

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

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

*Other fruit/vegetables offered (Gerber 2nd foods): apple/strawberry/banana, apple/blueberry, pumpkin

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

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

Updated 5/2023