Maryland State Department of Education
Child and Adult Care Food Program

Infant Menu Planner – Birth to 12 Months

CYCLE 1 WEEK 1

Center Name: _____ **Week of: November 02nd – November 06th , 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. 0-4 Tbsp. 0-2 oz. 0-4 oz 0-4 oz.	Baby Rice Cereal	CENTER CLOSED	Yogurt	Baby Oatmeal Cereal	Baby Rice Cereal
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Peaches	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. 0 - ½ slice 0-2 0-4 Tbsp.	Cheerios	CENTER CLOSED	Teething Biscuits	Infant Crackers	Infant Puffs
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Apricots	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. 0-4 Tbsp. 0-2 oz. 0-4 oz 0-4 oz.	Baby Turkey	CENTER CLOSED	Baby Chicken	Baby Turkey	Baby Roast Beef
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
Child and Adult Care Food Program

Infant Menu Planner – Birth to 12 Months

CYCLE 1 WEEK 2

Center Name: _____ **Week of: November 09th – November 13th , 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.***					
4. 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
5. Iron fortified infant cereal **or** Meat/poultry/egg/fish/cooked dry peas/beans **or** Cheese **or** Cottage cheese **or** 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	CENTER CLOSED
6. Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Peas	Banana	Pears	Green Beans
SNACK—3 COMPONENTS	**0-5 mo.**	**6-12 mo.***					
4. 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
5. Iron fortified infant cereal **or** Bread **or** Crackers **or** 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	CENTER CLOSED
6. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Pears	Peaches	Apricot	Applesauce
LUNCH/SUPPER—3 COMPONENTS	**0-5 mo.**	**6-12 mo.***					
4. 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
5. Iron fortified infant cereal **or** Meat/poultry/egg/fish/cooked dry peas/beans **or** Cheese **or** Cottage cheese **or** 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	CENTER CLOSED
6. Vegetable and/or fruit**	None	0-2 Tbsp.	Green Beans	Squash	Carrots	Peas	Sweet Potatoes

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Maryland State Department of Education
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Infant Menu Planner – Birth to 12 Months

CYCLE 1 WEEK 3

Center Name_____ **Week of: November 16th – November 20th, 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.***					
7. 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
8. Iron fortified infant cereal **or** Meat/poultry/egg/fish/cooked dry peas/beans **or** Cheese **or** Cottage cheese **or** 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
9. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Peaches	Sweet Potatoes	Banana	Apricot
SNACK—3 COMPONENTS	**0-5 mo.**	**6-12 mo.***					
7. 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
8. Iron fortified infant cereal **or** Bread **or** Crackers **or** Ready-to-eat breakfast cereal	None	0-4 Tbsp. 0 - ½ slice 0-2 0-4 Tbsp.	Infant Puffs	Infant Crackers	Teething Biscuits	Infant Puffs	Teething Biscuits
9. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricot	Pears	Peaches	Applesauce
LUNCH/SUPPER—3 COMPONENTS	**0-5 mo.**	**6-12 mo.***					
7. 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
8. Iron fortified infant cereal **or** Meat/poultry/egg/fish/cooked dry peas/beans **or** Cheese **or** Cottage cheese **or** Yogurt	None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz 0-4 oz.	Baby Beef	Baby Turkey	Baby Chicken	Baby Turkey	Baby Chicken
9. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Carrots	Green Beans	Sweet Potatoes	Peaches

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Infant Menu Planner – Birth to 12 Months

CYCLE 1 WEEK 4

Center Name: _____ **Week of: November 23rd – November 27th , 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.***					
10. 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
11. Iron fortified infant cereal **or** Meat/poultry/egg/fish/cooked dry peas/beans **or** Cheese **or** Cottage cheese **or** Yogurt	None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz 0-4 oz.	Baby Rice Cereal	Baby Oatmeal Cereal	Center Closed	Happy Thanksgiving	Center Closed
12. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches	Pears
SNACK—3 COMPONENTS	**0-5 mo.**	**6-12 mo.***					
10. 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
11. Iron fortified infant cereal **or** Bread **or** Crackers **or** Ready-to-eat breakfast cereal	None	0-4 Tbsp. 0 - ½ slice 0-2 0-4 Tbsp.	Teething Biscuits	Infant Puffs	Center Closed	Happy Thanksgiving	Center Closed
12. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears	Apricots
LUNCH/SUPPER—3 COMPONENTS	**0-5 mo.**	**6-12 mo.***					
10. 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
11. Iron fortified infant cereal **or** Meat/poultry/egg/fish/cooked dry peas/beans **or** Cheese **or** Cottage cheese **or** Yogurt	None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz 0-4 oz.	Baby Chicken	Baby Roast Beef	Center Closed	Happy Thanksgiving	Center Closed
12. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

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Revised June 2023