

YDI Infant Breakfast Menu (Birth thru eleven months)

+ = High in Vitamin C

September 2022

* = High in Vitamin A

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week I				1 Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	2 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi grain Banana
week II	5 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Wheat Banana	6 Formula or Breast Milk, 6-8 oz *Beans or IFIC Rice Peaches	7 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Apple	8 Formula or Breast Milk, 6-8 oz *Pork or Ham Squash	9 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Oatmeal Peaches
week I	12 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Squash	13 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Peaches	14 Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple	15 Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	16 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi grain Banana
week II	19 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Wheat Banana	20 Formula or Breast Milk, 6-8 oz *Beans or IFIC Rice Peaches	21 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Apple	22 Formula or Breast Milk, 6-8 oz *Pork or Ham Squash	23 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Oatmeal Peaches
week I	26 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Squash	27 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Peaches	28 Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple	29 Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	30 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi grain Banana

All foods subject to availability. *May offer to older infants in appropriate size and texture when developmentally ready. Notes: 1) Texture will be modified for each child's developmental level. 2) Once infant has started eating from a required group, if they have not been the item listed they will be offered another equivalent food that the child has been offered. 3) YDI menus are nut free and do not permit outside food.

Cereals for older Children and Adults are not reimbursable, such as Cream of Wheat, Malto-Meal, etc. Home prepared vegetable or fruit can be fresh or frozen, canned or jarred. Fruits/Vegetables should be sift-cooked and strained, mashed, chopped, or diced to meet the texture needs of the child.

YDI Infant Lunch Menu (Birth thru eleven months)

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September 2022

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week I				1 Formula or Breast Milk, 6-8 oz Beef Squash/Apple	2 Formula or Breast Milk, 6-8 oz Turkey Sweet Potato/Peaches
	5 Formula or Breast Milk, 6-8 oz Beef Peas/Apple	6 Formula or Breast Milk, 6-8 oz *Pork or Ham Sweet Potato/Pear	7 Formula or Breast Milk, 6-8 oz Chicken Peas/Peaches	8 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	9 Formula or Breast Milk, 6-8 oz Turkey Carrot/Pears
week I	12 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	13 Formula or Breast Milk, 6-8 oz Chicken Carrots/Pears	14 Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana	15 Formula or Breast Milk, 6-8 oz Beef Squash/Apple	16 Formula or Breast Milk, 6-8 oz Turkey Sweet Potato/Peaches
week II	19 Formula or Breast Milk, 6-8 oz Beef Peas/Apple	20 Formula or Breast Milk, 6-8 oz *Pork or Ham Sweet Potato/Pear	21 Formula or Breast Milk, 6-8 oz Chicken Peas/Peaches	22 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	23 Formula or Breast Milk, 6-8 oz Turkey Carrot/Pears
week I	26 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	27 Formula or Breast Milk, 6-8 oz Chicken Carrots/Pears	28 Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana	29 Formula or Breast Milk, 6-8 oz Beef Squash/Apple	30 Formula or Breast Milk, 6-8 oz Turkey Sweet Potato/Peaches

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Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

7-21-2021

YDI Infant PM Snack Menu (Birth thru eleven months)

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week I				1 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	2 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Rice Pears
	5 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Carrot	6 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Banana	7 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Pear	8 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	9 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week I	12 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	13 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	14 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	15 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	16 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Rice Pears
week II	19 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Carrot	20 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Banana	21 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Pear	22 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	23 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week I	26 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	27 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	28 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	29 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	30 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Rice Pears

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