

Name of Child Care Facility: _____

Standard Infant Menu

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

Milk-based: _____ Soy-based: _____

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 ready to accept it.

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