

Name of Child Care Facility: BRIGHT BEGINNINGS

## Standard Infant Menu

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

Milk-based: ENFAMIL Soy-based: ENFAMIL

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*.