

8-11 Sample Infant Menu

Child and Adult Care Food Program

Provider Name: Polly Provider

Phone Number: 688-5730

Infant Age Group(0-3, 4-7, or 8-11): 8-11 months

Cycle Month(s)/Year: Jan/Feb/March 2005

Week Number: 1 - 4

Type Formula Used, or Breastmilk : Similac w/Iron or Breast milk

Food Components	Serving Sizes			Mon	Tue	Wed	Thu	Fri	Sat	Sun
	0-3 MO	4-7 MO	8-11 MO							
Breakfast										
Breastmilk (BM) or IFIF	4-6 oz.	4-8 oz.	6-8 oz.	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM		
IFIC	---	0-3 Tbs.*	2-4 Tbsp.	IFIC	IFIC	IFIC	IFIC	IFIC		
Fruit or Vegetable	---	---	1-4 Tbsp.	Fruit/Veg	Fruit/Veg	Fruit/Veg	Fruit/Veg	Fruit/Veg		
Lunch										
Breastmilk (BM) or IFIF	4-6 oz.	4-8 oz.	6-8 oz.	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM	IFIF or BM		
IFIC <u>OR</u> Meat/Poultry/Fish/Egg Yolk <u>OR</u> Cooked Dry Beans/Peas <u>OR</u> Cheese <u>OR</u> Cottage Cheese/Food/Spread	---	0-3 Tbs.*	2-4 Tbsp. 1-4 Tbsp. 1-4 Tbsp. 1-4 Tbsp. ½ - 2 oz. 1-4 oz.	IFIC or meat	IFIC or meat	IFIC or meat	IFIC or meat	IFIC or meat		
Fruit/Vegetable	---	0-3 Tbsp.*	1-4 Tbsp.	Fruit/Veg	Fruit/Veg	Fruit/Veg	Fruit/Veg	Fruit/Veg		
Supper										
See Lunch										
Snack #1										
Breastmilk (BM), IFIF, **Juice	4-6 oz.	4-6 oz.	2-4 oz.	IFIF or Juice *Bread/crackers	IFIF or Juice *Bread/crackers	IFIF or Juice *Bread/crackers	IFIF or Juice *Bread/crackers	IFIF or Juice *Bread/crackers		
Bread or Crackers	---	---	½ slice*							
Snack #2										
Breastmilk (BM), IFIF, **Juice	4-6 oz.	4-6 oz.	2-4 oz.							
Bread or Crackers	---	---	½ slice*							

IFIF – Iron Fortified Infant Formula

IFIC – Iron Fortified Infant Cereal

* These optional items will be offered and are required once the child is developmentally ready for them and the parent requests it.

** Fruit juice must be full-strength and may be served in place of formula or breastmilk to children 8-11 months of age for snack ONLY.

Fruit Choices

Peaches
Pears
Plums
Apricots
Applesauce
Bananas

Vegetable Choices

Green Beans
Peas
Sweet Potatoes
Carrots (cooked)
Squash
Mixed veggies
Corn
Mashed potatoes

Meat Choices

Chicken
Ham
Fish
Cheese
Egg Yolk
Cottage Cheese
Ground Beef

Cracker/Bread Choices

Ritz
Saltine
Goldfish
Graham
Buns
Muffin
Bread

IFIC Choices

Rice
Oatmeal
Mixed

100% Juice Choices

Apple
Grape
White Grape
Pear
100% Juice