

Maryland State Department of Education  
Child and Adult Care Food Program  
**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 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	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> 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.	<b>CLOSED</b> 	<b>CLOSED</b> 	Baby Rice Cereal	Baby Turkey	Baby Oatmeal Cereal
0-4 Tbsp.							
0-2 oz.							
0-4 oz.							
3. Vegetable and/or fruit**	None	0-2 Tbsp.			Sweet Potatoes	Peaches	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	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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	<b>CLOSED</b>	<b>CLOSED</b>	Teething Biscuits	Infant Crackers	Cheerios
0 - ½ slice							
0-2							
3. Vegetable and/or fruit**	None	0-2 Tbsp.			Peaches	Pears	Banana
<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	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> 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 Turkey
0-4 Tbsp.							
0-2 oz.							
0-4 oz.							
3. Vegetable and/or fruit**	None	0-2 Tbsp.			Peas	Carrots	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

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**CYCLE 3 WEEK 2- 2024**

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

Week of: **April 8 – April 12, 2024**

**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	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> 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	Yogurt	Baby Oatmeal 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	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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Teething Biscuits	Cheerios	Teething Biscuits	Infant Crackers	Infant Puffs
		0 - ½ slice					
		0-2					
		0-4 Tbsp.					
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	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> 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

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**CYCLE 3 WEEK 3 - 2024**

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

Week of: **April 15 – April 19, 2024**

**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	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> 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 Yogurt	Baby Rice Cereal	Baby Oatmeal Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Apricots	Pears	Banana	Sweet Potatoes	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	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> 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	Applesauce	Pears	Peaches	Apricots
<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	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> 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 Sweet Potatoes	Peas	Green beans	Squash	Carrots

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**CYCLE 3 WEEK 4- 2024**

Center Name: \_\_\_\_\_ Week of: **April 22 – April 26, 2024**

**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	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> 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 Yogurt	Baby Rice Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Apricots	Pears	Banana	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	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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Infant Crackers	Cheerios	Infant Puffs	Teething Biscuits	Infant Crackers
		0 - ½ slice					
		0-2					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Applesauce	Pears
<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	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> 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 Turkey	Baby Chicken	Baby Beef
		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

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**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.**

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	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> 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 Turkey	Baby Oatmeal Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches	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	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> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Teething Biscuits	Cheerios	Teething Biscuits	Infant Crackers	Cheerios
		0 - ½ slice					
		0-2					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears	Banana
<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	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> 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	Sweet Potatoes

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