

Facility/Center Name: A Kid's World April 12-16

Infant Meal Pattern (Each bullet is a **required** component)

BREAKFAST/LUNCH/SUPPER

SNACK

- 4-6 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4}
- 6-8 fl. oz. Breastmilk^{1,3} or iron fortified infant formula^{1,4}
- When developmentally ready⁶:
 - 0-4 Tbsp. iron-fortified infant cereal^{4,8}, 0-4 Tbsp. Meat, fish, poultry, whole egg, cooked dry beans/peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup yogurt⁷; or a combination of the above.
 - 0-2 Tbsp. vegetable/fruit⁷ or a combination of both.

- 4-6 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4}
- 2-4 fl. oz. Breastmilk^{1,3} or iron-fortified infant formula^{1,4}
- When developmentally ready⁶:
 - 0-½ slice of bread⁸; or 0-2 crackers⁸; or 0-4 Tbsp. iron-fortified infant cereal^{4,8}, ready-to-eat breakfast cereal^{8,9}.
 - 0-2 Tbsp. vegetable/fruit⁷, or combination of both.

Meal Type	Meal Component	Age	Day of the Week				
			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months 6-11 Months	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula
	Iron-Fortified infant cereal ^{4,6,8} or meat/meat alternate	6-11 Months	Gerber goodstart WG Cereal Yogurt	Gerber goodstart WG Cereal Yogurt	Gerber goodstart WG Cereal Yogurt	Gerber goodstart WG Cereal Yogurt	Gerber Goodstart WG Cereal
	Vegetable/Fruit ^{6,7}		Banana	Strawberries	Blueberries	Mango	Applesauce
LUNCH/SUPPER	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months 6-11 Months	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula
	Iron-Fortified infant cereal ^{4,6,8} or meat/meat alternate	6-11 Months	Gerber goodstart WG Cereal	Gerber goodstart WG Cereal	Gerber goodstart WG Cereal	Gerber goodstart WG Cereal	Gerber goodstart WG Cereal
	Vegetable/Fruit ^{6,7}		Kidney Beans	Black Beans	Peaches	Broccoli	Banana
SNACK	Breastmilk ^{1,3} or iron-fortified infant formula ^{1,4}	0-5 Months 6-11 Months	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula	Breastmilk or Iron-fortified infant formula
	Grain ^{6,8,9}	6-11 Months	Gerber Puffs/Cereal	Arrowroot cookies/Cereal	Teething biscuits/cereal	Gerber Puffs/Cereal	Teething biscuit or Gerber Cereal
	Vegetable/Fruit ^{6,7}		Cantaloupe	Applesauce	Strawberries	Pears	Banana