

Alliance for Children

Infant Cycle Menus



		Cycle 1 0-5 Months	Cycle 2 * 6 Months to 1st Birthday			
			A	B	C	D
Breakfast	Formula or breast milk	4 - 6 fl oz.	6 - 8 fl oz.	6 - 8 fl oz.	6 - 8 fl oz.	6 - 8 fl oz.
	0-4 tbsp Infant Cereal OR Meat, fish, poultry, whole eggs, cooked dry beans or peas; OR 0-2 oz cheese; OR 0-4 oz (volume) cottage cheese; OR 0-4 oz yogurt; OR a combination*		Infant Cereal (0-4 tbsp)	Eggs (whole egg)	Yogurt (0-8 oz)	Cheese (0-2 oz)
	0-4 tbsp Vegetable, fruit or both*		Bananas	Peaches	Applesauce	Pears
Lunch or Supper	Formula or breast milk	4 - 6 fl oz.	6 - 8 fl oz.	6 - 8 fl oz.	6 - 8 fl oz.	6 - 8 fl oz.
	0-4 tbsp Infant Cereal OR Meat, fish, poultry, whole eggs, cooked dry beans or peas; OR 0-2 oz cheese; OR 0-4 oz (volume) cottage cheese; OR 0-4 oz yogurt; OR a combination*		Chicken (0-4 tbsp)	Infant Cereal (0-4 tbsp)	Beef (0-4 tbsp)	Yogurt (0-8 oz)
	0-4 tbsp Vegetable, fruit or both*		Sweet Potatoes	Mixed Vegetables	Green Beans	Applesauce
Snacks	Formula, breast milk	4-6 fl oz	2-4 fl oz	2-4 fl oz	2-4 fl oz	2-4 fl oz
	0-1/2 slice bread; OR 0-2 crackers; OR 0-4 tbsp infant cereal or ready to eat cereal*		Crackers (0-2)	Cereal (0-4 tbsp)	Bread 0 - 1/2 slice)	Cereal (0-4 tbsp)
	0-2 tbsp Vegetable, fruit or both*		Mixed Vegetables	Apples/Bananas	Carrots	Squash

*Required when infant is developmentally ready

All food (other than formula or breast milk) must be served as soon as the infant is developmentally ready. Infants should be receiving what they normally eat at home (item must be creditable for the food program).

Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care home or center and directly breastfeeds her infant.

Breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, may be served less than the minimum amount of breastmilk, with additional breastmilk offered at a later time.

Infant formula and dry infant cereal must be iron fortified.

Only fluid formula is creditable. Infant cereal must be made with formula.

Yogurt must contain no more than 23 grams of total sugars per 6 ounces. *1 ounce of yogurt or cottage cheese = 2 Tablespoons.

Cheese food and cheese products are not creditable.

Ready to eat breakfast cereal must contain no more than 6 grams of sugar per dry ounce.

Bread/crackers must be whole grain or enriched flour.

Infant dinners such as noodles and chicken are NOT creditable.

Juice, whether fruit or vegetable, must not be served.