

INFANT MENU - 0 THROUGH 4 MONTHS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|--|--|--|
| Breakfast | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron |
| Lunch | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron |
| PM Snack | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron |

1. Infant formula and dry cereal shall be iron-fortified
2. It is recommended that breast milk be served in place of formula from birth through 11 months
3. For some breast-fed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered with additional breast milk offered if the infant is still hungry.

NOTE: DO NOT SERVE HONEY OR USE IN FOOD SERVED TO INFANTS UNDER ONE YEAR OLD.

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7/6/09 Anna Howe-hindough MS, RD/ND, IBCLC

INFANT MENU - 4 to 6 MONTHS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| Breakfast | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal |
| Lunch | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal |
| Introduction of Vegetables and Fruit for Lunch (Optional) <i>Not till 6 mo.</i> | | | | | |
| PM Snack | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron | 4-6 oz. Breast Milk or Formula w/iron |

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3. For some breast-fed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered with additional breast milk offered if the infant is still hungry.
4. A serving of this component shall be optional.
5. Fruit juice shall be full-strength.
6. Bread and bread alternates shall be made from whole-grain or enriched meal or flour.

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7/11/09 Anna Howe-Lindsay, MS, RD, LD, IBCLC

INFANT MENU - 6 to 8 MONTHS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|--|
| Breakfast | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal | 4-8 oz. Breast Milk or Formula w/iron 0-3 Tbsp. Rice Cereal |
| Lunch | 4-8 oz. Breast Milk or Formula w/iron Green Beans Applesauce 1-4 Tbsp. (combined) | 4-8 oz. Breast Milk or Formula w/iron Sweet Potatoes Bananas 1-4 Tbsp. (combined) | 4-8 oz. Breast Milk or Formula w/iron Green Peas Peaches 1-4 Tbsp. (combined) | 4-8 oz. Breast Milk or Formula w/iron Carrots Apricots 1-4 Tbsp. (combined) | 4-8 oz. Breast Milk or Formula w/iron Spinach Pears 1-4 Tbsp. (combined) |
| Introduction of Meats for Lunch <i>Not until 8 months</i> | | | | | |
| PM Snack | 4-6 oz. Breast Milk or Formula w/iron or Juice (Juice per sippy cup) | 4-6 oz. Breast Milk or Formula w/iron or Juice (Juice per sippy cup) | 4-6 oz. Breast Milk or Formula w/iron or Juice (Juice per sippy cup) | 4-6 oz. Breast Milk or Formula w/iron or Juice (Juice per sippy cup) | 4-6 oz. Breast Milk or Formula w/iron or Juice (Juice per sippy cup) |

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4. A serving of this component shall be optional.
5. Fruit juice shall be full-strength.
6. Bread and bread alternates shall be made from whole-grain or enriched meal or flour.

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7/01/09 Anna Howe - in Singh MS, RD/CD, IBCLC

INFANT MENU - 8 to 12 MONTHS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|---|---|--|
| Breakfast | 6-8 oz. Breast Milk or Formula w/iron 2-4 Tbsp. Rice Cereal Applesauce | 6-8 oz. Breast Milk or Formula w/iron 2-4 Tbsp. Rice Cereal Bananas | 6-8 oz. Breast Milk or Formula w/iron 2-4 Tbsp. Rice Cereal Peaches | 6-8 oz. Breast Milk or Formula w/iron 2-4 Tbsp. Rice Cereal Applesauce | 6-8 oz. Breast Milk or Formula w/iron 2-4 Tbsp. Rice Cereal Pears |
| Lunch | 6-8 oz. Breast Milk or Formula w/iron 1-4 Tbsp. (combined) Green Beans Applesauce 1-4 Tbsp. Ham | 6-8 oz. Breast Milk or Formula w/iron 1-4 Tbsp. (combined) Sweet Potatoes Bananas 1-4 Tbsp. Chicken | 6-8 oz. Breast Milk or Formula w/iron 1-4 Tbsp. (combined) Green Peas Peaches 1-4 Tbsp. Beef | 6-8 oz. Breast Milk or Formula w/iron 1-4 Tbsp. (combined) Carrots Apricots 1-4 Tbsp. Turkey | 6-8 oz. Breast Milk or Formula w/iron 1-4 Tbsp. (combined) Spinach Pears 1-4 Tbsp. Veal |
| PM Snack | 2-4 oz. Breast Milk or Formula w/iron or 2-4 oz. Fruit Juice 0-2 Crackers | 2-4 oz. Breast Milk or Formula w/iron or 2-4 oz. Fruit Juice 0-2 Crackers | 2-4 oz. Breast Milk or Formula w/iron or 2-4 oz. Fruit Juice 0-2 Crackers | 2-4 oz. Breast Milk or Formula w/iron or 2-4 oz. Fruit Juice 0-2 Crackers | 2-4 oz. Breast Milk or Formula w/iron or 2-4 oz. Fruit Juice 0-2 Crackers |

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