#### **Infant Menu Planner – Birth to 12 Months**



CYCLE 1 WEEK 1

Center Name:	Week of: October 6 <sup>th</sup> – October 10 <sup>th</sup> ,2025
Please note: Babies should be fed when they are hungry and not restricted	d 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 <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	NT.	0-4 Tbsp.	D 1 D:	Baby		Baby Oatmeal	Baby Rice Cereal
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal	Yogurt		
Cottage cheese or		0-4 oz	Cercar	Cereal		Cereal	Ccicai
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Peaches	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 <b>or</b>		0-4 Tbsp.					
Bread or	None	0 - ½ slice	Cheerios	Animal	Teething	Infant	Infant Puffs
Crackers or	None	0-2	Cneerios	Crackers	Biscuits	Crackers	Infant Puffs
Ready-to-eat breakfast cereal		0-4 Tbsp.	7				
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Apricots	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 <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby Turkey	Baby Roast Beef	Baby Chicken	Baby Turkey	Baby Roast Beef
Cheese or	None	0-2 oz.					
Cottage cheese or		0-4 oz	_				
Yogurt		0-4 oz.				G .	
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Green Beans	Squash	Sweet Potatoes	Carrots

<sup>\*</sup> Solid food components are required only when the infant is developmentally ready to accept them.

<sup>\*\*</sup>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: October 13th – October 17th, 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 <b>or</b>		0-4 Tbsp. 0-4 Tbsp.	Baby Oatmeal	Baby Rice Cereal		Baby Rice Cereal	
Meat/poultry/egg/fish/cooked dry peas/beans or	None				Baby Oatmeal Cereal		CLOSED PROFSSIONAL DEVELOPMET DAY
Cheese or	None	0-2 oz.					
Cottage cheese or		0-4 oz	Cereal		Corour	Cerear	
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Peas	Banana	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 <b>or</b>		0-4 Tbsp.			Infant Puffs	Infant Crackers	CLOSED
Bread or	None	0 - ½ slice	Teething				PROFSSIONAL DEVELOPMET DAY
Crackers or	None	0-2	Biscuits				
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Pears	Peaches	Banana	
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 <b>or</b>		0-4 Tbsp.			Baby Roast Beef	Baby Chicken	
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby Chicken	Baby Turkey			CLOSED
Cheese or	None	0-2 oz.					PROFSSIONAL DEVELOPMET DAY
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Green Beans	Squash	Carrots	Peas	

<sup>\*</sup> 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: October 20th - October 24th, 2025
Please note: Rabies should be fed when the	ey 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 <b>or</b>		0-4 Tbsp.		Baby Oatmeal Cereal		Baby Oatmeal Cereal	Baby Rice Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or	2.7	0-4 Tbsp.	Baby Rice		Baby Rice Cereal		
Cheese or	None	0-2 oz.					
Cottage cheese or		0-4 oz	- Cereal				
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 <b>or</b>		0-4 Tbsp.			Teething Biscuits	Infant Crackers	Infant Puffs
Bread <b>or</b>	N	0 - ½ slice	Teething	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 <b>or</b>		0-4 Tbsp.	Baby Bab		Baby Chicken	Baby Roast Turkey	Baby Chicken
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.					
Cheese or		0-2 oz.		Baby Roast Beef			
Cottage cheese or		0-4 oz	Cilickeii	Deel			
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

<sup>\*</sup> Solid food components are required only when the infant is developmentally ready to accept them.

<sup>\*\*</sup>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: October 27 <sup>th</sup> – October 31 <sup>st</sup> ,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 <b>or</b>		0-4 Tbsp.			Yogurt	Baby Oatmeal	
Meat/poultry/egg/fish/cooked dry peas/beans or	N	0-4 Tbsp.	D 1 D'	Baby			CLOSED
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal Cereal			PROFSSIONAL DEVELOPMET
Cottage cheese or		0-4 oz	Cercai	Cercai		Cereal	DAY
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Sweet Potatoes	Peaches	Peas	
						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 <b>or</b>		0-4 Tbsp.		Animal Crackers	Teething Biscuits	Infant Crackers	CLOSED
Bread or	None	0 - ½ slice	Teething Biscuits				PROFSSIONAL
Crackers or	None	0-2					DEVELOPMET DAY
Ready-to-eat breakfast cereal		0-4 Tbsp.					DAT
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Pears	Apricots	Banana	
						_	
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 <b>or</b>		0-4 Tbsp.		Baby Roast Beef	Baby Chicken	Baby Turkey	
Meat/poultry/egg/fish/cooked dry peas/beans or			Baby Chicken				CLOSED
Cheese or	None	0-2 oz.					PROFSSIONAL DEVELOPMET DAY
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Green Beans	Squash	Sweet Potatoes	

<sup>\*</sup> Solid food components are required only when the infant is developmentally ready to accept them.

<sup>\*\*</sup>Juices may **not** be served in place of fruit/vegetable requirement