CYS Spring 21 Cycle Infant 6-11 months

Approved by: WE Laursen RDN, LD

Date: 12 JAN 2021 Menu Dates:

CYS_Nutritionist_IMCOM_G9 Week Components Monday Wednesday **Thursday Friday** Tuesday 1 Breast milk or • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal **Breakfast** meat, fish, poultry, and/or and/or whole eggs, cooked dry beans or peas; or 0-2 oz Yogurt (m) Scrambled eggs (m) Infant vegetable/fruit Banana (m) or infant Mandarin oranges* (m) vegetable/fruit or infant vegetable/fruit cheese: or 0-4 oz (volume) cottage cheese; Pears* (m) or infant Mashed potatoes (m) or Applesauce (m) or vegetable/fruit infant vegetable/fruit infant vegetable/fruit or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable Breast milk or • 6-8 fl oz Breast milk or IF Breast milk or Breast milk or Breast milk or Breast milk or IF infant formula infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, and/or and/or and/or and/or and/or whole eggs, cooked dry Lunch Meatloaf* (m) or Pork (without BBQ Cheese*(m) or beans or peas; or 0-2 oz cheese; or 0-4 oz infant meat Tuna* (m) or infant Chicken* (m) or sauce)* (m) or infant infant meat meat infant meat (volume) cottage cheese; meat Steamed carrots* (m) Peas* (m) or 0-4 oz vogurt; or a green beans* (m) Banana (m) or infant Sweet potatoes* (m) Steamed cauliflower* or infant vegetable/fruit combination or infant vegetable/fruit vegetable/fruit or infant vegetable/fruit • 0-2 TBSP Fruit/Vegetable (m) pinto beans* (m) or infant vegetable/fruit • 2-4 fl oz Breast milk or IF Breast milk or infant formula IF infant formula • 0-½ bread slice: or 0-2 Snack crackers; or 0-4 tbsp WGR crackers* (m) WGR toasted oat Graham crackers WGR corn WGR crackers* (m) or infant cereal or readyor IF infant cereal cereal (m) without honey (m) puffs [Kix](m) IF infant cereal to-eat cereal or IF infant cereal or IF infant cereal or IF infant cereal • 0-2 tbsp Vegetable, Fruit Pears* (m) or Steamed broccoli* (m) or both Applesauce (m) or Mandarin oranges* (m) Peaches (m) or infant vegetable/fruit or infant vegetable/fruit infant vegetable/fruit infant vegetable/fruit or infant vegetable/fruit • 2-4 fl oz Breast milk or Snack IF infant formula 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'

DELausen RDN, LE

Date: 12 JAN 2021 Menu Dates:

CYS_Nutritionist_IMCOM_G9 Week Components Monday Wednesday **Thursday Friday** Tuesday 2 Breast milk or • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal **Breakfast** meat, fish, poultry, and/or and/or whole eggs, cooked dry Yogurt (m) beans or peas; or 0-2 oz Scrambled eggs (m) Pears* (m) Infant vegetable/fruit cheese: or 0-4 oz Infant vegetable/fruit or infant vegetable/fruit Peaches (m) or infant Infant vegetable/fruit (volume) cottage cheese; vegetable/fruit or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable Breast milk or Breast milk or Breast milk or Breast milk or • 6-8 fl oz Breast milk or IF Breast milk or IF infant formula infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, Lunch and/or and/or and/or and/or and/or whole eggs, cooked dry Pinto beans* (m) or Chicken* (m) or Ground Beef* (m) or Tuna* (m) or infant Ground turkey* (m) or beans or peas; or 0-2 oz infant meat infant meat cheese; or 0-4 oz infant meat infant meat meat (volume) cottage cheese; Peaches (m) Mandarin oranges* (m) Steamed broccoli* (m) Green beans* (m) or 0-4 oz vogurt; or a or infant vegetable/fruit or infant vegetable/fruit Infant vegetable/fruit black beans* (m) mashed potato (m) combination or infant vegetable/fruit • 0-2 TBSP Fruit/Vegetable or infant vegetable/fruit • 2-4 fl oz Breast milk or IF Breast milk or IF infant infant formula formula formula formula formula formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp WGR crackers* (m) or WGR toasted oat Graham crackers WGR crackers* (m) or WGR corn Snack infant cereal or ready-IF infant cereal cereal (m) or IF infant puffs [Kix](m) or IF without honey (m) or IF infant cereal to-eat cereal infant cereal IF infant cereal cereal • 0-2 tbsp vegetable, fruit Steamed cauliflower* Pear* (m) infant or both (m) or Infant Steamed carrots *(m) Applesauce (m), or Banana (m) or vegetable/fruit infant vegetable/fruit infant vegetable/fruit vegetable/fruit infant vegetable/fruit • 2-4 fl oz Breast milk or Breast milk or IF infant Snack IF infant formula formula formula formula formula 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 Spring 21 Cycle Infant 6-11 months Approved by: Denise E. Laursen, MA, RDN, LD Date: _12 JAN 2021_ Menu Dates:______

	CYS Nutritionist, IMCOM-G9									
Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday				
Breakfast	6-8 fl oz Breast milk or IF infant formula 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; or 0-4 oz yogurt; or a combination 0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula IF infant cereal Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Scrambled eggs (m) Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Yogurt (m) Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit				
Lunch	 6-8 fl oz Breast milk or IF infant formula 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; or 0-4 oz yogurt; or a combination 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Steamed carrots* or cauliflower* (m),	Breast milk or IF infant formula IF infant cereal and/or Pork* (m) or infant meat Steamed broccoli* (m), black beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Turkey (without teriyaki)* (m) or infant meat Pears* (m), peas* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Cheese* (m) or Infant meat Applesauce (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or ground beef (m) or infant meat Sweet potatoes* (m) or infant vegetable/fruit				
Snack	 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal 0-2 tbsp vegetable, fruit or both 	Breast milk or IF infant formula WGR toasted oat cereal (m) or IF infant cereal Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puff cereal (m) or IF infant cereal Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula Toasted oat cereal (m) or IF infant cereal Peaches (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				

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'

DELausenRDN, LD

Date: 12 JAN 2021 Menu Dates:

CYS_Nutritionist_IMCOM_G9 Week Components Monday Wednesday **Thursday Friday** Tuesday 4 Breast milk or • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, **Breakfast** and/or and/or whole eggs, cooked dry beans or peas; or 0-2 oz Banana (m) or Scrambled egg (m) Infant vegetable/fruit Infant vegetable/fruit Yogurt (m) infant vegetable/fruit cheese: or 0-4 oz (volume) cottage cheese; Applesauce (m) or Mandarin oranges* (m) infant vegetable/fruit or infant vegetable/fruit or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable Breast milk or IF infant • 6-8 fl oz Breast milk or IF formula formula formula formula formula infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, and/or and/or and/or and/or and/or whole eggs, cooked dry Lunch Turkey* (m) or infant Tuna* (m) or Scrambled egg (m) or Chicken [no curry Ground beef* (m) or beans or peas; or 0-2 oz cheese; or 0-4 oz meat infant meat infant meat saucel* (m) or infant meat infant meat (volume) cottage cheese; Steamed broccoli* (m). Steamed carrots* (m) Banana (m), peas* (m) Peaches (m), steamed or 0-4 oz vogurt; or a or infant vegetable/fruit cauliflower* (m) or pinto beans* (m) or mashed potatoes (m) Green beans* (m), combination • 0-2 TBSP Fruit/Vegetable infant vegetable/fruit or infant vegetable/fruit pears* (m), infant vegetable/fruit or infant vegetable/fruit • 2-4 fl oz Breast milk or IF Breast milk or IF infant infant formula formula formula formula formula formula • 0-1/2 bread slice; or 0-2 crackers; or 0-4 tbsp Graham crackers WGR toasted oat WGR crackers* (m) or WGR corn puff cereal WGR crackers* (m) or Snack infant cereal or readywithout honey (m) or cereal (m) IF infant cereal (m) or IF infant cereal IF infant cereal to-eat cereal IF infant cereal • 0-2 tbsp vegetable, fruit Applesauce* (m), Steamed carrots* (m) Steamed broccoli* (m) Mandarin oranges* (m) or both Infant vegetable/fruit mashed sweet or infant vegetable/fruit or infant vegetable/fruit potatoes* (m), or infant infant vegetable/fruit vegetable/fruit • 2-4 fl oz Breast milk or Breast milk or IF infant Snack IF infant formula formula formula formula formula 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'

Denise E. Laursen, MA, RDN, LD Date: _12 JAN 2021_ Menu Dates:_____

CYS-Nutritionist, IMCOM-G9										
Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday				
Breakfast	6-8 fl oz Breast milk or IF infant formula 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; or 0-4 oz yogurt; or a combination 0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Yogurt (m) Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Peaches (m) or infant vegetable/fruit				
Lunch	 6-8 fl oz Breast milk or IF infant formula 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; or 0-4 oz yogurt; or a combination 0-2 TBSP Fruit/Vegetable 	Breast milk or IF infant formula IF infant cereal and/or Pinto beans* (m) Peaches (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Pork* (m) or infant meat Steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Peas* (m) or Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Turkey* (m) or infant meat Mashed potatoes (m), or infant vegetable/fruit				
Snack	 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal 0-2 tbsp vegetable, fruit or both 	Breast milk or IF infant formula WGR Toasted oat cereal (m) or IF infant cereal Steamed broccoli* (m), steamed cauliflower* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs cereal [Kix](m) or IF infant cereal Mashed potato (m), or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Banana (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				

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'

Denise E. Laursen, MA, RDN, LD

APPENDIX

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

Broccoli: only the floret portion should be served to infants.

Carrots: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

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 of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Graham crackers must not contain honey.

Green beans: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Ground beef: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ground turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Mandarin oranges must be canned.

Meatloaf: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Pears should be canned or ripened to the point where they can be easily mashed with a fork.

Peas: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

Pork: finely chop and add a small amount of water to prevent serving overly 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 into pieces smaller than the maximum width of 1/8-inch

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

Turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

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

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