

## Standard Infant Menu

The following iron-fortified infant formulas are offered at this facility:

Milk-based: Enfamil Soy-based: Enfamil Gentlease

Note: Breastmilk offered when provided by parent.

### Birth to 5 Months

#### **Breakfast, Lunch/Supper, and Snack:**

Breastmilk and/or iron-fortified infant formula

### 6 to 11 Months

#### **Breakfast and Lunch/Supper:**

Breastmilk and/or iron-fortified infant formula

\*One or more of the following:

- Infant cereal (dry infant cereal mixed with breastmilk and/or formula)
- Variety of meats and poultry (cooked plain or from jar)
- Fish (cooked plain, boneless)
- Whole egg
- Cooked dry beans/peas (cooked plain)
- Cheese regular (plain, sliced thin or thin strips)
- Cottage cheese
- Yogurt

\*A variety of vegetables and/or fruits:

- |                         |              |
|-------------------------|--------------|
| Carrots                 | Applesauce   |
| Green Beans             | Bananas      |
| Mixed vegetables        | Mixed fruits |
| Peas                    | Peaches      |
| Potatoes/sweet potatoes | Pears        |
| Squash                  |              |

#### **Snack:**

Breastmilk and/or iron-fortified infant formula

\*One or more of the following:

- Bread (small pieces of bread or toast)
- Crackers (small pieces of unsalted plain crackers or teething biscuits)
- Infant cereal (dry infant cereal mixed with breastmilk and/or formula)
- Ready-to-eat cereal (e.g. Cheerios, Chex)

\*A variety of vegetables and/or fruits:

- |                         |              |
|-------------------------|--------------|
| Carrots                 | Applesauce   |
| Green Beans             | Bananas      |
| Mixed vegetables        | Mixed fruits |
| Peas                    | Peaches      |
| Potatoes/sweet potatoes | Pears        |
| Squash                  |              |

\*A serving of this component(s) is required when the infant is developmentally ready to accept it.

Note: This menu is based on the NEW *Meal Pattern for Infants*.