

Infant Weekly Menu

Ages 6 weeks – 11 months

Directions: Each week the Infant Classroom will use this menu chart as guidance on the meal components and serving sizes for meals.

Infants 6 weeks to approximately 5 months old are served 4-6 fl. oz. breastmilk or formula, or portions of both.




Note: for some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

Beginning between the ages of 6 to 9 months old, infants are served solid food following the Menu chart below, as it is developmentally appropriate for the infant. Solid foods should be introduced gradually, one at a time over the course of a few days. All foods will be introduced to a child only with parent/guardian permission, on the "Infant Meal Items Served" form.

At approximately 9 months old, infants will begin to transition to the Infant/Toddler Menu meal items. All foods will be introduced to a child only with parent/guardian permission.

Serving size is based on age of child – servings on chart are the minimum portion sizes.




Breakfast Menu

(serve each component)		Monday	Tuesday	Wednesday	Thursday	Friday
Date:	 6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula
	 0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)
	 0-2 tbsp. fruit, vegetable, or combination of both	0-2 tbsp. jarred baby food - banana	0-2 tbsp. jarred baby food - pears	0-2 tbsp. jarred baby food - applesauce	0-2 tbsp. jarred baby food - peaches	0-2 tbsp. jarred baby food - applesauce

Breakfast must include the following components:

- 1) 6-8 fl. oz. breastmilk or formula
- 2) 0-4 tbsp. infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas OR 0-2 oz. cheese OR 0-4 oz. (volume) of cottage cheese OR 0-4 oz. or ½ cup of yogurt OR a combination of the above
- 3) 0-2 tbsp. vegetable or fruit or a combination of both




Lunch Menu

(serve each component)		Monday	Tuesday	Wednesday	Thursday	Friday
Date:	 6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula
	 0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)	0-4 tbsp. infant cereal (iron-fortified)
	 0-2 tbsp. fruit, vegetable, or combination of both	0-2 tbsp. jarred baby food - carrots	0-2 tbsp. jarred baby food - green beans	0-2 tbsp. jarred baby food - sweet potatoes	0-2 tbsp. jarred baby food - peas	0-2 tbsp. jarred baby food - squash

Lunch must include the following components:

- 1) 6-8 fl. oz. breastmilk or formula
- 2) 0-4 tbsp. infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas OR 0-2 oz. cheese OR 0-4 oz. (volume) of cottage cheese OR 0-4 oz. or ½ cup of yogurt OR a combination of the above
- 3) 0-2 tbsp. vegetable or fruit or a combination of both

Snack Menu

(serve each component)		Monday	Tuesday	Wednesday	Thursday	Friday
Date:	 2-4 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula
	 0-2 crackers OR 0-4 ready-to-eat breakfast cereal	0-4 tbsp. Toasted Oats cereal (whole grain-rich)	0-2 butter crackers	0-4 tbsp. Toasted Oats cereal (whole grain-rich)	0-2 butter crackers	0-4 tbsp. Toasted Oats cereal (whole grain-rich)
	 0-2 tbsp. fruit, vegetable, or combination of both	0-2 tbsp. jarred baby food - applesauce	0-2 tbsp. jarred baby food - peaches	0-2 tbsp. jarred baby food - pears	0-2 tbsp. jarred baby food - banana	0-2 tbsp. jarred baby food - pears

Snack must include the following components:

- 1) 2-4 fl. oz. breastmilk or formula
- 2) 0-½ slice bread OR 0-2 crackers OR 0-4 tbsp infant cereal or ready-to-eat breakfast cereal
- 3) 0-2 tbsp. vegetable or fruit or a combination of both

Dr. Day Care's goal is to serve your child nutritious food in proper serving sizes, as outlined by the Child and Adult Care Food Program (CACFP), a Federal program that provides healthy meals and snacks to children receiving day care.

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