



Infant Menu 6 Months – 11 Months

Breakfast

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit

Monday

Lunch

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Vegetable

PM Snack

2-4fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit/Vegetable

Breakfast

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit

Tuesday

Lunch

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Vegetable

PM Snack

2-4fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit/Vegetable

Breakfast

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit

Wednesday

Lunch

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Vegetable

PM Snack

2-4fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit/Vegetable

Breakfast

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit

Thursday

Lunch

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Vegetable

PM Snack

2-4fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit/Vegetable

Breakfast

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit

Friday

Lunch

6-8fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Vegetable

PM Snack

2-4fl oz Breastmilk or Formula
0-1/2oz Infant Cereal
0-2bsp Fruit/Vegetable

*Solid foods are gradually introduced when developmentally appropriate.

*Fresh fruit will be substituted when developmentally ready in replace of infant meal item.

*Ready-to-eat cereals will be substituted when developmentally ready at snack time only.