Infant Menu Planner – Birth to 12 Months



CYCLE 3 WEEK 1 – 2024

Center Name:	Week of: April 1- April 5, 2024
Please note: Babies should be fed when they are hungry and not restr	icted 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. **CLOSED CLOSED** Meat/poultry/egg/fish/cooked dry peas/beans or 0-4 Tbsp. Baby None Baby Rice Baby 0-2 oz. TRAINING Oatmeal Cheese or Cereal Turkey Cereal 0-4 oz Cottage cheese or Yogurt 0-4 oz. 3. Vegetable and/or fruit** Sweet Potatoes None 0-2 Tbsp. Peaches 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 2. Iron fortified infant cereal or 0-4 Tbsp. $0 - \frac{1}{2}$ slice Bread or Infant Teething None CLOSED CLOSED Cheerios Crackers or **Biscuits** Crackers 0-2Ready-to-eat breakfast cereal 0-4 Tbsp. 3. Vegetable and/or fruit** None 0-2 Tbsp. Peaches Pears 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 Meat/poultry/egg/fish/cooked dry peas/beans or 0-4 Tbsp. Baby Roast Cheese or None 0-2 oz. Baby Chicken Baby Turkey Beef Cottage cheese or 0-4 oz Yogurt 0-4 oz.Sweet 3. Vegetable and/or fruit** 0-2 Tbsp. None Peas Carrots Potatoes

This institution is an equal opportunity provider.

^{*} 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 3 WEEK 2- 2024

Center Name:	Week of: <mark>April 8 – April 12, 2024</mark>
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<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 or		0-4 Tbsp.	- D. I. D.	Baby Oatmeal Cereal	Baby Rice Cereal	Yogurt	
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.					Baby Oatmeal
Cheese or	None	0-2 oz.	Baby Rice Cereal				Cereal
Cottage cheese or		0-4 oz					
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 or		0-4 Tbsp.					
Bread or	None	0 - ½ slice	Teething Biscuits	Cheerios	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.	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 or		0-4 Tbsp.	Baby Chicken			Baby Roast Beef	Baby Turkey
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.					
Cheese or	None	0-2 oz.					
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

Infant Menu Planner - Birth to 12 Months



CYCLE 3 WEEK 3 - 2024

Center Name:		Week of:	April 15 – April 19, 202 4
Please note: Ba	abies should be fed when they are hungry and	not restricted to a rigid	schedule.

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

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Infant Menu Planner – Birth to 12 Months



CYCLE 3 WEEK 4- 2024

Center Name:	Week of: <mark>April 22 – April 26, 2024</mark>
Please note: Rabies should be fed when they are hungry a	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 or	oultry/egg/fish/cooked dry peas/beans or 0-4 Tbsp.	0-4 Tbsp.	Baby Oatmeal				
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby Rice Cereal	Baby Oatmeal Cereal	Baby Yogurt	Baby Rice Cereal
Cheese or	None	0-2 oz.					
Cottage cheese or		0-4 oz	Cereal				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.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.			I Intant Pilite I	Teething Biscuits	
Bread or	NT.	0 - ½ slice	slice Infant	Cheerios			Infant Crackers
Crackers or	None	0-2	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 or		0-4 Tbsp.		Baby Roast		Baby	
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.					
Cheese or	None			Beef	Baby Turkey	Chicken	Baby Beef
Cottage cheese or		0-4 oz		Beer			
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Green Beans	Squash	Carrots	Peas	Sweet Potatoes

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Infant Menu Planner – Birth to 12 Months



CYCLE 3 WEEK 1 – 2024

Center Name:	Week of:	April 29- May 3, 2024	(last wk. of April)

Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule. **Minimum Requirements Meal Pattern 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. Meat/poultry/egg/fish/cooked dry peas/beans or Baby 0-4 Tbsp. Baby None Baby Rice Oatmeal Baby Rice Baby 0-2 oz. Oatmeal Cheese or Cereal Cereal Cereal Turkey Cereal 0-4 oz Cottage cheese or Yogurt 0-4 oz. 3. Vegetable and/or fruit** None 0-2 Tbsp. Banana Apricots **Sweet Potatoes** Peaches 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 $0 - \frac{1}{2}$ slice Bread or Teething Infant Teething None Cheerios Cheerios Crackers or **Biscuits Biscuits** Crackers 0-2Ready-to-eat breakfast cereal 0-4 Tbsp. 3. Vegetable and/or fruit** Peaches None 0-2 Tbsp. **Applesauce** Banana Pears 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 Meat/poultry/egg/fish/cooked dry peas/beans or 0-4 Tbsp. Baby Roast Baby Baby Roast Cheese or None 0-2 oz. Baby Chicken Baby Turkey Chicken Beef Beef Cottage cheese or 0-4 oz Yogurt 0-4 oz. Sweet Sweet 3. Vegetable and/or fruit** 0-2 Tbsp. None Peas Carrots Squash Potatoes Potatoes

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