

Maryland State Department of Education  
Child and Adult Care Food Program  
**Infant Menu Planner – Birth to 12 Months**



**CYCLE 1 WEEK 1**

Center Name: \_\_\_\_\_

Week of: SEPT. 4,2023- SEPT. 8,2023

**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
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Rice Cereal	Baby Oatmeal Cereal	Yogurt	Baby Oatmeal Cereal	Baby Rice Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Banana	Peas	Peaches
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Cheerios	Animal Crackers	Teething Biscuits	Infant Crackers	Infant Puffs
		0 - ½ slice					
		0-2					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Peaches	Banana	Applesauce
<b>LUNCH/SUPPER—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Turkey	Baby Roast Beef	Baby Chicken	Baby Turkey	Baby Roast Beef
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Green Beans	Squash	Sweet Potatoes	Carrots

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

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

**This institution is an equal opportunity provider.**

Revised June 2023

Maryland State Department of Education  
Child and Adult Care Food Program  
**Infant Menu Planner – Birth to 12 Months**



**CYCLE 1 WEEK 2**

Center Name: \_\_\_\_\_

Week of: SEPT. 11,2023- SEPT. 15,2023

**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
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Peas	Banana	Pears	Green Beans
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Teething Biscuits	Infant Crackers	Infant Puffs	Infant Crackers	Infant Crackers
		0 - ½ slice					
		0-2					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Pears	Peaches	Banana	Applesauce
<b>LUNCH/SUPPER—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Chicken	Baby Turkey	Baby Roast Beef	Baby Chicken	Baby Turkey
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Green Beans	Squash	Carrots	Peas	Sweet Potatoes

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

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

**This institution is an equal opportunity provider.**

Revised June 2023

Maryland State Department of Education  
Child and Adult Care Food Program  
**Infant Menu Planner – Birth to 12 Months**



**CYCLE 1 WEEK 3**

Center Name: \_\_\_\_\_

Week of: SEPT. 18,2023 – SEPT.22, 2023

**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
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Peaches	Sweet Potatoes	Banana	Apricot
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Infant Puffs	Infant Crackers	Teething Biscuits	Infant Puffs	Teething Biscuits
		0 - ½ slice					
		0-2					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricot	Pears	Peaches	Applesauce
<b>LUNCH/SUPPER—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Beef	Baby Turkey	Baby Chicken	Baby Turkey	Baby Chicken
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Carrots	Green Beans	Sweet Potatoes	Peaches

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

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

**This institution is an equal opportunity provider.**

Revised June 2023

Maryland State Department of Education  
Child and Adult Care Food Program  
**Infant Menu Planner – Birth to 12 Months**



**CYCLE 1 WEEK 4**

Center Name: \_\_\_\_\_

Week of: SEPT 25,2023 – SEPT 29,2023

**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
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches	Pears
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Teething Biscuits	Infant Puffs	Teething Biscuits	Infant Crackers	Infant Puffs
		0 - ½ slice					
		0-2					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears	Apricot
<b>LUNCH/SUPPER—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. 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> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Chicken	Baby Roast Beef	Baby Chicken	Baby Roast Beef	Baby Turkey
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

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

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

**This institution is an equal opportunity provider.**

Revised June 2023