

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



CYCLE 1 WEEK 1

Center Name: _____

Week of: **JUNE 30th - JULY 04th 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.*					
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	Yogurt	Baby Oatmeal Cereal	Baby Rice Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
		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.*					
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.	Cheerios	Animal Crackers	Teething Biscuits	Infant Crackers	Infant Puffs
		0 - ½ slice					
		0-2					
		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.*					
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 Roast Beef	Baby Chicken	Baby Turkey	Baby Roast Beef
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz.					
		0-4 oz.					
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

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CYCLE 1 WEEK 2

Center Name: _____

Week of: **JULY 07th – JULY 11th, 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.*					
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 Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal
		0-4 Tbsp.					
		0-2 oz.					
		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.*					
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.	Teething Biscuits	Infant Crackers	Infant Puffs	Infant Crackers	Infant Crackers
		0 - ½ slice					
		0-2					
		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.*					
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 Chicken	Baby Turkey	Baby Roast Beef	Baby Chicken	Baby Turkey
		0-4 Tbsp.					
		0-2 oz.					
		0-4 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.

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CYCLE 1 WEEK 3

Center Name: _____

Week of: **JULY 14th – JULY 18th, 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.*					
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 Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal
		0-4 Tbsp.					
		0-2 oz.					
		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	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 Puffs	Infant Crackers	Teething Biscuits	Infant Puffs	Teething Biscuits
		0 - ½ slice					
		0-2					
		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.*					
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 Beef	Baby Turkey	Baby Chicken	Baby Turkey	Baby Chicken
		0-4 Tbsp.					
		0-2 oz.					
		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