

# Standard Infant Menu

offers a standard menu to all infants enrolled at this facility.

Breastmilk offered when provided by parent/guardian. The following iron-fortified infant formulas are offered at this facility:

Milk-based: \_\_\_\_\_ Soy-based: \_\_\_\_\_

## Birth to 5 Months

**Breakfast, Lunch/Supper, and Snack:** Breastmilk and/or iron-fortified infant formula

## 6–11 Months

### Breakfast, Lunch/Supper

1. Breastmilk and/or iron-fortified infant formula.
2. When developmentally ready, 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
3. When developmentally ready, a variety of vegetables and/ or fruits:
  - Carrots
  - Applesauce
  - Green Beans
  - Bananas
  - Mixed vegetables
  - Mixed fruits
  - Peas
  - Peaches
  - Potatoes/sweet potatoes
  - Pears
  - Squash

### Snacks

1. Breastmilk and/or iron-fortified infant formula.
2. When developmentally ready, one or more of the following:
  - Bread (small pieces of bread or toast)
  - Crackers (small pieces of unsalted plain crackers)
  - Infant cereal (dry infant cereal mixed with breastmilk and/or formula)
  - Ready-to-eat cereal
3. When developmentally ready, a variety of vegetables and/ or fruits:
  - Carrots
  - Applesauce
  - Green Beans
  - Bananas
  - Mixed vegetables
  - Mixed fruits
  - Peas
  - Peaches
  - Potatoes/sweet potatoes
  - Pears
  - Squash