

Name of Child Care Facility: Kingswood Academy

### Standard Infant Menu

Milk based iron-fortified infant formula: Gerber Good Start Gentle  
 Soy based iron-fortified infant formula: Gerber Good Start Soy

**Note: Breastmilk offered when provided by parent.**

<b>Birth to 3 Months</b>	
<b>Breakfast, Lunch or Supper, and Snack:</b> Milk or soy based iron-fortified infant formula	
<b>4 to 7 Months</b>	
<b>Breakfast:</b> Milk or soy based iron-fortified infant formula <b>For babies eating solid foods:</b> Iron-fortified infant cereal	<b>Snack:</b> Milk or soy based iron-fortified infant formula
<b>Lunch or Supper:</b> Milk or soy based iron-fortified infant formula <b>For babies eating solid foods:</b> Iron-fortified infant cereal A variety of strained vegetables and fruits: <ul style="list-style-type: none"> <li>• Green beans</li> <li>• Carrots</li> <li>• Squash</li> <li>• Peas</li> <li>• Potatoes</li> <li>• Sweet Potatoes</li> <li>• Applesauce</li> <li>• Pears</li> <li>• Bananas</li> <li>• Peaches</li> <li>• Prunes</li> </ul>	
<b>8 to 11 Months</b>	
<b>Breakfast:</b> Milk or soy based iron-fortified infant formula Iron-fortified infant cereal A variety of fruits and vegetables of an appropriate texture and consistency	<b>Snack:</b> Milk or soy based iron-fortified infant formula <b>or 100% Fruit Juice</b> <b>For babies eating bread products:</b> Small strips or pieces of dry bread or toast Small pieces of plain low salt crackers or graham crackers made without honey Small pieces of soft tortilla or soft pita bread Teething biscuits
<b>Lunch or Supper:</b> Milk or soy based iron-fortified infant formula A variety of vegetables and fruits: <ul style="list-style-type: none"> <li>• Green beans</li> <li>• Carrots</li> <li>• Squash</li> <li>• Peas</li> <li>• Potatoes</li> <li>• Sweet potatoes</li> <li>• Assorted mixed vegetables</li> <li>• Applesauce</li> <li>• Pears</li> <li>• Bananas</li> <li>• Peaches</li> <li>• Prunes</li> <li>• Assorted mixed fruits</li> </ul>	
Choice of infant cereal, meat or meat alternates: <ul style="list-style-type: none"> <li>• Variety of meats, poultry (cooked plain or from jar)</li> <li>• Fish – cooked plain, boneless</li> <li>• Egg yolk – hard cooked,</li> <li>• Dry beans and peas – cooked plain</li> <li>• Cheese, regular plain – sliced thin or thin strips</li> <li>• Cottage cheese</li> </ul>	