

## YDI Infant Breakfast Menu (Birth thru eleven months)

+ = High in Vitamin C

October 2022

\* = High in Vitamin A

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week II	3	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz
		*Scrambled Egg or IFIC Wheat	*Beans or IFIC Rice	*Yogurt or IFIC Wheat	*Pork or Ham	*Scrambled Egg or IFIC Oatmeal
		Banana	Peaches	Apple	Squash	Peaches
week I	10	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz
		*Scrambled Egg or IFIC Rice	*Yogurt or IFIC Wheat	*Pinto Beans or IFIC Rice	*Pork or Ham	*Scrambled Egg or IFIC Multi grain
		Squash	Peaches	Apple	Carrots/Pears	Banana
week II	17	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz
		*Scrambled Egg or IFIC Wheat	*Beans or IFIC Rice	*Yogurt or IFIC Wheat	*Pork or Ham	*Scrambled Egg or IFIC Oatmeal
		Banana	Peaches	Apple	Squash	Peaches
week I	24	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz	Formula or Breast Milk, 6-8 oz
		*Scrambled Egg or IFIC Rice	*Yogurt or IFIC Wheat	*Pinto Beans or IFIC Rice	*Pork or Ham	*Scrambled Egg or IFIC Multi grain
		Squash	Peaches	Apple	Carrots/Pears	Banana
week II	31	Formula or Breast Milk, 6-8 oz				
		*Scrambled Egg or IFIC Wheat				
		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.

**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 Lunch Menu (Birth thru eleven months)

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October 2022

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week II	3 Formula or Breast Milk, 6-8 oz Beef Peas/Apple	4 Formula or Breast Milk, 6-8 oz *Pork or Ham Sweet Potato/Pear	5 Formula or Breast Milk, 6-8 oz Chicken Peas/Peaches	6 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	7 Formula or Breast Milk, 6-8 oz Turkey Carrot/Pears
week I	10 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	11 Formula or Breast Milk, 6-8 oz Chicken Carrots/Pears	12 Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana	13 Formula or Breast Milk, 6-8 oz Beef Squash/Apple	14 Formula or Breast Milk, 6-8 oz Turkey Sweet Potato/Peaches
week II	17 Formula or Breast Milk, 6-8 oz Beef Peas/Apple	18 Formula or Breast Milk, 6-8 oz *Pork or Ham Sweet Potato/Pear	19 Formula or Breast Milk, 6-8 oz Chicken Peas/Peaches	20 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	21 Formula or Breast Milk, 6-8 oz Turkey Carrot/Pears
week I	24 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	25 Formula or Breast Milk, 6-8 oz Chicken Carrots/Pears	26 Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana	27 Formula or Breast Milk, 6-8 oz Beef Squash/Apple	28 Formula or Breast Milk, 6-8 oz Turkey Sweet Potato/Peaches
week II	31 Formula or Breast Milk, 6-8 oz Beef Peas/Apple				

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7-21-2021

## YDI Infant PM Snack Menu (Birth thru eleven months)

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October 2022

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week II	3 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Carrot	4 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Banana	5 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Pear	6 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	7 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week I	10 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	11 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	12 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	13 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	14 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Rice Pears
week II	17 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Carrot	18 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Banana	19 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Pear	20 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	21 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week I	24 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	25 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	26 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	27 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	28 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Rice Pears
week II	31 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Carrot				

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