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



### CYCLE 2 WEEK 1

Center Name:	Week of: December 1 <sup>st</sup> – December 5 <sup>th</sup> , 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 <b>or</b>		0-4 Tbsp.				Baby Oatmeal Cereal	Baby Rice Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or	N.T.	0-4 Tbsp.		Baby			
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal	Yogurt		
Cottage cheese or		0-4 oz	Cercar	Cereal			Ccicai
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 <b>or</b>		0-4 Tbsp.					
Bread or	None	0 - ½ slice	Cheerios	Animal Crackers	Teething Biscuits	Infant Crackers	Infant Puffs
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.*					
1. 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 Roast	Baby	Baby	Baby Roast Beef
Cheese or	None	0-2 oz.	Baby Turkey	Beef	Chicken	Turkey	
Cottage cheese or		0-4 oz	_	Beer	Cincken	Turkey	
Yogurt		0-4 oz.					
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 2 WEEK 2

Center Name:	Week of: December 08th – December 12th, 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.				Baby Rice Cereal	Baby Oatmeal
Meat/poultry/egg/fish/cooked dry peas/beans or	Nama	0-4 Tbsp.	Baby	D 1 - D'	D 1 0 1		
Cheese or	None	0-2 oz.	Oatmeal	Baby Rice Cereal	Baby Oatmeal Cereal		
Cottage cheese <b>or</b>		0-4 oz	Cereal	Cercar	Cercai	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 <b>or</b>		0-4 Tbsp.					
Bread or	Nama	0 - ½ slice		Infant	Infant Puffs	Infant Crackers	Infant
Crackers or	None			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 <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby	Baby	Baby Roast Beef	Baby Chicken	Baby Turkey
Cheese or	None	0-2 oz.	Chicken	Turkey			
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

<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 2 WEEK 3

Center Name:	Week of: December 15 <sup>th</sup> – December 19 <sup>th</sup> ,202
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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 <b>or</b>		0-4 Tbsp.				Baby Rice Cereal	Baby
Meat/poultry/egg/fish/cooked dry peas/beans or	0-4 Tbsp.	0-4 Tbsp.	Baby	Baby Rice			
Cheese or	None	0-2 oz.	Oatmeal	Cereal	Baby Oatmeal Cereal		Oatmeal Cereal
Cottage cheese or		0-4 oz	Cereal		Cerear		Cerear
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 <b>or</b>		0-4 Tbsp.	Intant Putte		Teething Biscuits	Infant Puffs	Teething Biscuits
Bread or	Nama	0 - ½ slice		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.*					
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 Turkey	
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		Baby			Baby Chicken
Cheese or	None	0-2 oz.	Baby Beef	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

<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 requiremen

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



### CYCLE 2 WEEK 4

Center Name:	Week of: December 22 <sup>nd</sup> – December 26 <sup>th</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.				CLOSED HOLIDAY	CLOSED
Meat/poultry/egg/fish/cooked dry peas/beans or	NT	0-4 Tbsp.					
Cheese or	None	None 0-2 oz.	CLOSED	CLOSED	CLOSED		
Cottage cheese <b>or</b>		0-4 oz				HOLIDAT	
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.					
Bread or	Nama	0 - ½ slice	CLOSED	CLOSED	CLOSED	CLOSED HOLIDAY	CLOSED
Crackers or	None	0-2					
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.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.			CI	CLOSED	CLOSED
Cheese or	None	0-2 oz.	CLOSED	CLOSED	CLOSED	HOLIDAY	
Cottage cheese or		0-4 oz	_				
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 2 WEEK 5

Center Name:	Week of: December 29 <sup>th</sup> – January 2 <sup>nd</sup> , 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 <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	2.7	0-4 Tbsp.				CI CCEP	
Cheese or	None	0-2 oz.	CLOSED	CLOSED	CLOSED	CLOSED HOLIDAY	CLOSED
Cottage cheese or		0-4 oz	1			HOLIDAT	
Yogurt		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.*					
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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Crackers or	None	0-2	CLOSED	CLOSED	CLOSED	HOLIDAY	CLOSED
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 <b>or</b>		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.				CLOSED	
Cheese or	None	0-2 oz.	CLOSED	CLOSED	CLOSED	HOLIDAY	CLOSED
Cottage cheese or		0-4 oz				110LID111	
Yogurt		0-4 oz.					
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