Infant Menu Planner – Birth to 12 Months



CYCLE 2 WEEK 2

Center Name:	Week of: FEBRUARY 3 – FEBRUARY 7, 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.			Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal	
Meat/poultry/egg/fish/cooked dry peas/beans or	N.T.	0-4 Tbsp.	Baby Oatmeal	Baby Rice Cereal				
Cheese or	None	0-2 oz.						
Cottage cheese or		0-4 oz	Cereal				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.			I C A D CC	Infant	Infant	
Bread or	None	0 - ½ slice	Teething Infant	Infant				
Crackers or		None	None	0-2	Biscuits	Crackers	Infant Puffs	Crackers
Ready-to-eat breakfast cereal		0-4 Tbsp.	1					
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	Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or None	0-4 Tbsp.	Baby Baby	Poby Post		Baby		
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.			Baby Roast			
2110000 01		None	0-2 oz.	Chicken	Turkey	Beef	Chicken	Baby Turkey
Cottage cheese or		0-4 oz		Tarkey	Beer			
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 2 WEEK 3

Center Name:	Week of: FEBRUARY 10 – FEBRUARY 14, 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.				Baby Rice Cereal	Baby Oatmeal Cereal	
Meat/poultry/egg/fish/cooked dry peas/beans or	3.7	0-4 Tbsp.	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal			
Cheese or	None	0-2 oz.						
Cottage cheese or		0-4 oz	Cerear				Cerear	
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.*						
1. 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	Teething Biscuits	
Bread or	27	0 - ½ slice	Intent Dutte	Infant	Teething			
Crackers or	None	0-2		Crackers	Biscuits			
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					
Iron fortified infant cereal or	0-4 Tbsp.							
Meat/poultry/egg/fish/cooked dry peas/beans or	r None	None	0-4 Tbsp.		Baby		Baby	Baby
Cheese or			0-2 oz.		Turkey Baby Chicken Turkey	Chicken		
Cottage cheese or		0-4 oz		Turkey		-	Chicken	
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 2 WEEK 4

Center Name:	Week of: FEBRUARY 17 – FEBRUARY 21, 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	Iron fortified infant cereal or	0-4 Tbsp.	CLOSED	CLOSED	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or	3.7	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.	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.	4177	PROFESSIONAL DAY	Teething Biscuits	Infant Crackers	Infant Puffs
Bread or	None	0 - ½ slice	PRESIDENTS				
Crackers or		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	Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or	0-4 Tbsp.	CLOSED	CLOSED	Baby Chicken	Baby Roast Turkey	Baby Chicken
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.					
		0-2 oz.					
E		0-4 oz					
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.

Infant Menu Planner – Birth to 12 Months



CYCLE 2 WEEK 1

Center Name:	Week of: FEBRUARY 24 – 28, 2025
Please note: Babies should be fed when they are hungry and n	ot restricted to a rigid schedule.

Meal Pattern Minimum Requirements Wednesday Friday Monday **Thursday Tuesday BREAKFAST—3 COMPONENTS** 6-12 mo.* 0-5 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 0-4 Tbsp. Meat/poultry/egg/fish/cooked dry peas/beans or Baby None Baby Rice Oatmeal Baby Rice Cheese or 0-2 oz. Yogurt Oatmeal Cereal Cereal Cereal Cereal 0-4 oz Cottage cheese or Yogurt 0-4 oz. Sweet 3. Vegetable and/or fruit** None 0-2 Tbsp. Pears Banana Peas Peaches Potatoes SNACK—3 COMPONENTS 6-12 mo.* 0-5 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 Animal **Teething** Infant None Cheerios Infant Puffs Crackers or Crackers **Biscuits** Crackers 0-2Ready-to-eat breakfast cereal 0-4 Tbsp. 3. Vegetable and/or fruit** 0-2 Tbsp. None Banana Pears Peaches Banana Applesauce 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 0-2 oz. None Baby Turkey Baby Chicken Beef Turkey Beef Cottage cheese or 0-4 oz Yogurt 0-4 oz. Sweet 3. Vegetable and/or fruit** None 0-2 Tbsp. Peas Green Beans Squash Carrots 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