

# MARIA EARLY LEARNING CENTER

## INFANT MENU

AGE/MEAL	PORTION/SIZE/COMPONENT	MONDAY 9/14/15	TUESDAY 9/15/15	WEDNESDAY 9/16/15	THURSDAY 9/17/15	FRIDAY 9/18/15
<b>BREAKFAST</b>						
0 - 3 MO.	4-6 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
4 - 7 MO.	4-8 fl. Oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	0-3 Tbsp infant cereal	RICE	OATMEAL	BARLEY	WHOLE WHEAT	MIXED
8 - 11 MO.	6-8 fl. Oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	2-4 Tbsp infant cereal	RICE	OATMEAL	BARLEY	WHOLE WHEAT	MIXED
	1-4 Tbsp fruit or vegetable or both	PUREED MANDARIN ORANGES	PUREED TROPICAL FRUIT	PUREED PEARS	PUREED APRICOTS	PUREED PINEAPPLE
<b>LUNCH</b>						
0 - 3 MO.	4-6 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
4 - 7 MO.	4-8 fl. Oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	0-3 Tbsp infant cereal	BARLEY	WHOLE WHEAT	MIXED	RICE	OATMEAL
	0-3 Tbsp fruit or vegetable or both	PUREED GREEN BEANS	PUREED CARROTS	PUREED BROCCOLI	PUREED PEAS	PUREED CORN
		PUREED PEACHES	PUREED BAKED APPLES	PUREED APPLESAUCE	PUREED MIXED SALAD	PUREED WATERMELON
8 - 11 MO.	6-8 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	2-4 Tbsp infant cereal <b>and/or</b> 1-4Tbsp meat,poultry,egg yolk, or cooked dry beans or peas, or 1/2 to 2 oz. cheese or 1-4 oz(volume) cottage cheese, 1-4 oz. (weight) cheese food or cheese spread	PUREED CHICKEN	PUREED HAM	PUREED BUTTER BEANS	PUREED TURKEY	PUREED BEEF
		PUREED GREEN BEANS	PUREED CARROTS	PUREED BROCCOLI	PUREED PEAS	PUREED CORN
	1-4 Tbsp. fruit or vegetable or both	PUREED PEACHES	PUREED BAKED APPLES	PUREED APPLESAUCE	PUREED MIXED SALAD	PUREED WATERMELON
<b>SNACK</b>						
0 - 7 MO.	4-6 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
8 - 11 MO.	2-4 fl. oz. formula or breast milk	IFIF	IFIF	IFIF	IFIF	IFIF
	Or fruit juice Or 0-1/2 sliced bread Or 0-2 crackers	GOLD FISH CRACKERS	SALTINES	GRAHAM CRACKERS	CHEESE PUFFS	TRISCUITS

- 1 Infant formula and dry infant cereal must be iron fortified. WEEK 5 / ROTATION MENU / ROUND 2 / (WEEK 10)
- 2 Formula or breast milk, or portions of both, may be served- however, it is recommended that breast milk be served in place of formula from birth through 11 months.
- 3 For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amounts of breast milk may be offered, with additional breast milk offered, if the infant is still hungry.
- 4 A serving of infant cereal, fruit, or vegetable is required only when the infant is developmentally ready to accept it.
- 5 A serving of grains or bread must be made from whole grain or enriched meal or flour.