

## Infant Menu Planner – Birth to 12 Months

CYCLE 2 WEEK 1

Center Name: \_\_\_\_\_

Week of: February 2<sup>nd</sup> – February 6<sup>th</sup>, 2026

**Please note:** Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Rice Cereal	Baby Oatmeal Cereal	Yogurt	Baby Oatmeal Cereal	Baby Rice Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Banana	Peas	Peaches
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Cheerios	Animal Crackers	Teething Biscuits	Infant Crackers	Infant Puffs
		0 - ½ slice					
		0-2					
		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Peaches	Banana	Applesauce
<b>LUNCH/SUPPER—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby Turkey	Baby Roast Beef	Baby Chicken	Baby Turkey	Baby Roast Beef
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Green Beans	Squash	Sweet Potatoes	Carrots

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may **not** be served in place of fruit/vegetable requirement

## Infant Menu Planner – Birth to 12 Months

CYCLE 2 WEEK 2

Center Name: \_\_\_\_\_

Week of: February 9<sup>th</sup> – February 13<sup>th</sup>, 2026

**Please note:** Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz. 0-4 oz.	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Peas	Banana	Pears	Green Beans
<b>SNACK—3 COMPONENTS</b>							
1. Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp. 0 - ½ slice 0-2 0-4 Tbsp.	Teething Biscuits	Infant Crackers	Infant Puffs	Infant Crackers	Infant Crackers
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Pears	Peaches	Banana	Applesauce
<b>LUNCH/SUPPER—3 COMPONENTS</b>							
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz. 0-4 oz.	Baby Chicken	Baby Turkey	Baby Roast Beef	Baby Chicken	Baby Turkey
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Green Beans	Squash	Carrots	Peas	Sweet Potatoes

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may **not** be served in place of fruit/vegetable requirement

## Infant Menu Planner – Birth to 12 Months

CYCLE 2 WEEK 3

Center Name: \_\_\_\_\_

Week of: February 16<sup>th</sup> – February 20<sup>th</sup>, 2026

**Please note:** Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	CENTER CLOSED	Baby Rice Cereal	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Peaches	Sweet Potatoes	Banana	Apricot
<b>SNACK—3 COMPONENTS</b>							
1. Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	CENTER CLOSED	Infant Crackers	Teething Biscuits	Infant Puffs	Teething Biscuits
		0 - ½ slice					
		0-2					
		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricot	Pears	Peaches	Applesauce
<b>LUNCH/SUPPER—3 COMPONENTS</b>							
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	CENTER CLOSED	Baby Turkey	Baby Chicken	Baby Turkey	Baby Chicken
		0-4 Tbsp.					
		0-2 oz.					
		0-4 oz					
		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Carrots	Green Beans	Sweet Potatoes	Peaches

\* Solid food components are required only when the infant is developmentally ready to accept them.

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## Infant Menu Planner – Birth to 12 Months

CYCLE 2 WEEK 4

Center Name: \_\_\_\_\_

Week of: February 23<sup>rd</sup> – February 27<sup>th</sup>, 2026

**Please note:** Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>				
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula			
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz. 0-4 oz.	CENTER CLOSED	Baby Oatmeal Cereal	Baby Rice Cereal	Baby Oatmeal Cereal
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>				
1. Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula			
2. Iron fortified infant cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp. 0 - ½ slice 0-2 0-4 Tbsp.	CENTER CLOSED	Infant Puffs	Teething Biscuits	Infant Crackers
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears
<b>LUNCH/SUPPER—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>				
1. Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula			
2. Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz. 0-4 oz.	CENTER CLOSED	Baby Roast Beef	Baby Chicken	Baby Roast Turkey
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may **not** be served in place of fruit/vegetable requirement