


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



CYCLE 4 WEEK 1 Center Name: _____

Week of: **JULY 3-JULY 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 |
|--|----------------------|---|-------------------------------|-------------------------------|-------------------------------|---|-------------------------------|
| BREAKFAST—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 | Breast milk or infant formula | Breast milk or infant formula | CLOSED | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz. 0-4 oz. | Baby Rice Cereal | Baby Oatmeal Cereal | Baby Rice Cereal |  | Baby Oatmeal Cereal |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Banana | Apricots | Sweet Potatoes | | Apricot |
| 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 | Breast milk or infant formula | Breast milk or infant formula | | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal | None | 0-4 Tbsp. 0 - ½ slice 0-2 0-4 Tbsp. | Teething Biscuits | Cheerios | Teething Biscuits | CLOSED | Cheerios |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Applesauce | Banana | Peaches | | Banana |
| 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 | Breast milk or infant formula | Breast milk or infant formula | | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz. 0-4 oz. | Baby Chicken | Baby Roast Beef | Baby Chicken | HOLIDAY | Baby Turkey |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Sweet Potatoes | Squash | 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

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



CYCLE 4 WEEK 2 Center Name: _____

Week of JULY 8 – JUNE 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 |
|--|----------------------|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | LAST DAY OF SCHOOL |
| 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 or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Rice Cereal | Baby Oatmeal Cereal | Baby Rice Cereal | Baby Yogurt | Baby Oatmeal Cereal |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 oz. | | | | | |
| | | 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 | 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 or Bread or Crackers or 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 |
| | | | | | | | |
| 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 | 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 or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Turkey | Baby Chicken | Baby Roast Beef | Baby Turkey | Baby Roast 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 |

* 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