# 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
  - Green Beans
  - Mixed vegetables
  - Peas
  - Potatoes/sweet potatoes
  - Squash
  
  - Applesauce
  - Bananas
  - Mixed fruits
  - Peaches
  - Pears
  
**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
  - Green Beans
  - Mixed vegetables
  - Peas
  - Potatoes/sweet potatoes
  - Squash
  
  - Applesauce
  - Bananas
  - Mixed fruits
  - Peaches
  - Pears

*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.

*Effective August 2016*