

Name of Child Care Facility: _____

Standard Infant Menu

Milk based iron-fortified infant formula: _____

Soy based iron-fortified infant formula: _____

Note: Breastmilk offered when provided by parent.

Birth to 3 Months

Breakfast, Lunch or Supper, and Snack:
Milk or soy based iron-fortified infant formula

4 to 7 Months

Breakfast:
Milk or soy based iron-fortified infant formula
For babies eating solid foods:
Iron-fortified infant cereal

Snack:
Milk or soy based iron-fortified infant formula

Lunch or Supper:
Milk or soy based iron-fortified infant formula
For babies eating solid foods:
Iron-fortified infant cereal

A variety of strained vegetables and fruits:

- Green beans
- Carrots
- Squash
- Peas
- Potatoes
- Sweet Potatoes
- Applesauce
- Pears
- Bananas
- Peaches
- Prunes

8 to 11 Months

Breakfast:
Milk or soy based iron-fortified infant formula
Iron-fortified infant cereal
A variety of fruits and vegetables of an appropriate texture and consistency

Snack:
Milk or soy based iron-fortified infant formula
or 100% Fruit Juice
For babies eating bread products:
Small strips or pieces of dry bread or toast
Small pieces of plain low salt crackers or graham crackers made without honey
Small pieces of soft tortilla or soft pita bread
Teething biscuits

Lunch or Supper:
Milk or soy based iron-fortified infant formula
A variety of vegetables and fruits:

- Green beans
- Carrots
- Squash
- Peas
- Potatoes
- Sweet potatoes
- Assorted mixed vegetables
- Applesauce
- Pears
- Bananas
- Peaches
- Prunes
- Assorted mixed fruits
- Choice of infant cereal, meat or meat alternates:
- Variety of meats, poultry (cooked plain or from jar)
- Fish – cooked plain, boneless
- Egg yolk – hard cooked,
- Dry beans and peas – cooked plain
- Cheese, regular plain – sliced thin or thin strips
- Cottage cheese