

Name of Child Care Facility: _____

Standard Infant Menu

The following iron-fortified infant formulas are offered at this facility:

Milk-based: Parent' Choice Soy-based: Parent's Choice

Note: Breastmilk offered when provided by parent.

Birth to 5 Months

Breakfast, Lunch/Supper, and Snack:

Breastmilk and/or iron-fortified infant formula

6 to 11 Months

Breakfast and Lunch/Supper:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Infant cereal (dry infant cereal mixed with breastmilk and/or formula)

Variety of meats and poultry (cooked plain or from jar)

Fish (cooked plain, boneless)

Whole egg

Cooked dry beans/peas (cooked plain)

Cheese regular (plain, sliced thin or thin strips)

Cottage cheese

Yogurt

*A variety of vegetables and/or fruits:

Carrots

Applesauce

Green Beans

Bananas

Mixed vegetables

Mixed fruits

Peas

Peaches

Potatoes/sweet potatoes

Pears

Squash

Snack:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Bread (small pieces of bread or toast)

Crackers (small pieces of unsalted plain crackers or teething biscuits)

Infant cereal (dry infant cereal mixed with breastmilk and/or formula)

Ready-to-eat cereal (e.g. Cheerios, Chex)

*A variety of vegetables and/or fruits:

Carrots

Applesauce

Green Beans

Bananas

Mixed vegetables

Mixed fruits

Peas

Peaches

Potatoes/sweet potatoes

Pears

Squash

*A serving of this component(s) is required when the infant is developmentally read to accept it.

Note: This menu is based on the NEW *Meal Pattern for Infants*.