CYS Summer 2018 Cycle Infant 6-11 months	Approved by:	Date:	Menu Dates:	
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Week						
1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	• 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal,	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Breakfast	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
Brea	beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Pears* (m) or infant vegetable/fruit	Yogurt (m) Peaches (m) or infant vegetable/fruit	Infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Scrambled eggs (m) Mashed potatoes (m) or infant vegetable/fruit
	6-8 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
	0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry	IF infant cereal or	IF infant cereal or	IF infant cereal or	IF infant cereal or	IF infant cereal or
Lunch	beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	Ground beef* (m) or infant meat	Chicken* (m) or infant meat	Tuna* (m) or infant meat	Pinto beans* (m) or infant meat	Turkey* without sauce (m) or infant meat
	or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Steamed cauliflower* (m), green beans (m) or infant vegetable/fruit	Black beans* (m) or infant vegetable/fruit	Steamed carrots (m) or infant vegetable/fruit	Infant vegetable/fruit	Applesauce (m), peas* (m) or infant vegetable/fruit
	• 2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Snack	 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready- to-eat cereal 0-2 tbsp Vegetable, Fruit 	Graham crackers without honey (m) or IF infant cereal	WGR toasted oat cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR corn puffs [Kix](m) or IF infant cereal	WGR crackers* (m) or IF infant cereal
	or both	Banana (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

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Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	6-8 fl oz Breast milk or IF infant formula 0-4 TBSP IF Infant Cereal,	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Breakfast	meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz	IF infant cereal	IF infant cereal	IF infant cereal Scrambled eggs (m)	IF infant cereal Mandarin oranges* (m)	IF infant cereal Yogurt (m)
Bre	cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Peaches* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit	or infant vegetable/fruit	Banana (m) or infant vegetable/fruit
	6-8 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Lunch	0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	IF infant cereal or Cheese* (m) or infant meat	IF infant cereal or Turkey* (m) or infant meat	IF infant cereal or Ground beef *(m) or infant meat	IF infant cereal or Chicken* (m) or infant meat	IF infant cereal or Roasted pork without BBQ sauce* (m) or infant meat
	or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Steamed broccoli* (m) or infant vegetable/fruit	Sweet potatoes* (m), green beans (m), or infant vegetable/fruit	Steamed carrots* (m), steamed cauliflower* (m), or infant vegetable/fruit	Peas* (m), pears* (m), or infant vegetable/fruit	Green beans (m), pinto beans* (m), or infant vegetable/fruit
	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Snack	0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready- to-eat cereal	WGR crackers* (m) or IF infant cereal	WGR toasted oat cereal (m) or IF infant cereal	Graham crackers without honey (m) or IF infant cereal	WGR corn puffs [Kix](m) or IF infant cereal	WGR crackers* (m) or IF infant cereal
	0-2 tbsp vegetable, fruit or both	Steamed carrots* (m) or infant vegetable/fruit	Infant vegetable/fruit	Applesauce (m), or infant vegetable/fruit	Steamed broccoli* m) or infant vegetable/fruit	Infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

CYS Summer 2018 Cycle Infant 6-11 months	Approved by:	Date:	Menu Dates:	
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Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
t t	6-8 fl oz Breast milk or IF infant formula 0-4 TBSP IF Infant Cereal, meat, fish, poultry,	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal
Breakfast	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	Banana (m) or infant vegetable/fruit	Ham* (m) Pears* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit	Scrambled eggs (m) Applesauce (m) or infant vegetable/fruit
	6-8 fl oz Breast milk or IF infant formula 0-4 TBSP IF Infant Cereal, meat, fish, poultry,	Breast milk or IF infant formula IF infant cereal or	Breast milk or IF infant formula IF infant cereal or	Breast milk or IF infant formula IF infant cereal or	Breast milk or IF infant formula IF infant cereal or	Breast milk or IF infant formula IF infant cereal or
Lunch	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	Ground beef* (m) or infant meat Pinto beans* (m)	Chicken* (m) or infant meat Applesauce (m) or	Pinto beans* (m), cheese* (m), or infant meat	Tuna* (m) or infant meat Steamed carrots* (m),	Pork* (m) or infant meat Steamed broccoli* (m)
	combination • 0-2 TBSP Fruit/Vegetable	or infant vegetable/fruit	infant vegetable/fruit	Peaches* (m) or infant vegetable/fruit	peas* (m) or infant vegetable/fruit	or infant vegetable/fruit
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	Breast milk or IF infant formula	Breast milk or IF infant formula			
Snack	crackers; or 0-4 tbsp infant cereal or ready- to-eat cereal	WGR toasted oat cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR corn puff cereal [Kix]((m) or IF infant cereal	Graham crackers without honey (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal
	0-2 tbsp vegetable, fruit or both	Infant vegetable/fruit	Mashed potatoes (m) or infant vegetable/fruit	Steamed broccoli* (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Steamed carrots* (m) or infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			

CYS Summer 2018 Cycle Infant 6-11 months	Approved by:	Date:	Menu Dates:	
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Week						
4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	• 6-8 fl oz Breast milk or IF	Breast milk or	Breast milk or	Breast milk or	Breast milk or	Breast milk or
יי	infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry,	IF infant formula IF infant cereal	IF infant formula IF infant cereal	IF infant formula IF infant cereal	IF infant formula IF infant cereal	IF infant formula IF infant cereal
Breakfast	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 vegetable/fruit	Yogurt (m) Peaches (m) or infant vegetable/fruit	Infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Scrambled eggs (m) Mandarin oranges* (m) or infant vegetable/fruit
	0-2 TBSP Fruit/Vegetable 6-8 fl oz Breast milk or IF	Breast milk or IF infant	Breast milk or IF infant	Breast milk or IF infant	Breast milk or IF infant	Breast milk or IF infant
	 o-a if OZ Breast fillik of if infant formula o-4 TBSP IF Infant Cereal, meat, fish, poultry, 	formula IF infant cereal or	formula IF infant cereal or	formula IF infant cereal or	formula IF infant cereal or	formula IF infant cereal or
Lunch	whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	Cheese* (m) or infant meat	Chicken* (m) or infant meat	Ham* (m) or infant meat	Ground turkey* (m) or infant meat	Ground beef* (m) or infant meat
	or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Mandarin oranges* (m), peas* (m) or infant vegetable/fruit	Green beans* (m) or infant vegetable/fruit	Pinto beans* (m) or infant vegetable/fruit	Mashed potatoes* (m), or infant vegetable/fruit	Infant vegetable/fruit
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Snack	crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal	WGR crackers* (m) or IF infant cereal	WGR toasted oat cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	Graham crackers without honey (m) or IF infant cereal	WGR corn puff cereal [Kix]((m) or IF infant cereal
	0-2 tbsp vegetable, fruit or both	Infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Steamed carrots* (m), steamed broccoli* (m), or infant vegetable/fruit	Peaches (m) or infant vegetable/fruit	Pears* (m) or infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

CYS Summer 2018 Cycle Infant 6-11 months	Approved by:	Date:	Menu Dates:	
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Week						
5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	• 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal,	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
fast	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
Breakfast	beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	Yogurt (m)	Applesauce (m) or infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Peaches (m) or infant vegetable/fruit	Scrambled egg (m) Infant vegetable/fruit
	or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Mandarin oranges* (m) or infant vegetable/fruit				
	 6-8 fl oz Breast milk or IF infant formula 0-4 TBSP IF Infant Cereal, 	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
_	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal or	IF infant cereal or	IF infant cereal or	IF infant cereal or	IF infant cereal or
Lunch	beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	Turkey* (m) or infant meat	Ground beef* (m) or infant meat	Tuna* (m) or infant meat	Cheese* (m) or infant meat	Chicken without breading* (m) or infant meat
	or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Steamed carrots* (m) or infant vegetable/fruit	Peas* (m) or infant vegetable/fruit	Green beans* (m), mashed potatoes (m) or infant vegetable/fruit	Pears* (m), steamed broccoli* (m), or infant vegetable/fruit	Sweet potatoes* (m), black beans* (m) or infant vegetable/fruit
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Snack	crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal	WGR crackers* (m) or IF infant cereal	WGR corn puffs cereal [Kix] (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	Graham crackers without honey (m) or IF infant cereal
	0-2 tbsp vegetable, fruit or both	Infant vegetable/fruit	Steamed carrots* (m) or infant vegetable/fruit	Mandarin oranges (m) or infant vegetable/fruit	Steamed cauliflower (m), or infant vegetable/fruit	Infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

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APPENDIX				
Black beans: chop into pieces smaller than the	e maximum width of 1/8-ind	ch. Mashing is not a	dequate.	
Broccoli: only the floret portion should be serv	ved to infants.			
Cauliflower: only the floret portion should be	served to infants.			
Cheese should be shredded or cut into pieces	smaller than the maximum	width of 1/8-inch.		
Chicken: finely chop and add a small amount o	of water to prevent serving	overly dry meat, wh	nich would be diffic	ult for the infant to swallow.
Chickpea stew: blend until lumps are no large	r than 1/8-inch.			
Graham crackers must not contain honey.				
Ground beef: finely chop and add a small amo	ount of water to prevent ser	rving overly dry mea	at, which would be	difficult for the infant to swallow.
Ground turkey: finely chop and add a small an	nount of water to prevent s	serving overly dry m	eat, which would b	e difficult for the infant to swallow.
Ham: finely chop and add a small amount of w	vater to prevent serving ove	erly dry meat, which	would be difficult	for the infant to swallow.
Mandarin oranges must be canned.				
Pears should be canned or ripened to the poir	nt where they can be easily	mashed with a fork		
Peas: chop into pieces smaller than the maxim	านm width of 1/8-inch. Mas	hing is not adequat	e.	
Pinto beans should be chopped into pieces sm	naller than the maximum w	idth of 1/8-inch. Ma	shing is not adequa	ate.
Pork: finely chop and add a small amount of w	vater to prevent serving ove	erly dry meat, which	would be difficult	for the infant to swallow.
Sweet potatoes: cook to the point where they	can be easily mashed with	a fork and chop int	o pieces smaller tha	an the maximum width of 1/8-inch
Tuna: chop and add a small amount of water t	to prevent serving overly dr	y tuna, which would	d be difficult for the	e infant to swallow.
Turkey: finely chan and add a small amount of	f water to prevent serving c	werly dry meat whi	ich would be difficu	It for the infant to swallow

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. *See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

WGR crackers should easily dissolve in the mouth. They must not be brittle and hard.