

## 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.                             |
| <b>BREAKFAST</b>   |         | 4-8 oz.                                    |         | 4-8 oz.                              |           | 4-8 oz.                        |          | 4-8 oz.                        |         | 4-8 oz.                              |
| 1. Breast Milk or Infant Formula   | 4-6 oz. |  | 4-6 oz. |                                      | 4-6 oz.   |                                | 4-6 oz.  |                                | 4-6 oz. |                                      |
| 2. Fruit and/or vegetable  |         | Apple                                      |         | Peaches                              |           | Pears                          |          | Banana                         |         | Mango                                |
| 3. Infant Cereal   |         | Rice cereal                                |         | Oatmeal cereal                       |           | Oatmeal cereal                 |          | Rice cereal                    |         | Oatmeal cereal                       |
| <b>LUNCH</b>   |         | 4-8 oz.                                    |         | 4-8 oz.                              |           | 4-8 oz.                        |          | 4-8 oz.                        |         | 4-8 oz.                              |
| 1. Breast Milk or Infant Formula   | 4-6 oz. |  | 4-6 oz. |                                      | 4-6 oz.   |                                | 4-6 oz.  |                                | 4-6 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- Full-Fat Yogurt |           | Oatmeal cereal -and/or- Cheese |          | Oatmeal cereal -and/or- Hummus |         | Rice cereal -and/or- Full-Fat Yogurt |
| <b>SNACK</b>   |         | 2-4 oz.                                    |         | 2-4 oz.                              |           | 2-4 oz.                        |          | 2-4 oz.                        |         | 2-4 oz.                              |
| 1. Breast Milk or Infant Formula   | 4-6 oz. |  | 4-6 oz. |                                      | 4-6 oz.   |                                | 4-6 oz.  |                                | 4-6 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 2<sup>nd</sup> foods): apple/strawberry/banana, apple/blueberry, pumpkin

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

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

Updated 6/2024