

Sample Infant Cycle Menu



Here is a sample cycle menu for infants, 6 months to 11 months old, to help you plan your calendar with creditable recipes that meet the New Meal Pattern guidelines.

	0-5 MONTHS	6-11 MONTHS		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	0 - 2 tbs.	Fruit/Vegetable	Mashed Banana	Mashed or Cubed Avacado	Applesauce	Pureed Mangoes	Pureed Peaches
	--	0 - 4 oz.	Grain/Meat	Infants Rice Cereal	Scrambled Eggs	Infants Rice Cereal	Infants Oatmeal	Plain Yogurt
LUNCH	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	0 - 2 tbs.	Fruit / Vegetable	Mashed Cauliflower	Mashed Green Beans	Mashed Carrots	Pureed Pears	Mashed Peas
	--	0 - 4 oz.	Grain/Meat	Finely Chopped Chicken	Infants Rice Cereal	Finely Chopped Turkey	Infant Rice Cereal	Cottage Cheese
SNACK	4 - 6 oz.	2 - 4 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	0 - 2 tbs.	Fruit / Vegetable	Seedless Watermelon	Mashed Sweet Potato	Mashed Kiwi	Mashed Broccoli	Mashed Zucchini
	--	0 - 4 oz.	Grain/Meat	Teething Biscuit	Puffed Cereal	Crackers	Teething Biscuit	Crackers

All foods are subject to the individual infant and their own developmental readiness to consume that food item.

Important

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
5. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
6. Fruit and vegetable juices must not be served.



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