Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 1

Center Name:	Week of: MARCH 31st - APRIL 4th
Please note: Babies should be fed when they are hungr	y 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.		- 1			
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.	Baby Rice	Baby Oatmeal		Baby	Baby Rice
Cheese or	0-2 oz.	Cereal	Cereal	Yogurt	Oatmeal	Cereal	
Cottage cheese or		0-4 oz	Cerear			Cereal	
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Banana	Peas	Peaches
	1	T		<u> </u>			
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.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby Roast		Baby	Baby Roast
Cheese or	None	0-2 oz.	Baby Turkey	Beef	Baby Chicken	Turkey	Beef Baby Roast
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.				C	
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:	$\underline{APRIL~7^{th}-11^{th}~2025}$

<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	Nama	0-4 Tbsp.	Baby	Baby Rice	D 1 O 4 1	Baby Rice	Baby
Cheese or	None		Oatmeal	Cereal	Baby Oatmeal Cereal	Cereal	Oatmeal
Cottage cheese or		0-4 oz	Cereal		Cercai		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.					
Bread or	None	0 - ½ slice	Teething	ng Infant	Infant Puffs Inf	Infant	Infant
Crackers or	None	0-2	Biscuits	Crackers	Infant Pulls	Crackers	Crackers
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.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby	Baby	Poby Poost	Baby	Baby Turkey
Cheese or	None	0-2 oz.	- Chicken	Turkey		Chicken	
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.					G t
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: APRIL 14th -18th, 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	D 1 D:	Baby
Cheese or	None	0-2 oz.	Oatmeal Cereal	Cereal	Cereal	Baby Rice Cereal	Oatmeal Cereal
Cottage cheese or		0-4 oz	Cerear			Cerear	Celeal
Yogurt		0-4 oz.	1				
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	None	0-4 Tbsp.	Infant Puffs Infant Crackers			Infant Puffs	
Bread or		0 - ½ slice		Infant	Teething Biscuits		Teething Biscuits
Crackers or		0-2		Crackers			
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.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		D.1		D 1	D. I
Cheese or	None	0-2 oz.	Baby Beef	Baby Turkey	Baby Chicken	Baby Turkey	Baby Chicken
Cottage cheese or		0-4 oz		Turkey	urkey	·	Cilickeii
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:	APRIL 21st -	- 25 th , 2025

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 or	0-4 Tbsp.		_		_		
Meat/poultry/egg/fish/cooked dry peas/beans or	3 . T	0-4 Tbsp.	D 1 D'	Baby	D.I. D.	Baby	Baby Rice
Cheese or	U-2 oz. Cereal	Baby Rice	Oatmeal Cereal	Baby Rice Cereal	Oatmeal Cereal	Cereal	
Cottage cheese or		0-4 oz	Cereal	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	N	0 - ½ slice	Teething In	Infant Puffs	Teething Biscuits	Infant Crackers	Infant Puffs
Crackers or	None	0-2	Biscuits				
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.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		D.I. D.		D.I. D.	D 1
Cheese or	None	0-2 oz.	Baby Chicken	Baby Roast Beef	Baby Chicken	Baby Roast Beef	Baby Chicken
Cottage cheese or		0-4 oz	Cnicken	веет		Beel	Cilickell
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

Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 5

Center Name:	Week of: APRIL 28th - MAY 02nd
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 Oatmeal		Baby	Baby Rice
Cheese or	None	0-2 oz.	- Cereal	Cereal	Yogurt	Oatmeal	Cereal
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
	1					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				
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
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.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby Roast		Baby	Baby Roast
Cheese or	None	0-2 oz.	Baby Turkey	Beef	Baby Chicken	Turkey	Beef
Cottage cheese or		0-4 oz	4			Tarkey	
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