

## Corning Children's Center Infant Menu

**Birth to 5 Months-** Monday – Friday: 4-6 oz. of \* formula/breast milk for Breakfast; Lunch; and PM Snack

### 6 to 11 Months

#### Week 1

##### Monday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. rice cereal; 0-2 Tbsp. \*\*\*peas/pears or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. Oatmeal cereal or \*\*\*0-4 Tbsp.chicken;0-2 Tbsp. bananas/squash or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0-2 no salt white crackers; 0-2 Tbsp fresh cantaloupe\*\*

##### Tuesday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. oatmeal cereal; 0-2 Tbsp. \*\*\*Sweet potatoes/apples or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. rice cereal or \*\*\*0-4 Tbsp Beef; 0-2 Tbsp. green beans/peaches or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0- 4 Tbsp. Cheerios; 0- 2 Tbsp canned pears\*\*

##### Wednesday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. rice cereal; 0-2 Tbsp.\*\*\* prunes/carrots or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. barley cereal or \*\*\* 0-4 Tbsp turkey; 0-2 Tbsp. bananas/peas or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0-4 Tbsp. Kix; 0-2 Tbsp cheese\*\*

##### Thursday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. Barley cereal; \*\*\*0-2 Tbsp. Peas/pears or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. rice cereal or\*\*\* 0-4 Tbsp chicken; 0-2 Tbsp. bananas/squash or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0- 4 Tbsp. Cheerios; 0- 2 Tbsp steamed carrots and broccoli\*\*

##### Friday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. oatmeal cereal; 0-2 Tbsp. \*\*\*Sweet potatoes/apples or both\*\* .

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. cereal or \*\*\* 0-4 Tbsp beef ; 0-2 Tbsp. green beans/peaches or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0-2 no salt white crackers; 0- 2 Tbsp fresh oranges\*\*

## 6 to 11 Months

### Week 2

#### Monday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. barley cereal; \*\*\*0-2 Tbsp. prunes/carrots or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. rice cereal or \*\*\* 0-4 Tbsp Turkey; 0-2 Tbsp. bananas/peas or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0-2 biter biscuits; 0-2 Tbsp. fresh oranges\*\*

#### Tuesday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. oatmeal cereal; \*\*\*0-2 Tbsp. Sweet potatoes/apples or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. rice cereal or \*\*\* 0-4 Tbsp chicken and 0-2 Tbsp. green beans/peaches or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0- 4 Tbsp. Cheerios; 0-2 Tbsp steamed carrots\*\*

#### Wednesday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. oatmeal cereal; \*\*\*0-2 Tbsp. bananas/squash or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. barley cereal or \*\*\* 0-4 Tbsp beef and 0-2 Tbsp. peas/pears or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0-4 Tbsp Kix ; 1 apple \*\*

#### Thursday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. Rice cereal; \*\*\*0-2 Tbsp. green beans/peaches or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp.\*oatmeal cereal or \*\*\* 0-4 turkey; 0-2 Tbsp. carrots/apples or both\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 1/4 whole wheat bagel ; 0-2 Tbsp steamed broccoli \*\*

#### Friday

Breakfast: 6-8 oz. \*formula/breast milk; 0-4 Tbsp. barley cereal;\*\*\* 0-2 Tbsp. Sweet potatoes/bananas or both\*\*

Lunch: 6-8 oz. \* formula/breast milk; 0-4 Tbsp. rice cereal or \*\*\* 0-4 Tbsp chicken; 0-2 Tbsp. squash/prunes\*\*

PM Snack: 2-4 oz. \* formula/breast milk; 0-2 no salt white crackers; 0-2 Tbsp cantaloupe\*\*

Menu is subject to change depending on availability of food for purchase as well as food selection requested by parents

\* 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. Infant formula and dry infant cereal must be iron-fortified.

\*\* A serving of this component is required when the infant is developmentally ready to accept it. Solid foods are gradually introduced around 6 months of age. All solid foods must be pureed; mashed or chopped to appropriate consistency.

\*\*\* This is processed; Center provided Gerber Baby food and cereal

The Center provided formula is Tippy Toes, Wegman's Brand milk-based formula