

Name of Child Care Facility: \_\_\_\_\_

## Standard Infant Menu

The following iron-fortified infant formulas are offered at this facility:

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

Note: Breastmilk offered when provided by parent.

### Birth to 5 Months

#### **Breakfast, Lunch/Supper, and Snack:**

Breastmilk and/or iron-fortified infant formula

### 6 to 11 Months

#### **Breakfast and Lunch/Supper:**

Breastmilk and/or iron-fortified infant formula

\*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

\*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

#### **Snack:**

Breastmilk and/or iron-fortified infant formula

\*One or more of the following:

Bread (small pieces of bread or toast)  
Crackers (small pieces of unsalted plain crackers or teething biscuits)  
Infant cereal (dry infant cereal mixed with breastmilk and/or formula)  
Ready-to-eat cereal (e.g. Cheerios, Chex)

\*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

\*A serving of this component(s) is required when the infant is developmentally ready to accept it.

Note: This menu is based on the NEW *Meal Pattern for Infants*.