

**THE OHIO STATE UNIVERSITY CHILD CARE PROGRAM-INFANT MENU**

<b>Meal/Age</b>	<b>Portion Size</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/ Evening Snack</b>						
0-5 months	4-6 fl oz Breastmilk or Formula	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil
6-11 months	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, 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* 0-2 tbsp vegetable, fruit or both*	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,
<b>Lunch/Supper</b>						
0-5 months	4-6 fl oz Breastmilk or Formula	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil
6-11 months	6-8 fl oz breast milk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, 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* 0-2 tbsp vegetable, fruit or both*	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, peas, carrots, green beans, squash, sweet potatoes chicken,
<b>Snack</b>						
0-5 Months	4-6 fl oz Breastmilk or Formula	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil
6-11 Months	2-4 fl oz breastmilk or formula 0-1/2 bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, carrots, green beans, squash, sweet potatoes	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, carrots, green beans, squash, sweet potatoes	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, carrots, green beans, squash, sweet potatoes	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, carrots, green beans, squash, sweet potatoes	Rice cereal, oatmeal cereal Baby foods: apples, bananas, peaches, pears, carrots, green beans, squash, sweet potatoes

NOTE: \*Foods marked with an asterisk are required when infant is developmentally ready.