Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 1

Center Name:	Week of: MAY 05th - MAY 09th 2025
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.						
Meat/poultry/egg/fish/cooked dry peas/beans or	None 0-4 Tbsp. Ba	Baby Rice	Baby Oatmeal		Baby	Baby Rice		
Cheese or	None	0-2 oz.	Cereal	Cereal	Yogurt	Oatmeal	Cereal	
Cottage cheese or		0-4 oz	_			Cereal		
Yogurt		0-4 oz.						
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Banana	Peas	Peaches	
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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	None	0 - ½ slice	Cheerios	Animal	Teething	Infant	Infant Puffs
Crackers or	None	0-2	Circerios	Crackers	ackers Biscuits	Crackers	miant Funs	
Ready-to-eat breakfast cereal		0-4 Tbsp.						
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Peaches	Banana	Applesauce	
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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 Turkey	Baby Roast		Baby Turkey	Baby Roast Beef	
Cheese or	None	0-2 oz.		ey Beef	Baby Chicken			
Cottage cheese or		0-4 oz						
Yogurt		0-4 oz.				Sweet		
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Green Beans	Squash	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:	MAY 12 th - MAY 1	6 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	d 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	
Cheese or	None	0-2 oz.	Oatmeal	Cereal	Baby Oatmeal Cereal	Cereal	Oatmeal	
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	None	0-4 Tbsp.						
Bread or		None	0 - ½ slice	Teething	Infant	I C A D CC	Infant	Infant
Crackers or			None	None	0-2	Biscuits Crackers	Infant Puffs 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.					Baby Turkey	
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby	Baby	Doby Doogt	Doby		
Cheese or	None	0-2 oz.	Chicken	Turkey	Baby Roast Beef	Baby Chicken		
Cottage cheese or		0-4 oz	Cilickeii	Turkey	Beer	Chicken		
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: MAY 19th – MAY 23rd, 202	5
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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.					Baby Oatmeal Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or	> T	0 1 1 0 bp.	Baby	Baby Rice Cereal	Baby Oatmeal		
Cheese or	None	0-2 oz.	Oatmeal Cereal		Cereal	Baby Rice Cereal	
Cottage cheese or		0-4 oz	Cerear			Cerear	Cerear
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Peaches	Sweet Potatoes	Banana	Apricot
			<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.					
Bread or	Name	0 - ½ slice 0-2	Infant Puffs	Infant Crackers	Teething Biscuits	Infant Puffs	Teething Biscuits
Crackers or	None						
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	Baby Turkey	
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		D 1			Doby
Cheese or	None	0-2 oz.	Baby Beef	Baby Turkey			Baby Chicken
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: MAY 26 th – MAY 30 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.				Baby Oatmeal Cereal	Baby Rice Cereal					
Meat/poultry/egg/fish/cooked dry peas/beans or	NI	0-4 Tbsp.	D 1 D.	Baby								
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Baby Rice Cereal							
Cottage cheese or		0-4 oz	Cercar	Cercar	Cercar	Cercar						
Yogurt		0-4 oz.										
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches	Pears					
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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	Infant Puffs	Teething	Infant	Infant Puffs					
Crackers or	None	None	None	None	None	None	0-2	Biscuits		Biscuits	Crackers	Infant Puffs
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	Baby Roast Beef						
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby Chicken				Baby Chicken					
Cheese or	None	0-2 oz.										
Cottage cheese or		0-4 oz										
Yogurt		0-4 oz.	G t									
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