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



#### CYCLE 2 WEEK 1

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	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.	CLOSED				
Meat/poultry/egg/fish/cooked dry peas/beans or	2.7	0-4 Tbsp.	Happy Holidays	Baby Rice	Baby Oatmeal		Baby
Cheese or	None	0-2 oz.	پ ا	Cereal	Cereal	Baby Rice Cereal	Oatmeal Cereal
Cottage cheese <b>or</b>		0-4 oz				Cerear	Cerear
Yogurt		0-4 oz.	the search the search to the education				
3. Vegetable and/or fruit**	None	0-2 Tbsp.	HAPPY NEW YEAR	Peaches	Sweet Potatoes	Banana	Apricot
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	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.	Happy Holidays				
Bread or	NT.	0 - ½ slice		Infant	Teething	I C + D CC	Teething
Crackers or	None	0-2	7	Crackers	Biscuits	Infant Puffs	Biscuits
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.		Apricot	Pears	Peaches	Applesauce
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	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.	Нарру	miant formula	mant formata	munt formula	mant formula
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Holidays	D 1		D 1	D 1
Cheese or	None	0-2 oz.		Baby Turkey	Baby Chicken	Baby	Baby
Cottage cheese or		0-4 oz		Turkey		Turkey	Chicken
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.		Carrots	Green Beans	Sweet Potatoes	Peaches

<sup>\*</sup> 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



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

CYCLE 2 WEEK 2 Center Name: \_\_\_\_\_ Week of: January 8- January 12 2024

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.			Baby Oatmeal	Baby Yogurt	Baby Rice Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.	Baby	Baby Rice			
Cheese or	None	0-2 oz.	Oatmeal	Cereal	Cereal		
Cottage cheese or		0-4 oz	Cereal	Cerear			Cerear
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.*					
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>		0-4 Tbsp.					
Bread or	Nama	0 - ½ slice	Infant	Cheerios	Infant Puffs	Teething Biscuits	Infant Crackers
Crackers or	None	0-2	Crackers	Cheerios			
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		0-4 Tbsp.		Baby Roast		Baby	Baby Turkey
Cheese or	None	0-2 oz.	Baby Turkey	Beef	Baby Turkey	Chicken	
Cottage cheese or		0-4 oz	_			Cincken	
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

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



#### CYCLE 2 WEEK 3

Center Name:	Week of: _JANUARY 15 – JANUARY 19 2024

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	3.7	0-4 Tbsp.		Baby		Baby Oatmeal Cereal	Baby Rice Cereal
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Yogurt		
Cottage cheese or		0-4 oz	Cerear	Cerear			
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Banana	Peas	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 <b>or</b>	None	0 - ½ slice	Cheerios	Animal	Teething Biscuits	Infant Crackers	Infant Puffs
Crackers or	None	0-2	Cilectios	Crackers			
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Peaches	Banana	Applesauce
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
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>		0-4 Tbsp.			Baby Chicken	Baby Turkey	
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby Roast Beef			Baby Roast Beef
Cheese or	None	0-2 oz.	Baby Turkey				
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Green Beans	Squash	Sweet Potatoes	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

Center Name:	Week of: JANUARY 22- JANUARY 26 2024

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.					Baby Oatmeal
Meat/poultry/egg/fish/cooked dry peas/beans or	Nama	0-4 Tbsp.	Baby	D 1 D'	D.1. O 1	Baby Rice Cereal	
Cheese or	None	0-2 oz.	Oatmeal	Baby Rice Cereal	Baby Oatmeal Cereal		
Cottage cheese or		0-4 oz	Cereal	Cerear	Cerear	Cercar	Cereal
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Peas	Banana	Pears	Green Beans
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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	Nama	0 - ½ slice	Teething	Infant	Infant Puffs	Infant	Infant
Crackers or	None	0-2	Biscuits	Crackers	Infant Pulls	Crackers	Crackers
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Pears	Peaches	Banana	Applesauce
	•		·			•	
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 Chicken	Baby Turkey	Baby Roast Beef	Baby Chicken	Baby Turkey
Cheese or		0-2 oz.					
Cottage cheese or		0-4 oz	_				
Yogurt		0-4 oz.					G t
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

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

MARYLAND STATE DEPARTMENT OF
EDUCATION
EQUITY AND EXCELLENCE

CYCLE 2 WEEK 1

Last week of January

Center Name: Week or	: January 29 – FEBUARY 2, 2024
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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	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.	CLOSED				
Meat/poultry/egg/fish/cooked dry peas/beans or	2.7	0-4 Tbsp.	Happy Holidays	Baby Rice	Baby Oatmeal		Baby
Cheese or	None	0-2 oz.	پ ا	Cereal	Cereal	Baby Rice Cereal	Oatmeal Cereal
Cottage cheese <b>or</b>		0-4 oz				Cerear	Cerear
Yogurt		0-4 oz.	the area to the area to the decision				
3. Vegetable and/or fruit**	None	0-2 Tbsp.	HAPPY NEW YEAR	Peaches	Sweet Potatoes	Banana	Apricot
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	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.	Happy Holidays				
Bread or	NT.	0 - ½ slice		Infant	Teething	I C + D CC	Teething
Crackers or	None	0-2	7	Crackers	Biscuits	Infant Puffs	Biscuits
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.		Apricot	Pears	Peaches	Applesauce
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	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula	Breast milk or infant formula
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.	Нарру	miant formula	mant formata	munt formula	mant formula
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Holidays	D 1		D 1	D 1
Cheese or	None	0-2 oz.		Baby Turkey	Baby Chicken	Baby	Baby
Cottage cheese or		0-4 oz		Turkey		Turkey	Chicken
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.		Carrots	Green Beans	Sweet Potatoes	Peaches

<sup>\*</sup> 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