Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 1

Center Name:	Week of: SEPTEMBER 1- SEPTEMBER 5, 2025

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	3 .T	0-4 Tbsp.					
Cheese or	None	0-2 oz.	CLOSED	CLOSED	Yogurt		
Cottage cheese or		0-4 oz					Cerear
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Peaches	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.	HAPPY				
Bread or	None	0 - ½ slice	LARSE	PROFSSIONAL DEVELOPMENT	Teething	Graham	Infant Puffs
Crackers or	None	0-2		DAY	Biscuits	Crackers	Infant Pulls
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Apricots	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.			Poby		Doby Doost
Cheese or	None	0-2 oz.	CLOSED	CLOSED	Baby Chicken	Boiled Egg	Baby Roast Beef
Cottage cheese or		0-4 oz					
Yogurt		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

Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 2

Center Name:	Week of: SEPTEMBER 8- SEPTEMBER 12, 2025

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	D 1 D'	D1 0 / 1	Baby Rice Cereal	Baby Oatmeal
Cheese or	None	0-2 oz.	Oatmeal	Baby Rice Cereal	Baby Oatmeal Cereal		
Cottage cheese or		0-4 oz C	Cereal	Cercai	Cerear	Cercar	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	8	Animal Crackers	Infant Duffs	Infant Puffs Infant Crackers	Infant Crackers
Crackers or	None	0-2			infant Pulls		
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 Roast Baby	Baby	Baby Turkey
Cheese or	None	0-2 oz.	Chicken	Boiled Egg	Beef	Chicken	
Cottage cheese or		0-4 oz	_			Sineken	
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: SEPTEMBER 15 – SEPTEMBER 19, 2025

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				
Meat/poultry/egg/fish/cooked dry peas/beans or	N.T.	0-4 Tbsp.		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	Celeal			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.*					
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.			Teething Biscuits	Infant Puffs	Teething Biscuits
Bread or	Nama	0 - ½ slice	Intant Putte	Infant Crackers			
Crackers or	None	0-2					
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.*					
1. 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.			Dahr. Dahr.		
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby		Baby	Rahy
Cheese or	None	0-2 oz.	Baby Beef	Turkey	Baby Chicken	Turkey	Baby Chicken
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.				G t	
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Carrots	Green Beans	Sweet Potatoes	Peaches

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^{**}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: September 22- SEPTEMBER 26, 2025
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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	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		0-4 Tbsp.				Baby Oatmeal	Baby Rice
Meat/poultry/egg/fish/cooked dry peas/beans or	2.7	0-4 Tbsp.]	Baby			
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Baby Rice Cereal		Cereal
Cottage cheese or		0-4 oz	Cereal	Cereal	Cereal	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	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		0-4 Tbsp.					
Bread or	N	0 - ½ slice	Teething Biscuits Infant Puffs	I C + D - CC	Teething Infant	Infant	I C 4 D CC.
Crackers or	None	0-2			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	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		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	٦				
Cheese or	None	0-2 oz.	Baby Chicken	Baby Roast	Baby Chicken	Baby Roast	Baby Chicken
Cottage cheese or		0-4 oz		Beef		Turkey	Chicken
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

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^{**}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: SEPTEMBER 29 – OCTOBER 3, 2025

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	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		0-4 Tbsp.		Baby		Baby Oatmeal Cereal	
Meat/poultry/egg/fish/cooked dry peas/beans or	3.7	0-4 Tbsp.					Baby Rice Cereal
Cheese or	None	0-2 oz.	CLOSED	Oatmeal Cereal	Yogurt		
Cottage cheese or		0-4 oz		Cerear			
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	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		0-4 Tbsp.		Animal Crackers	Teething Biscuits	Infant Crackers	Infant Puffs
Bread or	None	0 - ½ slice	PROFSSIONAL DEVELOPMENT DAY				
Crackers or	None	0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.					
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	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		0-4 Tbsp.			Baby Chicken Baby Turkey		
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby Roast		Poby.	Baby Roast Beef
Cheese or	None	0-2 oz.	CLOSED	Beef		•	
Cottage cheese or		0-4 oz	_	Beer		Turkey	
Yogurt		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