TMC
PY 2010-11 Infant Menu Birth to 11.9 Months

Additional Guidance for Feeding Infants:

It is recommend that the first three (3) months of age use sterile water for preparing infant formula or purchase single use bottled sterile water from approved vendor (i.e., Abbott or Mead). The MSHS program also used the bottled sterile water for infants over 3 months of age. Other options after 3 months of age are: boiling water (as referenced below) and using sterile water purchased in quart or gallon size bottles. After 6 months of age it may be safe to use water from the water bottle dispensers delivered to centers.

Boiling Water Instructions: Always sterilize the water used to mix with concentrated or powdered formula by bringing cold water to a very bubbly boil, boiling it for 1 to 2 minutes, and then allowing it to cool. Excessive boiling (over 5 minutes) is not recommended because it can concentrate lead and nitrate in the water. If tap water is used, collect only cold tap water for boiling by letting the cold tap run for 2 minutes and then collect the water; this procedure tends to reduce the amount of lead in the water should the pipes contain lead. These instructions may be used when water borne illness occurs or water quality is affected by flooding, etc.

Instructions for transitioning infants from Infant Formula to Cow's Mik: Transition should occur after the child as turned 1 year old (12 months). Mix 3/4 formula + 1/4 cow's milk for 3 days; mix 1/2 formula + 1/2 cow's milk for 3 days; mix 1/4 formula to 3/4 cow's milk for 3 days;

For Infants Birth to six (6) months: Iron Fortified Dry Infant Cereal must be made with formula. Prepared jar cereal is not a creditable food item. Mixed Cereals should only be served after the infant has been offered all types of cereals. Zweiback, Biter Biscuits, Animal and soda crackers must be made from ENRICHED flour, low in sugar & salt. Increasing texture for each solid food item takes place as you go from the top to bottom of menu. (See USDA Infant Feeding Guide for more details on offering appropriate infant foods.)

For infants 6 to 12 months: Strips of small pieces of dry bread, toast, crackers, soft tortillas , plain bagels, english muffins, or rolls may be offered for snacks between meals. Rice, pasta, noodles or macaroni may be offered to infants 8 months or older although they may not be substituted for infant cereal. INFANTS ARE NOT FED FROM THE TODDLER & PRESCHOOL MENU REQUEST DEVELOPMENTALY APPROPRIATE FRUITS, VEGETABLES AND MEATS FROM THE COOK WHEN INFANTS WILL NOT ACCEPT JAR FOOD. Wash all fresh fruits offered to infants thoroughly.

Centers receive water quality reports annually. Families can check the safety of their water by contacting the county health department, the state environment agency, or the Environmental Protection Agency’s Safe Drinking Water Hotline (1-800-426-4791).

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TMC
Infant Menu PY 2010-11 WEEK ONE
Infants to Seven (7) Months

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Infants-Birth to three (3) Mo	Breakfast	(Offer at 7:30 to 8:30 am or Upon Infant Demand)					
	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*
	Lunch	(Offer at 11:00 am to 12:30 pm or Upon Infant Demand)					
	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*
	Afternoon Snack	(Offer at 1:30 to 2:30 pm or Upon Infant Demand)					
	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*
Infants Four (4) to Seven (7) Months	Breakfast	(Offer at 7:30 to 8:30 am or Upon Infant Demand)					
	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*
	0-3 Tbs **Infant Cereal when developmentally ready	0-3 Tbsp Rice Cereal	0-3 Tbsp Oat Cereal	0-3 TbspWheat Cereal	0-3 Tbsp Rice Cereal	0-3 Tbsp Barley Cereal	0-3 Tbsp Wheat Cereal
	Lunch	(Offer at 11:00 am to 12:30 pm or Upon Infant Demand)					
	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*	4-8oz Breastmilk or Formula*
	Or 0-3 Tbs Infant Oatmeal cereal after Introducing Rice Cereal	0-3 Tbsp Oatmeal Cereal	0-3 Tbsp Barley Cereal	**0-3 Tbsp Mixed Cereal	0-3 Tbsp Oatmeal Cereal	0-3 Tbsp Mixed Cereal	0-3 Tbsp Barley Cereal
	0-3 tablespoons of fruit or vegetable or both introducing vegetables first (begin increasing food textures as DAP: 1st: strained; 2nd: pureed; 3rd: mashed	0-3 Tbsp Sweet Potatoes	0-3 Tbsp Carrots	0-3 Tbsp Spinach	0-3 Tbsp Peas	0-3 Tbsp Green Beans	0-3 Tbsp Squash
		0-3 Tbsp Applesauce	0-3 Tbsp Bananas	0-3 Tbsp Prunes	0-3 Tbsp Plums	0-3 Tbsp Peaches	0-3 Tbsp Bananas
	Afternoon Snack	**(Offer at 1:30 to 2:30 pm or Upon Infant Demand)**					
	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*	4-6 oz Breastmilk or Formula*

First food introductions will be given for five (5) days to monitor food reactions (See Individual Child Development Plan).

Tbsp = Tablespoon; oz = Fluid Ounce; DAP = Developmentally Appropriate; Textures: strained, pureed, mashed, ground, finely chopped, chopped 1/4".

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TMC
Infant Menu PY 2010-11 WEEK ONE
Eight (8) months to Eleven (11.9) Months

Eight (8) through Twelve (12) Months of Age	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	(Offer at 7:30 to 8:30 am or Upon Infant Demand)					
6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula
2-4 Tbsp Infant Cereal must be served	2-4 Tbsp Oatmeal Cereal	2-4 Tbsp Barley Cereal	2-4 Tbsp Mixed Cereal	2-4 Tbsp Rice Cereal	2-4 Tbsp Oatmeal Cereal	2-4 Tbsp Barley Cereal
1-4 Tbsp (8 to 9.8 mos) Fruit and /or Vegetables (10 to 11.5 mos) start introducing more texture and finger foods from the kitchen as DAP: ground, finely chopped, chopped 1/4", finger foods;	1-4 Tbsp Applesauce	1-4 Tbsp Pears	1-4 Tbsp Prune or Plum	1-4 Tbsp Apricots	1-4 Tbsp Bananas	1-4 Tbsp Pears
Lunch	(Offer at 11:00 am to 12:30 pm or Upon Infant Demand)					
6-8 oz Breatsmilk or formula*Offer in Cup	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula
Serve **Infant 2-4 Tbsp Cereal AND/OR (if you serve meat do not have to serve cereal) 1-4 Tbsp meat, Egg yolk, cooked Dry Beans or Peas or 1/2 oz to 2 oz cheese; IF THE MEAT IS FROM THE KITCHEN ADD meat or chicken broth; begin increasing food textures as DAP: ground, finely chopped, chopped 1/4", finger foods;*	1-4 Tbsp Veal or Chicken	1-4 Tbsp Lamb or Beef	1-4 Tbsp Ham or Veal	1-4 Tbsp Chicken or Beef	1-4 Tbsp Beef or Veal	1-4 Tbsp Turkey or Chicken
	AND/ OR 2-4 Tbsp *Barley Cereal	**AND/ OR** 2-4 Tbsp *Oatmeal Cereal	**AND/OR** 2-4 Tbsp *Rice Cereal	**AND/OR** 2-4 Tbsp *Mixed Cereal	**AND/ OR** 2-4 Tbsp *Barley Cereal	**AND/ OR** 2-4 Tbsp *Rice Cereal
1-4 Tbsp (8 to 9.8 mos) Fruit or Vegetables or both (10 to 11.5 mos) start introducing more texture and finger foods from the kitchen; can serve fruits that are mixed with other fruits;	1-4 Tbsp Peas **OR** Peaches	1-4 Tbsp Carrots **OR** Bananas	1-4 Tbsp Cream Corn **OR** Apple	1-4 Tbsp Green Beans **OR** Banana	1-4 Tbsp Carrot & Sweet Pea **OR** Pears	1-4 Tbsp Squash **OR** Banana & Pineapple
Afternoon Snack	(Offer at 1:30 to 2:30 pm or Upon Infant Demand)					
2-4oz Breastmilk OR Formula	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*
0-1/2 Slice Bread OR 0-2 Crackers; read lable to ensure different types of biter biscuits are not high in sugar or salt	0-2 Zwieback Toast	0-2 Biter Biscuit	0-2 Soda Cracker (Unsalted)	0-2 Biter Biscuit	0-2 Zwieback Toast	0-2 Soda Cracker (Unsalted)

First food introductions will be given for five (5) days to monitor food reactions.

Textures: strained, pureed, mashed, ground, finely chopped, chopped 1/4".

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TMC Infant Menu PY 2010-11 WEEK TWO
Infants to Seven (7) Months

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Infants-Birth to three (3) Months	Breakfast	(Offer at 7:30 to 8:30 am or Upon Infant Demand)					
	4-6 oz Breastmilk or Formula*	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk
	Lunch	(Offer at 11:00 am to 12:30 pm or Upon Infant Demand)					
	4-6 oz Breastmilk or Formula*	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk
	Afetrnoon Snack	(Offer at 1:30 to 2:30 pm or Upon Infant Demand)					
	4-6 oz Breastmilk or Formula*	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk
Infants Four (4) to Seven (7) Months	Breakfast	(Offer at 7:30 to 8:30 am or Upon Infant Demand)					
	4-8oz Formula* or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk
	0-3 Tbs **Infant Cereal when developmentally ready	0-3 Tbsp Rice Cereal	0-3 Tbsp Oat Cereal	0-3 Tbsp Wheat Cereal	0-3 Tbsp Rice Cereal	0-3 Tbsp Barley Cereal	0-3 Tbsp Wheat Cereal
	Lunch	(Offer at 11:00 am to 12:30 pm or Upon Infant Demand)					
	4-8oz Formula* or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk	4-8oz Formula or Breastmilk
	Or 0-3 Tbsp Infant Oatmeal cereal after Introducing Rice Cereal	0-3 Tbsp Oatmeal Cereal	0-3 Tbsp Barley Cereal	0-3 Tbsp **Mixed Cereal	0-3 Tbsp Oat Cereal	0-3 Tbsp Mixed Cereal	0-3 Tbsp Barley Cereal
	0-3 tablespoons of fruit or vegetable or both introducing vegetables first (begin increasing food textures as DAP: 1st: strained; 2nd: pureed; 3rd: mashed	0-3 Tbsp Carrots	0-3 Tbsp Peas	0-3 Tbsp Squash	0-3 Tbsp Spinach	0-3 Tbsp Sweet Potato	0-3 Tbsp Green Beans
		0-3 Tbsp Peaches	0-3 Tbsp Prunes	0-3 Tbsp Bananas	0-3 Tbsp Applesauce	0-3 Tbsp Plums	0-3 Tbsp Pears
	Afterrnoon Snack	(Offer at 1:30 to 2:30 pm or Upon Infant Demand)					
	4-6 oz Breastmilk or Formula*	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk	4-6oz Formula or Breastmilk

First food introductions will be given for five (5) days to monitor food reactions (See Individual Child Development Plan).

Tbsp = Tablespoon; oz = Fluid Ounce; DAP = Developmentally Appropriate; Textures: strained, pureed, mashed, ground, finely chopped, chopped 1/4".

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TMC
Infant Menu PY 2010-11 WEEK TWO
Eight (8) months to Eleven (11.9) Months

Eight (8) through Twelve (12) Months of Age	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	(Offer at 7:30 to 8:30 am or Upon Infant Demand)					
6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula
2-4 Tbsp Infant Cereal	2-4 Tbsp Oatmeal Cereal	2-4 Tbsp Barley Cereal	2-4 Tbsp Mixed Cereal	2-4 Tbsp Rice Cereal	2-4 Tbsp Oatmeal Cereal	2-4 Tbsp Barley Cereal
1-4 Tbsp (8 to 9.8 mos) Fruit and /or Vegetables (10 to 11.5 mos) start introducing more texture and finger foods from the kitchen as DAP: ground, finely chopped, chopped 1/4", finger foods; you can serve mixed jar fruits for more variety; ensure child has had at least 1 or 2 of the fruits separately first for combo fruits with 2 or 3 types;	1-4 Tbsp Plums & Apples	1-4 Tbsp Pears & Blueberries	1-4 Tbsp Prunes	1-4 Tbsp Bananas & Pineapple	1-4 Tbsp Apple, Mango & Kiwi	1-4 Tbsp Pears
Lunch	(Offer at 11:00 am to 12:30 pm or Upon Infant Demand)					
6-8 oz Breastmilk or formula*Offer in Cup	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula	6-8oz Breastmilk or Formula
Serve **Infant 2-4 Tbsp Cereal AND/OR 1-4 Tbsp meat, Egg yolk, cooked Dry Beans or Peas or 1/2 oz to 2 oz cheese; IF THE MEAT IS FROM THE KITCHEN ADD meat or chicken broth; begin increasing food textures as DAP: ground, finely chopped, chopped 1/4", finger foods;*	1-4 Tbsp Veal or Chicken	1-4 Tbsp Lamb or Beef	1-4 Tbsp Ham or Veal	1-4 Tbsp Chicken or Beef	1-4 Tbsp Beef or Veal	1-4 Tbsp Turkey or Chicken
	AND/ OR 2-4 Tbsp *Barley Cereal	**AND/ OR** 2-4 Tbsp *Oatmeal Cereal	**AND/OR** 2-4 Tbsp *Rice Cereal	**AND/OR** 2-4 Tbsp *Mixed Cereal	**AND/ OR** 2-4 Tbsp *Barley Cereal	**AND/ OR** 2-4 Tbsp *Rice Cereal
1-4 Tbsp (8 to 9.8 mos) Fruit or Vegetables or both (10 to 11.5 mos) start introducing more texture and finger foods from the kitchen; you can serve mixed vegetables just ensure at 1 of the 2 items has been introduced separately;	1-4 Tbsp Carrots & Peas **OR** Peaches	1-4 Tbsp Squash Carrots & corn **OR** Bananas	1-4 Tbsp Green Beans & Potato **OR** Apple	1-4 Tbsp Carrots & Beets **OR** Banana	1-4 Tbsp Sweet Potato & Green Beans **OR** Pears	1-4 Tbsp Squash **OR** Banana & Pineapple
Afternoon Snack	(Offer at 1:30 to 2:30 pm or Upon Infant Demand)					
2-4oz Breastmilk OR Formula	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*	2-4oz Breastmilk or Formula*
0-1/2 Slice Bread OR 0-2 Crackers; read lable to ensure different types of biter biscuits are not high in sugar or salt;	0-2 Zwieback Toast	0-2 Biter Biscuit	0-2 Soda Cracker (Unsalted)	0-2 Biter Biscuit	0-2 Zwieback Toast	0-2 Soda Cracker (Unsalted)

First food introductions will be given for five (5) days to monitor food reactions.

Textures: strained, pureed, mashed, ground, finely chopped, chopped 1/4".

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