Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 1

Center Name:	Week of: MARCH 3 rd -7 th 2025
Please note: Babies should be fed when they are hung	ry 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.					
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.	Baby Rice	Baby		Baby	Baby Rice Cereal
Cheese or	None	0-2 oz.	- Cereal	Oatmeal Cereal	Yogurt	Oatmeal	
Cottage cheese or		0-4 oz		001001		Cereal	
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 or		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.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Peaches	Banana	Applesauce
	1					1	
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 Beef
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby Roast		Baby	
Cheese or	None	0-2 oz.	Baby Turkey	Beef	Baby Chicken	Turkey	
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.				G t	
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Green Beans	Squash	Sweet Potatoes	Carrots

^{*} 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 1 WEEK 2

Center Name:	Week of:	MARCH 10th - 14th 2025
,		

<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.					
Meat/poultry/egg/fish/cooked dry peas/beans or	3.7	0-4 Tbsp.	Baby	Baby Rice		Baby Rice	Baby Oatmeal
Cheese or	None	0-2 oz.	Oatmeal	Cereal	Baby Oatmeal Cereal	Cereal	
Cottage cheese or		0-4 oz	Cereal		Cerear		Cereal
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Peas	Banana	Pears	Green Beans
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.		Infant Crackers	Infant Puffs	Infant Crackers	Infant Crackers
Bread or	N	0 - ½ slice					
Crackers or	None	0-2					
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 or		0-4 Tbsp.					Baby Turkey
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby	Dolari	Doby Doogt	Dolari	
Cheese or	None	0-2 oz.	- Chicken	Baby Turkey	Baby Roast Beef	Baby Chicken	
Cottage cheese or		0-4 oz	Cilickell	Turkey	Beel	Cilicken	
Yogurt		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

Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 3

Center Name:	Week of: MARCH 17 th – 21 st , 2025
_	

<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.					
Meat/poultry/egg/fish/cooked dry peas/beans or	3.7	0-4 Tbsp.	Baby	Baby Rice	Baby Oatmeal	Baby Rice Cereal	Baby Oatmeal Cereal
Cheese or	None	0-2 oz.	Oatmeal Cereal	Cereal	Cereal		
Cottage cheese or		0-4 oz	Cerear			Cerear	Celeal
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	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				
2. Iron fortified infant cereal or		0-4 Tbsp.	Infant Puffs	Infant Crackers	Teething Biscuits	Infant Puffs	
Bread or	3 . T	0 - ½ slice					Teething Biscuits
Crackers or	None	0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	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				
2. Iron fortified infant cereal or		0-4 Tbsp.					Baby Chicken
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		D.1		D 1	
Cheese or	None	0-2 oz.	Baby Beef	Baby Turkey	Baby Chicken	Baby Turkey	
Cottage cheese or	_	0-4 oz		Turkey			
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Carrots	Green Beans	Sweet Potatoes	Peaches

^{*} 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 1 WEEK 4

Center Name:	Week of:	MARCH 24th - 28th	, 2025

<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	r E	0-4 Tbsp.	- D.1 D.			Baby	Baby Rice
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby	D 1 D'		
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Baby Rice Cereal	Oatmeal Cereal	Cereal
Cottage cheese or		0-4 oz	Cerear	Cerear	Cerear	Cerear	
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	Nama	0 - ½ slice	Teething Biscuits	Infant Puffs	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 Roast Beef	Baby Chicken
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby Chicken	Baby Roast			
Cheese or	None	0-2 oz.		Beef	Baby Chicken		
Cottage cheese or		0-4 oz	- Cinicken	Deel		2001	
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

^{*} 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