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



# **CYCLE 3 WEEK 1 – 2024**

Center Name:	Week of: <mark>April 29- MAY 3, 2024</mark>
Please note: Babies should be fed when they are hungry and no	ot 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.		Baby		Baby Turkey	Baby												
Meat/poultry/egg/fish/cooked dry peas/beans or	27	0-4 Tbsp.																	
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Baby Rice Cereal		Oatmeal												
Cottage cheese or		0-4 oz	Cercar	Cercai	Cercai	Turkey	Cereal												
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 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	Cheerios	Teething	Infant	Cheerios												
Crackers or	None	None	None	None	None	None	None	None	None	None	TVOIC	None	TVOILE	0-2	Biscuits	Chechos	Biscuits	Crackers	Chechos
Ready-to-eat breakfast cereal		0-4 Tbsp.																	
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears	Banana												
	<u> </u>					_													
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	Baby Roast		Raby Roset												
Cheese or		0-2 oz.	Chicken	Baby Roast Beef	Baby Chicken	Baby Roast Beef	Baby Turkey												
Cottage cheese or		0-4 oz																	
Yogurt		0-4 oz.	G t				G t												
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Sweet Potatoes												

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

This institution is an equal opportunity provider.

<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 3 WEEK 2** Center Name:

Week of MAY 6-10, 2024

<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>	None	0-4 Tbsp.									
Meat/poultry/egg/fish/cooked dry peas/beans or		N	0-4 Tbsp.		Baby						
Cheese or		0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Baby Rice Cereal	Yogurt	CLOSED				
Cottage cheese <b>or</b>		0-4 oz	Celeal	Celeal	Celeal						
Yogurt		0-4 oz.									
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches					
		_		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	11 50							
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.					TRAMER				
Bread or	None	None	0 - ½ slice	Teething	Charmina	Teething	Infant	TILNIN			
Crackers or			None	None	None	None	None	0-2	Biscuits	Cheerios Biscuits	Biscuits
Ready-to-eat breakfast cereal		0-4 Tbsp.									
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears					
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.									
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.	Baby	Baby Roast		Baby Roast					
Cheese or		None	None	0-2 oz.	Chicken	Beef	Baby Chicken	Beef	CLOSED		
Cottage cheese or		0-4 oz				2001					
Yogurt		0-4 oz.									
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	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 3 WEEK 3** Center Name:

Week of: MAY 13-17, 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
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 Rice Cereal				Baby Oatmeal
Meat/poultry/egg/fish/cooked dry peas/beans or	N	0-4 Tbsp.		Baby Oatmeal Cereal			
Cheese or	None	0-2 oz.			Baby Yogurt	Baby Rice	
Cottage cheese or		0-4 oz	Celeal	Cerear		Cereal	Cereal
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Apricots	Pears	Banana	Sweet Potatoes	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.	- Cheerios	Animal Crackers	Teething Biscuits	Infant Crackers	Infant Puffs
Bread or	None	0 - ½ slice					
Crackers or	None	0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.	7				
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Applesauce	Pears	Peaches	Apricots
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.			Baby Chicken	Baby Turkey	Baby Roast Beef
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.	Baby Turkey	Baby Roast Beef			
Cheese or		0-2 oz.					
Cottage cheese or		0-4 oz 0-4 oz.					
Yogurt							
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas 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 3 WEEK 4** Center Name:

Week of: MAY 20- 24, 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
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				Baby Rice Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or	NI	0-4 Tbsp.		D 1 D:	Baby Oatmeal		
Cheese or	None	0-2 oz.	Oatmeal	Baby Rice Cereal	Cereal	Baby Yogurt	
Cottage cheese <b>or</b>		0-4 oz	Cereal	Cercai			CCICai
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		Infant Cherrios	Chamias	Infant Puffs	Teething Biscuits	Infant Crackers
Crackers or	None			Cherrios			
Ready-to-eat breakfast cereal		0-4 Tbsp.	1				
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.			Baby Roast Baby Turkey	Baby Chicken	Baby Turkey
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Raby Roast			
Cheese or	None	0-2 oz.		Beef			
Cottage cheese or			0-4 oz				
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 3 WEEK 1 – 2024**

Center Name:	Week of: <b>MAY 27- MAY 30, 2024</b> (END OF MONTH)

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	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.					
Meat/poultry/egg/fish/cooked dry peas/beans or	N	0-4 Tbsp.		Baby	D.I. D'	D 1	Baby
Cheese or	None	0-2 oz.	CLOSED	Oatmeal Cereal	Baby Rice Cereal	Baby Turkey	Oatmeal
Cottage cheese or		0-4 oz		Cercai	Cerear	Turkey	Cereal
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.		Apricots	Sweet Potatoes	Peaches	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			
2. Iron fortified infant cereal <b>or</b>		0-4 Tbsp.	WENDRIAI DAY				
Bread or	None	0 - ½ slice	mir munimi ma	Cheerios	Teething	Infant	Cheerios
Crackers or	None	0-2	<b>经</b> 国际 1000 数据	Chechos	Biscuits	Crackers	Cheerios
Ready-to-eat breakfast cereal		0-4 Tbsp.	# REMEMBER AND HONOR #				
3. Vegetable and/or fruit**	None	0-2 Tbsp.	() () () () () () () () () () () () () (	Banana	Peaches	Pears	Banana
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 <b>or</b>		0-4 Tbsp.		D-1 D4	Baby Chicken	Baby Roast Beef	Baby Turkey
Cheese or	None	0-2 oz.	CLOSED	Baby Roast Beef			
Cottage cheese or		0-4 oz		B001		Bool	
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.		Squash	Peas	Carrots	Sweet Potatoes

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

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