

Lejeune-New River Child Youth Programs Infant Menu

| INFANT MEAL PATTERN | |
|---|--|
| BREAKFAST/LUNCH/SUPPER | SNACK |
| 0-5 MONTHS | 0-5 MONTHS |
| *4-6 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1,4} | *4-6 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1,4} |
| 6-12 MONTHS (When Developmentally Ready⁶) | 6-12 MONTHS (When Developmentally Ready⁶) |
| *6-8 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1,4} ; and *0-4 tbsp. iron-fortified infant cereal ^{4,8} , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or 1/2 cup yogurt ⁵ ; or a combination of the above; and *0-2 tbsp. vegetable or fruit ⁷ , or a combination of both | *2-4 oz. Breastmilk ¹⁻³ or Iron Fortified Infant Formula ^{1,4} ; and *0-1/2 slice bread ⁸ ; or 0-2 crackers ⁸ ; or 0-4 tbsp. iron fortified infant cereal ^{4,8} ; or ready-to-eat breakfast cereal ^{8,9} ; and *0-2 tbsp. vegetable or fruit ⁷ , or a combination of both |
| MEMO NOTES | |
| ¹ <u>Breastmilk or Iron Fortified Infant Formula</u> : Breastmilk or iron fortified infant formula, or portions of both, must be served; it is recommended that breastmilk be served in place of iron fortified infant formula from birth through 11 months | |
| ² <u>Breastfeeding On-Site</u> : In lieu of providing expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursable meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required. | |
| ³ <u>Breastmilk Serving Size</u> : For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more. | |
| ⁴ <u>Iron Fortified Infant Formula</u> : Iron fortified infant cereal may not be offered in a bottle. | |
| ⁵ <u>Yogurt</u> : Yogurt must contain no more than 23 grams of total sugars per 6 oz. | |
| ⁶ <u>Introduction of Solids</u> : A serving of solid foods in each component is required when the infant is developmentally ready to accept it. See the NC CACFP <i>Provision of Breastmilk or Infant Formula and Solid Foods</i> form for guidance. | |
| ⁷ <u>Juice</u> : Vegetable/fruit juices must not be served. | |
| ⁸ <u>Grains</u> : Grains must be whole grain rich, enriched meal, or enriched flour. | |
| ⁹ <u>Breakfast Cereal</u> : Breakfast cereal must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal). | |
| ¹⁰ <u>Additional Components</u> : Extra components served with parent permission are not USDA reimbursable. | |
| ¹¹ <u>Water is available throughout the day</u> : Infants older than 6 months may have small amounts of water (1-2 oz) with solid foods. | |

* Infant menu must be followed to meet meal pattern requirements when an infant is developmentally ready. If an infant is not developmentally ready to consume what is stated on the menu, then accommodations and substitutions may be made to allow for infant's readiness level

(JF)= Infant Jar Food

Revised 01/2025

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

CHILDS NAME: _____

| Food Allergen Ingredients Legend: D=Dairy, E=Egg, S=Soy, W=Wheat, C=Citrus | | |
|--|-------------|--|
| Storm Rations | AGE | |
| Storm Ration-Lunch | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Shredded Chicken w/ Mayo & Relish (E, S) |
| Vegetable/Fruit ^{6,7} | | ___ Green Beans |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | ___ Wheat Crackers (S, W) |

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

CHILDS NAME: _____

Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus

| BRAVO WEEK | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------|--|--|--|--|--|
| MEAL COMPONENT | AGE | March 3, 2025 | March 4, 2025 | March 5, 2025 | March 6, 2025 | March 7, 2025 |
| BREAKFAST | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) |
| | | ___ Pears (JF) | ___ Crushed Pineapples (C) | ___ Bananas | ___ Diced Peaches | ___ Diced Mangoes |
| Vegetable/Fruit ^{6,7} | | | | | | |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | ___ Rice Crispy Cereal | ___ Whole Wheat Pancakes (D, E, S, W) | ___ Egg Patty (D, E, S) | ___ Cheesy Grits (D, S, W) | ___ Cheerios Cereal |
| LUNCH | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ String Cheese (D) | ___ Diced Ham | ___ Taco Seasoned Ground Turkey (C) | ___ Diced Chicken w/ BBQ Sauce (C) | ___ Ground Turkey Chili (C) |
| | | ___ Diced Carrots | ___ Green Peas | ___ Applesauce | ___ Sweet Potatoes | ___ Corn |
| Vegetable/Fruit ^{6,7} | | | | | | |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | ___ Whole Wheat Bread (S, W) w/ Sunbutter & Jelly | ___ Whole Grain Macaroni w/ Cheese (D, S, W) | ___ Whole Wheat Flour Tortilla (W) | ___ Whole Wheat Biscuit (D, S, W) | ___ Cornbread (D, E, S, W) |
| SNACK | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Grain ^{6,8,9} | 6-12 Months | ___ Cheerios Cereal | ___ Whole Wheat Crackers (S, W) | ___ Kix Cereal | ___ Whole Wheat Pita Bread Wedges (W) | ___ Whole Grain Sweet Potato Crackers (S, W) |
| | | ___ Green Beans(JF) | ___ Diced Peaches | ___ Squash (JF) | ___ Green Peas (JF) | ___ Diced Pears |
| Vegetable/Fruit ^{6,7} | | | | | | |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | | ___ Dannon Light & Fit Vanilla Yogurt (D) | | ___ Cucumber Slices | |

JF=Infant Jar Food

Revised 01/2025

Menus subject to change.

This institution is an equal opportunity provider.

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

CHILDS NAME: _____

| Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus | | | | | | |
|--|-------------|--|--|--|--|--|
| CHARLIE WEEK | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MEAL COMPONENT | AGE | March 10, 2025 | March 11, 2025 | March 12, 2025 | March 13, 2025 | March 14, 2025 |
| BREAKFAST | | | | | | |
| Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) |
| Vegetable/Fruit ^{6,7} | | ___ Diced Peaches | ___ Crushed Pineapple (C) | ___ Bananas | ___ Mandarin Oranges (C) | ___ Blueberries |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | ___ Cornflakes Cereal (W) | ___ Egg Patty (D, E, S) | ___ Kix Cereal | ___ Cream of Wheat w/ Brown Sugar (D, W) | ___ Whole Wheat Pancakes (D, E, S, W) |
| LUNCH | | | | | | |
| Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Sliced Turkey | ___ Diced Chicken w/ Alfredo Sauce (D, S) | ___ Cowboy Beans (C) | ___ Diced Turkey w/ Gravy (D, S, W) | ___ Ground Turkey in Sloppy Joe Sauce (C) |
| Vegetable/Fruit ^{6,7} | | ___ Potato Salad (E,S) | ___ Green Peas | ___ Diced Carrots | ___ Applesauce | ___ Sweet Potatoes |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | ___ Whole Wheat Pita Bread (W) | ___ Linguini Noodles (W) | ___ Cornbread (D, E, S, W) | ___ Jasmine Rice | ___ Whole Wheat Biscuit (D, S, W) |
| SNACK | | | | | | |
| Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Grain ^{6,8,9} | 6-12 Months | ___ Kix Cereal | ___ Whole Wheat Crackers (S, W) | ___ Cheerios Cereal | ___ Whole Wheat Pita Bread Wedges (W) | ___ Rice Chex Cereal |
| Vegetable/Fruit ^{6,7} | | ___ Carrots (JF) | ___ Sweet Potatoes (JF) | ___ Diced Peaches | ___ Squash (JF) | ___ Green Peas(JF) |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | | ___ Cucumber Slices | ___ Dannon Light & Fit Vanilla Yogurt (D) | | ___ String Cheese (D) |

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List of substitutes available to children with food allergies or intolerances can be found on the CYP website.

Water is available throughout the day¹¹.

PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

CHILDS NAME: _____

Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus

| ALPHA WEEK | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------|--|--|--|--|--|
| MEAL COMPONENT * | AGE | March 17, 2025 | March 18, 2025 | March 19, 2025 | March 20, 2025 | March 21, 2025 |
| BREAKFAST | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) |
| Vegetable/Fruit ^{6,7} | | ___ Bananas (JF) | ___ Diced Pears | ___ Bananas | ___ Peaches (JF) | ___ Blueberries |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | ___ Life Cereal (W) | ___ Whole Grain French Toast Sticks (D, E, S, W) | ___ Oatmeal w/ Brown Sugar and Cinnamon (D) | ___ Rice Chex Cereal | ___ Whole Wheat Pancakes (D, E, S, W) |
| LUNCH | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Sliced Ham | ___ Black Beans | ___ Egg Patty (D, E, S) | ___ Teriyaki Diced Chicken (S, W, C) | ___ Ground Turkey Meat Sauce (C) |
| Vegetable/Fruit ^{6,7} | | ___ Applesauce | ___ Diced Peaches | ___ Potato Medley | ___ Crushed Pineapple (C) | ___ Diced Carrots |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | ___ Whole Wheat Flour Tortilla (W) | ___ Jasmine Rice | ___ Whole Wheat Biscuit (D, S, W) | ___ Fried Jasmine Rice (S, W) | ___ Whole Grain Spaghetti Noodles (W) |
| SNACK | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Grain ^{6,8,9} | 6-12 Months | ___ Whole Grain Sweet Potato Crackers (S, W) | ___ Rice Chex Cereal | ___ Cheerios Cereal | ___ Whole Wheat Crackers (S, W) | ___ Kix Cereal |
| Vegetable/Fruit ^{6,7} | | ___ Green Beans (JF) | ___ Carrots (JF) | ___ Diced Peaches | ___ Applesauce (JF) | ___ Sweet Potatoes (JF) |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | | ___ Cucumber Slices | ___ Dannon Light & Fit Vanilla Yogurt (D) | | ___ String Cheese (D) |

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CHILDS NAME: _____

| Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus | | | | | | |
|---|-------------|--|--|--|--|--|
| BRAVO WEEK | AGE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MEAL COMPONENT | AGE | March 24, 2025 | March 25, 2025 | March 26, 2025 | March 27, 2025 | March 28, 2025 |
| BREAKFAST | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) |
| | | ___ Pears (JF) | ___ Crushed Pineapples (C) | ___ Bananas | ___ Diced Peaches | ___ Diced Mangoes |
| Vegetable/Fruit ^{6,7} | 6-12 Months | | | | | |
| Additional Component May Be Offered With Parent Permission ¹⁰ | 6-12 Months | ___ Rice Crispy Cereal | ___ Whole Wheat Pancakes (D, E, S, W) | ___ Egg Patty (D, E, S) | ___ Cheesy Grits (D, S, W) | ___ Cheerios Cereal |
| LUNCH | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ String Cheese (D) | ___ Diced Ham | ___ Taco Seasoned Ground Turkey (C) | ___ Diced Chicken w/ BBQ Sauce (C) | ___ Ground Turkey Chili (C) |
| | | ___ Diced Carrots | ___ Green Peas | ___ Applesauce | ___ Sweet Potatoes | ___ Corn |
| Vegetable/Fruit ^{6,7} | 6-12 Months | | | | | |
| Additional Component May Be Offered With Parent Permission ¹⁰ | 6-12 Months | ___ Whole Wheat Bread (S, W) w/ Sunbutter & Jelly | ___ Whole Grain Macaroni w/ Cheese (D, S, W) | ___ Whole Wheat Flour Tortilla (W) | ___ Whole Wheat Biscuit (D, S, W) | ___ Cornbread (D, E, S, W) |
| SNACK | | | | | | |
| Breastmilk ¹⁻³ or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Grain ^{6,8,9} | 6-12 Months | ___ Cheerios Cereal | ___ Whole Wheat Crackers (S, W) | ___ Kix Cereal | ___ Whole Wheat Pita Bread Wedges (W) | ___ Whole Grain Sweet Potato Crackers (S, W) |
| | | ___ Green Beans(JF) | ___ Diced Peaches | ___ Squash (JF) | ___ Green Peas (JF) | ___ Diced Pears |
| Vegetable/Fruit ^{6,7} | 6-12 Months | | | | | |
| Additional Component May Be Offered With Parent Permission ¹⁰ | 6-12 Months | | ___ Dannon Light & Fit Vanilla Yogurt (D) | | ___ Cucumber Slices | |

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PARENTS: Place a check mark next to items your child has tried at home and can have while in care.

CHILDS NAME: _____

| Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus | | | | | | |
|--|--------------------|--|--|--|--|--|
| CHARLIE WEEK | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MEAL COMPONENT | AGE | March 31, 2025 | April 1, 2025 | April 2, 2025 | April 3, 2025 | April 4, 2025 |
| BREAKFAST | | | | | | |
| Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) | ___ Iron Fortified Infant Rice Cereal (S) | ___ Iron Fortified Infant Oatmeal Cereal (W) |
| | | ___ Diced Peaches | ___ Crushed Pineapple (C) | ___ Bananas | ___ Mandarin Oranges (C) | ___ Blueberries |
| Vegetable/Fruit ^{6,7} | 6-12 Months | ___ Cornflakes Cereal (W) | ___ Egg Patty (D, E, S) | ___ Kix Cereal | ___ Cream of Wheat w/ Brown Sugar (D, W) | ___ Whole Wheat Pancakes (D, E, S, W) |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | | | | | |
| LUNCH | | | | | | |
| Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Iron-Fortified Infant Cereal ^{4,6,8} or Meat/Meat Alt | 6-12 Months | ___ Sliced Turkey | ___ Diced Chicken w/ Alfredo Sauce (D, S) | ___ Cowboy Beans (C) | ___ Diced Turkey w/ Gravy (D, S, W) | ___ Ground Turkey in Sloppy Joe Sauce (C) |
| | | ___ Potato Salad (E,S) | ___ Green Peas | ___ Diced Carrots | ___ Applesauce | ___ Sweet Potatoes |
| Vegetable/Fruit ^{6,7} | 6-12 Months | ___ Whole Wheat Pita Bread (W) | ___ Linguini Noodles (W) | ___ Cornbread (D, E, S, W) | ___ Jasmine Rice | ___ Whole Wheat Biscuit (D, S, W) |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | | | | | |
| SNACK | | | | | | |
| Breastmilk ^{1,3} or Iron-Fortified Infant Formula ^{1,4} | 0-5 Months | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) | Breastmilk or Iron-Fortified Infant Formula (D, S) |
| | 6-12 Months | | | | | |
| Grain ^{6,8,9} | 6-12 Months | ___ Kix Cereal | ___ Whole Wheat Crackers (S, W) | ___ Cheerios Cereal | ___ Whole Wheat Pita Bread Wedges (W) | ___ Rice Chex Cereal |
| | | ___ Carrots (JF) | ___ Sweet Potatoes (JF) | ___ Diced Peaches | ___ Squash (JF) | ___ Green Peas(JF) |
| Vegetable/Fruit ^{6,7} | 6-12 Months | ___ String Cheese (D) | ___ Cucumber Slices | ___ Dannon Light & Fit Vanilla Yogurt (D) | | ___ String Cheese (D) |
| Additional Component May Be Offered With Parent Permission ¹⁰ | | | | | | |

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Revised 01/2025