

Maryland State Department of Education
Child and Adult Care Food Program
Infant Menu Planner – Birth to 12 Months



CYCLE 4 WEEK 1

Center Name: _____

Week of: June 01st – June 04th, 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 |
|--|----------------------|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or 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. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Pears | Sweet Potatoes | Banana | Peas | Peaches |
| SNACK—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 2-4 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal | None | 0-4 Tbsp. | Cheerios | Animal Crackers | Teething Biscuits | Infant Crackers | Infant Puffs |
| | | 0 - ½ slice | | | | | |
| | | 0-2 | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Banana | Pears | Peaches | Banana | Applesauce |
| LUNCH/SUPPER—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or 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. | | | | | |
| 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

This institution is an equal opportunity provider.

Revised June 2023

Maryland State Department of Education
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CYCLE 4 WEEK 2

Center Name: _____

Week of: June 08th – June 12th, 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 |
|--|----------------------|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Oatmeal Cereal | Baby Rice Cereal | Baby Oatmeal Cereal | Baby Rice Cereal | Baby Oatmeal Cereal |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 oz. | | | | | |
| | | 0-4 oz. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Peaches | Peas | Banana | Pears | Green Beans |
| SNACK—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 2-4 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal | None | 0-4 Tbsp. | Teething Biscuits | Infant Crackers | Infant Puffs | Infant Crackers | Infant Crackers |
| | | 0 - ½ slice | | | | | |
| | | 0-2 | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Applesauce | Pears | Peaches | Banana | Applesauce |
| LUNCH/SUPPER—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Chicken | Baby Turkey | Baby Roast Beef | Baby Chicken | Baby Turkey |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 oz. | | | | | |
| | | 0-4 oz. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Green Beans | Squash | Carrots | Peas | Sweet Potatoes |

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CYCLE 4 WEEK 3

Center Name: _____

Week of: June 15th – June 19th, 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 |
|--|----------------------|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Oatmeal Cereal | Baby Rice Cereal | Baby Oatmeal Cereal | Baby Rice Cereal | Center Closed |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 oz. | | | | | |
| | | 0-4 oz. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Pears | Peaches | Sweet Potatoes | Banana | Apricot |
| SNACK—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 2-4 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal | None | 0-4 Tbsp. | Infant Puffs | Infant Crackers | Teething Biscuits | Infant Puffs | Center Closed |
| | | 0 - ½ slice | | | | | |
| | | 0-2 | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Banana | Apricot | Pears | Peaches | Applesauce |
| LUNCH/SUPPER—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Beef | Baby Turkey | Baby Chicken | Baby Turkey | Center Closed |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 oz. | | | | | |
| | | 0-4 oz. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Peas | Carrots | Green Beans | Sweet Potatoes | Peaches |

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CYCLE 4 WEEK 4

Center Name: _____

Week of: June 22nd – June 26th, 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 |
|--|----------------------|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or 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. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Pears | Peaches | Sweet Potatoes | Banana | Apricot |
| SNACK—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 2-4 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal | None | 0-4 Tbsp. | Center Closed | Infant Crackers | Teething Biscuits | Infant Puffs | Teething Biscuits |
| | | 0 - ½ slice | | | | | |
| | | 0-2 | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Banana | Apricot | Pears | Peaches | Applesauce |
| LUNCH/SUPPER—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Center Closed | Baby Turkey | Baby Chicken | Baby Roast Turkey | Baby Chicken |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 oz. | | | | | |
| | | 0-4 oz. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Peas | Carrots | Green Beans | Sweet Potatoes | Peaches |

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

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Revised June 2023

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CYCLE 4 WEEK 5

Center Name: _____

Week of: June 29th – July 03rd, 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 |
|--|----------------------|------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Oatmeal Cereal | Baby Rice Cereal | Baby Oatmeal Cereal | Baby Rice Cereal | Baby Oatmeal Cereal |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 oz. | | | | | |
| | | 0-4 oz. | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Pears | Peaches | Sweet Potatoes | Banana | Apricot |
| SNACK—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 2-4 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal | None | 0-4 Tbsp. | Infant Puffs | Infant Crackers | Teething Biscuits | Infant Puffs | Teething Biscuits |
| | | 0 - ½ slice | | | | | |
| | | 0-2 | | | | | |
| 3. Vegetable and/or fruit** | None | 0-2 Tbsp. | Banana | Apricot | Pears | Peaches | Applesauce |
| LUNCH/SUPPER—3 COMPONENTS | 0-5 mo. | 6-12 mo.* | | | | | |
| 1. Breast milk or iron-fortified formula | 4-6 oz. | 6-8 oz. | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula | Breast milk or infant formula |
| 2. Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt | None | 0-4 Tbsp. | Baby Beef | Baby Turkey | Baby Chicken | Baby Roast Turkey | Baby Chicken |
| | | 0-4 Tbsp. | | | | | |
| | | 0-2 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.

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