

**Lejeune-New River Child Youth Programs Infant Menu**

<b>INFANT MEAL PATTERN</b>	
<b>BREAKFAST/LUNCH/SUPPER</b>	<b>SNACK</b>
<b>0-5 MONTHS</b>	<b>0-5 MONTHS</b>
*4-6 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup>	*4-6 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup>
<b>6-12 MONTHS (When Developmentally Ready<sup>6</sup>)</b>	<b>6-12 MONTHS (When Developmentally Ready<sup>6</sup>)</b>
*6-8 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup> ; and *0-4 tbsp. iron-fortified infant cereal <sup>4,8</sup> , 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 <sup>5</sup> ; or a combination of the above; and *0-2 tbsp. vegetable or fruit <sup>7</sup> , or a combination of both	*2-4 oz. Breastmilk <sup>1-3</sup> or Iron Fortified Infant Formula <sup>1,4</sup> ; and *0-1/2 slice bread <sup>8</sup> ; or 0-2 crackers <sup>8</sup> ; or 0-4 tbsp. iron fortified infant cereal <sup>4,8</sup> ; or ready-to-eat breakfast cereal <sup>8,9</sup> ; and *0-2 tbsp. vegetable or fruit <sup>7</sup> , or a combination of both

<b>MEMO NOTES</b>
<sup>1</sup> <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
<sup>2</sup> <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.
<sup>3</sup> <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.
<sup>4</sup> <u>Iron Fortified Infant Formula</u> : Iron fortified infant cereal may not be offered in a bottle.
<sup>5</sup> <u>Yogurt</u> : Yogurt must contain no more than 23 grams of total sugars per 6 oz.
<sup>6</sup> <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.
<sup>7</sup> <u>Juice</u> : Vegetable/fruit juices must not be served.
<sup>8</sup> <u>Grains</u> : Grains must be whole grain rich, enriched meal, or enriched flour.
<sup>9</sup> <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).
<sup>10</sup> <u>Additional Components</u> : Extra components served with parent permission are not USDA reimbursable.

\* 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

Substitutes available to children with food allergies or intolerances on CYP website. See "Allergy Substitutions."

Chilled Water is available throughout the day.

**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	
<b>Storm Ration-Lunch</b>		
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	0-5 Months	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months	
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	<input type="checkbox"/> Shredded Chicken w/ Mayo & Relish (E, S)
Vegetable/Fruit <sup>6,7</sup>		<input type="checkbox"/> Green Beans
Additional Component May Be Offered With Parent Permission <sup>10</sup>		<input type="checkbox"/> 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:** \_\_\_\_\_

<b>Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus</b>						
CHARLIE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	July 1, 2024	July 2, 2024	July 3, 2024	July 4, 2024	July 5, 2024
<b>BREAKFAST</b>						
Breastmilk <sup>1,3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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)	<b>CLOSED</b>  <b>HAPPY FOURTH OF JULY</b>	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> 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 Oatmeal Cereal (W)
Vegetable/Fruit <sup>6,7</sup>		___ Diced Peaches	___ Crushed Pineapple (C)	___ Bananas		___ Blueberries
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Cornflakes Cereal (W)	___ Egg Patty (D, E, S)	___ Kix Cereal	___ Whole Wheat Pancakes (D, E, S, W)	
<b>LUNCH</b>						
Breastmilk <sup>1,3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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)	<b>CLOSED</b>  <b>HAPPY FOURTH OF JULY</b>	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Iron-Fortified Infant Cereal <sup>4,6,8</sup> or Meat/Meat Alt	6-12 Months	___ Sliced Turkey	___ Diced Chicken w/ Alfredo Sauce (D, S)	___ Cowboy Beans (C)		___ String Cheese (D)
Vegetable/Fruit <sup>6,7</sup>		___ Potato Salad (E,S)	___ Green Peas	___ Diced Carrots		___ Green Beans
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Wheat Pita Bread (W)	___ Linguini Noodles (W)	___ Cornbread (D, E, S, W)	___ Whole Wheat Bread (S, W) w/ Sunbutter & Jelly	
<b>SNACK</b>						
Breastmilk <sup>1,3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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)	<b>CLOSED</b>  <b>HAPPY FOURTH OF JULY</b>	Breastmilk or Iron-Fortified Infant Formula (D, S)
	6-12 Months					
Grain <sup>6,8,9</sup>	6-12 Months	___ Kix Cereal	___ Whole Wheat Crackers (S, W)	___ Cheerios Cereal		___ Rice Chex Cereal
Vegetable/Fruit <sup>6,7</sup>		___ Carrots (JF)	___ Sweet Potatoes (JF)	___ Diced Peaches		___ Green Peas(JF)
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		

JF= Infant Jar Food

Revised 04/2024

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

Chilled Water is available throughout the day.

**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	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *		July 8, 2024	July 9, 2024	July 10, 2024	July 11, 2024	July 12, 2024
<b>BREAKFAST</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 <sup>6,7</sup>		___ Bananas (JF)	___ Diced Pears	___ Bananas	___ Peaches (JF)	___ Blueberries
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Grain French Toast Sticks (D, E, S, W)	___ Life Cereal (W)	___ Oatmeal w/ Brown Sugar and Cinnamon (D)	___ Rice Chex Cereal	___ Whole Wheat Pancakes (D, E, S, W)
<b>LUNCH</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 <sup>6,7</sup>		___ Applesauce	___ Diced Peaches	___ Potato Medley	___ Crushed Pineapple (C)	___ Diced Carrots
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Wheat Flour Tortilla (W)	___ Jasmine Rice	___ Whole Wheat Biscuit (D, S, W)	___ Fried Jasmine Rice (S, W)	___ Whole Grain Spaghetti Noodles (W)
<b>SNACK</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>6,8,9</sup>	6-12 Months	___ Whole Grain Sweet Potato Crackers (S, W)	___ Rice Chex Cereal	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal
Vegetable/Fruit <sup>6,7</sup>		___ Green Beans (JF)	___ Carrots (JF)	___ Diced Peaches	___ Applesauce (JF)	___ Sweet Potatoes (JF)
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt		___ String Cheese (D)

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Menus subject to change.

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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**

BRAVO WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT	AGE	July 15, 2024	July 16, 2024	July 17, 2024	July 18, 2024	July 19, 2024
<b>BREAKFAST</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 <sup>6,7</sup>						
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Rice Crispy Cereal	___ Whole Wheat Pancakes (D, E, S, W)	___ Egg Patty (D, E, S)	___ Cheesy Grits (D, S, W)	___ Cheerios Cereal
<b>LUNCH</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 <sup>6,7</sup>						
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ 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)
<b>SNACK</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>6,8,9</sup>	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 <sup>6,7</sup>						
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___ Dannon Light & Fit Vanilla Yogurt		___ Cucumber Slices	

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Chilled Water is available throughout the day.

**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	July 22, 2024	July 23, 2024	July 24, 2024	July 25, 2024	July 26, 2024
<b>BREAKFAST</b>						
Breastmilk <sup>1,3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 <sup>6,7</sup>	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 <sup>10</sup>						
<b>LUNCH</b>						
Breastmilk <sup>1,3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 Potato
Vegetable/Fruit <sup>6,7</sup>	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 <sup>10</sup>						
<b>SNACK</b>						
Breastmilk <sup>1,3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>6,8,9</sup>	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 <sup>6,7</sup>	6-12 Months		___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt (D)		___ String Cheese (D)
Additional Component May Be Offered With Parent Permission <sup>10</sup>						

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Chilled Water is available throughout the day.

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**CHILDS NAME:** \_\_\_\_\_

Food Allergen Ingredients Legend: D=Dairy, E=Eggs, S=Soy, W=Wheat, C=Citrus						
ALPHA WEEK	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL COMPONENT *		July 29, 2024	July 30, 2024	July 31, 2024	August 1, 2024	August 2, 2024
<b>BREAKFAST</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 <sup>6,7</sup>		___ Bananas (JF)	___ Diced Pears	___ Bananas	___ Peaches (JF)	___ Blueberries
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Grain French Toast Sticks (D, E, S, W)	___ Life Cereal (W)	___ Oatmeal w/ Brown Sugar and Cinnamon (D)	___ Rice Chex Cereal	___ Whole Wheat Pancakes (D, E, S, W)
<b>LUNCH</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>4,6,8</sup> 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 <sup>6,7</sup>		___ Applesauce	___ Diced Peaches	___ Potato Medley	___ Crushed Pineapple (C)	___ Diced Carrots
Additional Component May Be Offered With Parent Permission <sup>10</sup>		___ Whole Wheat Flour Tortilla (W)	___ Jasmine Rice	___ Whole Wheat Biscuit (D, S, W)	___ Fried Jasmine Rice (S, W)	___ Whole Grain Spaghetti Noodles (W)
<b>SNACK</b>						
Breastmilk <sup>1-3</sup> or Iron-Fortified Infant Formula <sup>1,4</sup>	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 <sup>6,8,9</sup>	6-12 Months	___ Whole Grain Sweet Potato Crackers (S, W)	___ Rice Chex Cereal	___ Cheerios Cereal	___ Whole Wheat Crackers (S, W)	___ Kix Cereal
Vegetable/Fruit <sup>6,7</sup>		___ Green Beans (JF)	___ Carrots (JF)	___ Diced Peaches	___ Applesauce (JF)	___ Sweet Potatoes (JF)
Additional Component May Be Offered With Parent Permission <sup>10</sup>			___ Cucumber Slices	___ Dannon Light & Fit Vanilla Yogurt		___ String Cheese (D)

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