



INFANT MENU (Birth to 1 year)

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	B-6 Mo.	6-12 Mo.	B-6 Mo.	6-12 Mo.	B-6 Mo.	6-12 Mo.	B-6 Mo.	6-12 Mo.	B-6 Mo.	6-12 Mo.
BREAKFAST 1. Breast Milk or Infant Formula 2. Fruit and/or vegetable 3. Infant Cereal	4-6 oz.	4-8 oz. Apple Multi-grain cereal	4-6 oz.	4-8 oz. Peaches Oatmeal cereal	4-6 oz.	4-8 oz. Pears Rice cereal	4-6 oz.	4-8 oz. Banana Multi-grain cereal	4-6 oz.	4-8 oz. Mango Oatmeal cereal
LUNCH 1. Breast Milk or Infant Formula 2. Fruit and/or vegetable 3. Infant Cereal and/or lean meat, poultry or fish, egg yolk or cooked dry beans, peas, lentils, or cheese, or cottage cheese.	4-6 oz.	4-8 oz. Carrot Multi-grain cereal -and/or- Mashed Pinto Beans	4-6 oz.	4-8 oz. Green Beans Oatmeal cereal -and/or- Hummus	4-6 oz.	4-8 oz. Squash Rice cereal -and/or- 4% Cottage Cheese	4-6 oz.	4-8 oz. Peas Multi-grain cereal -and/or- Cheese	4-6 oz.	4-8 oz. Sweet Potato Oatmeal cereal -and/or- Full-Fat Yogurt
SNACK 1. Breast Milk or Infant Formula 2. Whole grain or enriched bread or cracker 3. Fruit and/or vegetable	4-6 oz.	2-4 oz. Cheerios Mango	4-6 oz.	2-4 oz. Wheat Crackers Banana	4-6 oz.	2-4 oz. Wheat Bread Peaches	4-6 oz.	2-4 oz. Honey-Free Graham Crackers Pears	4-6 oz.	2-4 oz. Whole Wheat Pita Bread Apple

***Textures will be modified based on developmental ability.** Please try new foods at home before giving permission for your child to eat them at school.

*Other protein choices: cheese (stick, chopped, shreds), hummus, pinto beans, 4% cottage cheese, full fat yogurt

*With parent permission, infants age 6+ months will be offered Gerber cereals and stage 2 fruits/vegetables.

*Fresh fruit when available. Seasonal fruit choices include melons and berries.

*UBCCC is an Equal Opportunity Provider.

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