#### Infant Menu Planner – Birth to 12 Months



#### **CYCLE 2 WEEK 1 2023**

Center Name:	Week of: _JANUARY 30 - FEB 3, 202
Please note: Babies should be fed when they are hungry and not restricted to a	rigid schedule.

**Meal Pattern Minimum Requirements Friday** Monday **Tuesday** Wednesday **Thursday BREAKFAST—3 COMPONENTS** 0-5 mo. 6-12 mo.\* Breast milk or 1. Breast milk or iron-fortified formula 4-6 oz. 6-8 oz. infant formula infant formula infant formula infant formula infant formula 2. Iron fortified infant cereal or 0-4 Tbsp. Baby Meat/poultry/egg/fish/cooked dry peas/beans or 0-4 Tbsp. Baby Rice Baby Oatmeal Baby Oatmeal None Baby Rice Cheese or 0-2 oz. Cereal Cereal Oatmeal Cereal Cereal Cereal Cottage cheese or 0-4 oz Yogurt 0-4 oz. 3. Vegetable and/or fruit\*\* None 0-2 Tbsp. Pears Peaches Sweet Potatoes Banana Apricot SNACK—3 COMPONENTS 0-5 mo. 6-12 mo.\* Breast milk or 1. Breast milk or iron-fortified formula 4-6 oz. 2-4 oz. infant formula infant formula infant formula infant formula infant formula 0-4 Tbsp. 2. Iron fortified infant cereal or Bread or  $0 - \frac{1}{2}$  slice Infant **Teething** None Cheerios Infant Puffs Cheerios Biscuits Crackers Crackers or 0-2 Ready-to-eat breakfast cereal 0-4 Tbsp. 3. Vegetable and/or fruit\*\* None 0-2 Tbsp. Pears Peaches Banana Apricot Banana LUNCH/SUPPER—3 COMPONENTS 0-5 mo. 6-12 mo.\* Breast milk or 1. Breast milk or iron-fortified formula 4-6 oz. 6-8 oz. infant formula infant formula infant formula infant formula infant formula 0-4 Tbsp. 2. Iron fortified infant cereal or 0-4 Tbsp. Meat/poultry/egg/fish/cooked dry peas/beans or **Baby Roast** Baby Baby Roast Cheese or None 0-2 oz. Baby Turkey Baby Chicken Beef Turkey Beef Cottage cheese or 0-4 oz Yogurt 0-4 oz. Sweet 3. Vegetable and/or fruit\*\* None 0-2 Tbsp. Peas Carrots Green Beans Squash Potatoes

<sup>\*</sup> Solid food components are required only when the infant is developmentally ready to accept them.

<sup>\*\*</sup>Juices may **not** be served in place of fruit/vegetable requirement

#### **Infant Menu Planner – Birth to 12 Months**



# **CYCLE 2 WEEK 2 -2023**

Center Name:	Week of: _FEBRUARY 6 - 10, 2023
Please note: Babies should be fed when they are hungry and not restr	ricted to a rigid schedule.

Meal Pattern	Minimum	Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	N	0-4 Tbsp.	D 1 D:	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Turkey	Baby Oatmeal Cereal
Cheese or	None	0-2 oz.	Baby Rice Cereal				
Cottage cheese or		0-4 oz	Cercai	Cercai			
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches	Pears
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					
Bread or	None -	0 - ½ slice	Teething Biscuits	Cheerios	Teething Biscuits	Infant Crackers	Infant Puffs
Crackers or		0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears	Apricot
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby Roast Beef	Baby Chicken	Baby Roast Beef	Baby Turkey
Cheese or	None	0-2 oz.					
Cottage cheese or		0-4 oz	Cilickell				
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

<sup>\*</sup> Solid food components are required only when the infant is developmentally ready to accept them.

<sup>\*\*</sup>Juices may **not** be served in place of fruit/vegetable requirement

### **Infant Menu Planner – Birth to 12 Months**



### **CYCLE 2 WEEK 3 2023**

Center Name:	Week of: FEBRUARY 13	- 17, 2023

<u>Please note</u>: Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum	Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>	0-4 Tbsp.						
Meat/poultry/egg/fish/cooked dry peas/beans or	NI	0-4 Tbsp.	_ n	Baby Oatmeal Cereal	Baby Turkey	Baby Rice	Baby Oatmeal
Cheese or	None	0-2 oz.	Baby Rice Cereal				
Cottage cheese or		0-4 oz	Cercai	Cercar		Cereal	Cereal
Yogurt		0-4 oz.					I
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Apricots	Pears	Banana	Sweet Potatoes	Peaches
		1			1		
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					
Bread <b>or</b>	None	0 - ½ slice	Cheerios	Animal Crackers	Teething Biscuits	Infant Crackers	Infant Puffs
Crackers or	None	0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Applesauce	Pears	Peaches	Apricots
	1				1	1	
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp. 0-2 oz.	Baby Turkey E	Baby Roast Beef	Baby Chicken	Baby Turkey	Baby Roast Beef
Cheese or	None						
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Peas	Green beans	Squash	Carrots

<sup>\*</sup> Solid food components are required only when the infant is developmentally ready to accept them.

<sup>\*\*</sup>Juices may **not** be served in place of fruit/vegetable requirement

## **Infant Menu Planner – Birth to 12 Months**



# **CYCLE 2 WEEK 4 2023**

Center Name:	Week of: February 20- 24, 2023
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Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum	Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>	0-4 Tt	0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby Oatmeal	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Chicken	Baby Rice Cereal
Cheese or	None	0-2 oz.					
Cottage cheese <b>or</b>		0-4 oz	Cereal	Cereai			
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Apricots	Pears	Banana	Peaches
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					
Bread or	None -	0 - ½ slice	Infant .	I C , D CC	Teething	Infant	
Crackers or		0-2	Crackers	Cheerios	Infant Puffs	Biscuits	Crackers
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Applesauce	Pears
	•		•				
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.	Baby Turkey Baby Ros Beef	Baby Roast	oast Baby Chicken	Baby Turkey	Baby Roast Beef
Cheese or		0-2 oz.					
Cottage cheese or		0-4 oz					2301
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Green Beans	Squash	Carrots	Peas	Sweet Potatoes

<sup>\*</sup> Solid food components are required only when the infant is developmentally ready to accept them.

<sup>\*\*</sup>Juices may **not** be served in place of fruit/vegetable requirement