG Bug Bites	WG Wheat Thins	Ritz Crackers	WG Graham Crackers	WG Tortilla Chips
	Meat/Meat Alternate	1/2 oz	1/2 oz		Cheese Stick			

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable. www.cacfp.org
** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

At least one meal ingredient per day must be whole grain-rich.

One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.

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Early Head Start

Menu for Week 1 – Nov. 30 – Dec. 4, 2026 – ELC/EHS Infants

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Infant Cereal / Krispy Rice		Infant Cereal/ WG Cheerios	Infant Cereal/ WG Kix	WG Pancakes
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz		Yogurt W/ graham crackers			
	Vegetable/Fruit/Both	x	0-2 tbsp	Applesauce	Peaches	Fruit Coctail	Pears	Applesauce
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Finely Chopped Turkey	Meatballs chopped finely	Cheeseburger chopped finely		Finely Chopped Turkey
	Cheese	x	0-2 oz				Baked Ziti w/ extra cheese	
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp	Corn Fruit Coctail	Green Beans Oranges	California Blend Peaches	Broccoli Mandarin Oranges	Mixed Veggies Baked Apples
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Bread	x	0-1/2 slice					Banana Bread
	Cracker	x	0-2	Club Crackers	WG Goldfish	Ritz Crackers	Yogurt w/ WG Graham Crackers	
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp	Pears	Fruit Coctail	Bananas	Peaches	Pineapple



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Menu for Week 2 – December 7–11, 2026 – ELC, EHS and Head Start

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute
	Fruit/Vegetable	1/4 cup	1/2 cup	Peaches	Banana	Mandarin Oranges	Tropical Fruit	Peaches
	Grain/Meat+	1/2 oz eq	1/2 oz eq	WG Rice Chex	WG French Toast Sticks	Wheat Bagel w/ Cream Cheese	WG Multi Grain Cheerios	Yogurt/Graham Crackers
LUNCH	Milk	1/2 cup	3/4 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute
	Vegetable	1/8 cup	1/4 cup	Mixed Vegetables	Corn	Cucumbers	Broccoli	Mashed Potatoes
	Fruit*	1/8 cup	1/4 cup	Fruit Coctail	Pears	Apple slices	Pineapple	Pears
	Grain	1/2 oz eq	1/2 oz eq	WG Dinner Roll	WG Spaghetti	Tortilla Wrap	WG Dinner Roll	1/2 Slice WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken Wings	Spaghetti/ Spaghetti Sauce	Turkey/Cheese	Chicken Nuggets	Hamburger w/gravy
SNACK	Milk	1/2 cup	1/2 cup	Water	Milk/Milk Substitute		Milk/Milk Substitute	Milk/Milk Substitute
	Fruit	1/2 cup	1/2 cup			100% Apple Juice		
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Club Crackers	WG Goldfish	WG Scooby Do	WG Pretzels	WG Sunchips
	Meat/Meat Alternate	1/2 oz	1/2 oz	Cheese Sticks				

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable. www.cacfp.org
** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

At least one meal ingredient per day must be whole grain-rich.

One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.

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Early Head Start

Menu for Week 2 – December 7–11, 2026 – ELC/EHS Infants

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Infant Cereal/ Blueberry Muffin	Infant Cereal/ Kix	Infant Cereal/Cheerios	Infant Cereal/WG Cheerios	
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					Yogurt W/ graham crackers
	Vegetable/Fruit/Both	x	0-2 tbsp	Peaches	Bananas	Mandarin Oranges	Fruit Coctail	Peaches
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Finely Chopped Chicken	Wg Spaghetti/ Meatballs/Sauce	Finely Chopped Turkey	Finely Chopped Chicken Nuggets	Finely Chopped Hamburger
	Cheese	x	0-2 oz	Mac and Cheese				
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp	Fruit Coctail Mixed Veggies	Pineapple Broccoli	Baked Apples Calif. Blend	Pineapple Broccoli	Pears Mashed Potatoes
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Bread	x	0-1/2 slice			Corn Muffin		
	Cracker	x	0-2		Yogurt W/ graham crackers		WG Goldfish	Club Crakcers
	Infant or RTE Cereal	x	0-4 tbsp	Cheerios				
	Vegetable/Fruit/Both	x	0-2 tbsp	Banana	Fruit Coctail	Applesauce	Peaches	Mandarin Oranges

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Menu for Week 3 – December 14 – 18, 2026 – ELC, EHS and Head Start

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	Milk /Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute
	Fruit/Vegetable	1/4 cup	1/2 cup	Bananas	Peaches	Pears	Fruit Cocktail	Pears
	Grain/Meat+	1/2 oz eq	1/2 oz eq	WG Rice Krispies	WG English muffin w/ jelly	Yogurt / Graham Crackers	Blueberry Bagel w/ Cream Cheese	WG Corn Chex
LUNCH	Milk	1/2 cup	3/4 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute
	Vegetable	1/8 cup	1/4 cup	Tater Tots	Green Beans	Black Beans	Cooked Carrots	Sweet Potato Fries
	Fruit*	1/8 cup	1/4 cup	Mandarin Orange	Pineapple	Apple slices	Tropical Fruit	Applesauce
	Grain	1/2 oz eq	1/2 oz eq	Hamburger bun	WG Breadsticks	WG Wrap	Rice	WG Hot Dog Bun
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken Patty	Ravioli	Chicken Fajita	Grilled chicken Breast	Hot Dog
SNACK	Milk	1/2 cup	1/2 cup	Milk/Milk Substitute	Water	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute
	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	WG Goldfish	WG Pretzels	WG Bug Bites	Banana Bread	Chex Mix
	Meat/Meat Alternate	1/2 oz	1/2 oz		Cheese Stick			

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable. www.cacfp.org
** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

At least one meal ingredient per day must be whole grain-rich.

One 8 oz. glass of water per year of age until 8 years old.
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Early Head Start

Menu for Week 3– December 14 – 18, 2026 – ELC/EHS Infants

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Infant Cereal/ WG Rice Crispies	Infant Cereal/ Cheerios		Infant Cereal/ Kix	Infant Cereal/ MG Cheerios
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz			Yogurt/ Graham Crackers		
	Vegetable/Fruit/Both	x	0-2 tbsp	Banana	Peaches	Pears	Fruit Cocktail	Pears
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Finely Chopped Chicken Patty	Ravioli	Chicken Fajita Finely Chopped	Finely Chopped Chicken	Finely Chopped Turkey
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp	Tater Tots Mandarin Oranges	Green Beans Pineapple	Corn Baked Apples	Cooked Carrots Tropical Fruit	Sweet Potato Fries Applesauce
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	Bread	x	0-1/2 slice		Corn Muffin		Banana Bread	
	Cracker	x	0-2	WG Goldfish		Club Cracker		Ritz Crackers
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp	Applesauce	Bananas	Mandarin Oranges	Peaches	Fruit Coctail



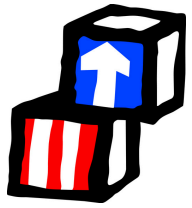


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Menu for Week 4 – December 21 – 25, 2026 – ELC, EHS and Head Start

Classroom Closures: EHS/HS classrooms closed Dec. 21st – 23rd, all programs closed Dec. 24th & 25th

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute		
	Fruit/Vegetable	1/4 cup	1/2 cup	Fruit Coctail	Bananas	Peaches		
	Grain/Meat+	1/2 oz eq	1/2 oz eq	Corn Muffin	WG Rice Chex	Yogurt/ Graham Crackers		
LUNCH	Milk	1/2 cup	3/4 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Closed for Christmas	
	Vegetable	1/8 cup	1/4 cup	Broccoli	Salad	Mashed Potatoes		
	Fruit*	1/8 cup	1/4 cup	Pineapple	Applesauce	Corn		
	Grain	1/2 oz eq	1/2 oz eq	WG Dinner Roll	Mac & Cheese	WG Dinner Roll		
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken Nuggets	Mac & Cheese	Turkey		
SNACK	Milk	1/2 cup	1/2 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute		
	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	WG Cheez-It	Strawberry Chex Mix	WG Tiger Bites		
	Meat/Meat Alternate	1/2 oz	1/2 oz					

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable. www.cacfp.org
** A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

At least one meal ingredient per day must be whole grain-rich.

One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.

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Early Head Start

Menu for Week 4 – December 21 – 25, 2026– ELC/EHS Infants

Classroom Closures: EHS/HS classrooms closed Dec. 21st – 23rd, all programs closed Dec. 24th & 25th

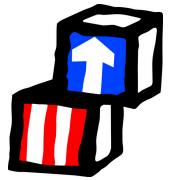
MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula		
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Infant Cereal/ Corn Muffin	Infant Cereal/ Kix			
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz			Yogurt/ Graham Crackers		
	Vegetable/Fruit/Both	x	0-2 tbsp	Fruit Coctail	Bananas	Peaches		
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula		
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Chicken Nuggets - Cut Up	Mac & Cheese	Turkey	Closed for Christmas	
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					
	Vegetable/Fruit/Both	x	0-2 tbsp	Corn Pineapple	Mixed Veggies Applesauce	Mashed Potatoes & Corn		
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula		
	Bread	x	0-1/2 slice		9 Grain Bread			
	Cracker	x	0-2	Ritz Crackers				
	Infant or RTE Cereal	x	0-4 tbsp			WG Cheerios		
	Vegetable/Fruit/Both	x	0-2 tbsp	Applesauce	Tropical Fruit	Fruit Coctail		

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Menu for Week 5 – Dec. 28, 2026 – Jan 1, 2027 – ELC, EHS and Head Start

Classroom Closures: EHS/HS classrooms closed Dec. 28th – 31st , all programs closed on Jan. 1st

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	Milk /Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	
	Fruit/Vegetable	1/4 cup	1/2 cup	Applesauce	Peaches	Fruit Cocktail	Pears	
	Grain/Meat+	1/2 oz eq	1/2 oz eq	WG French Toast Sticks	Yogurt W/ graham crackers	WG Waffles	WG Corn Flakes	
LUNCH	Milk	1/2 cup	3/4 cup	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	Milk/Milk Substitute	C
	Vegetable	1/8 cup	1/4 cup	Corn	Green Beans	California Blend	Carrots & Dip	L
	Fruit*	1/8 cup	1/4 cup	Fruit Cocktail	Fresh Oranges	Peaches	Apple Slices	O
	Grain	1/2 oz eq	1/2 oz eq	WG Hot Dog Bun	WG Hot Dog Bun	Hamburger Bun	Ritz Crackers	S
	Meat/Meat Alternate	1 oz	1 1/2 oz	Hot Dogs	Meatballs	Cheeseburger	Sliced Turkey & Cheese	E
SNACK	Milk	1/2 cup	1/2 cup	Milk/Milk Substitute	Water	Milk/Milk Substitute	Milk	D
	Fruit	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	WG Bug Bites	WG Wheat Thins	Ritz Crackers	WG Graham Crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz		Cheese Stick			

+ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by an additional vegetable. www.cacfp.org
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Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

At least one meal ingredient per day must be whole grain-rich.

One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.

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Early Head Start

Menu for Week 5 – Dec. 28th, 2026 – Jan. 1, 2027 ELC/EHS Infants

Classroom Closures: EHS/HS classrooms closed Dec. 28th – 31st , all programs closed on Jan. 1st

MEAL	COMPONENT	0-5 MOS.	6-11 MOS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Infant Cereal / Krispy Rice		Infant Cereal/ WG Cheerios	Infant Cereal/ WG Kix	
	Cheese	x	0-2 oz					
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz		Yogurt W/ graham crackers			C
	Vegetable/Fruit/Both	x	0-2 tbsp	Applesauce	Peaches	Fruit Coctail	Pears	L
LUNCH	Fluid Breastmilk or Formula	4-6 fl oz	6-8 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	O
	Infant Cereal, Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans, Cooked Dry Peas	x	0-4 tbsp	Finely Chopped Turkey	Meatballs - finely chopped	Cheeseburger chipped finely	Finely Chopped Turkey	S
	Cheese	x	0-2 oz					E
	Cottage Cheese/Yogurt/ Combination	x	0-4 oz					D
	Vegetable/Fruit/Both	x	0-2 tbsp	Corn Fruit Coctail	Green Beans Oranges	California Blend Peaches	Mixed Veggies Mandarin Oranges	
SNACK	Fluid Breastmilk or Formula	4-6 fl oz	2-4 fl oz	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	
	Bread	x	0-1/2 slice					
	Cracker	x	0-2	Club Crackers	WG Goldfish	Ritz Crackers	Yogurt w/ WG Graham Crackers	
	Infant or RTE Cereal	x	0-4 tbsp					
	Vegetable/Fruit/Both	x	0-2 tbsp	Pears	Fruit Coctail	Bananas	Peaches	



One 8 oz. glass of water per year of age until 8 years old.

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