

YDI Infant Breakfast Menu (Birth thru eleven months)

+ = High in Vitamin C

April 2025

* = 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 *Yogurt or IFIC Wheat Peaches	2 Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple	3 Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	4 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi grain Banana
week II	7 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Wheat Banana	8 Formula or Breast Milk, 6-8 oz *Beans or IFIC Rice Peaches	9 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Apple	10 Formula or Breast Milk, 6-8 oz *Pork or Ham Squash	11 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Oatmeal Peaches
week I	14 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Squash	15 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Peaches	16 Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple	17 Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	18 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi grain Banana
week II	21 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Wheat Banana	22 Formula or Breast Milk, 6-8 oz *Beans or IFIC Rice Peaches	23 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Apple	24 Formula or Breast Milk, 6-8 oz *Pork or Ham Squash	25 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Oatmeal Peaches
week I	28 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Squash	29 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Peaches	30 Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple		

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 (USDA) civil rights, regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation) disability, age, or reprisal or retaliation for prior civil rights activity. 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.

YDI Infant Lunch 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 Chicken Carrots/Pears	2 Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana	3 Formula or Breast Milk, 6-8 oz Beef Squash/Apple	4 Formula or Breast Milk, 6-8 oz Pinto Beans Sweet Potato/Peaches
week II	7 Formula or Breast Milk, 6-8 oz Beef Peas/Apple	8 Formula or Breast Milk, 6-8 oz *Pork or Ham Sweet Potato/Pear	9 Formula or Breast Milk, 6-8 oz Chicken Peas/Peaches	10 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	11 Formula or Breast Milk, 6-8 oz Turkey Carrot/Pears
week I	14 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	15 Formula or Breast Milk, 6-8 oz Chicken Carrots/Pears	16 Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana	17 Formula or Breast Milk, 6-8 oz Beef Squash/Apple	18 Formula or Breast Milk, 6-8 oz Pinto Beans Sweet Potato/Peaches
week II	21 Formula or Breast Milk, 6-8 oz Beef Peas/Apple	22 Formula or Breast Milk, 6-8 oz *Pork or Ham Sweet Potato/Pear	23 Formula or Breast Milk, 6-8 oz Chicken Peas/Peaches	24 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	25 Formula or Breast Milk, 6-8 oz Turkey Carrot/Pears
week I	28 Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	29 Formula or Breast Milk, 6-8 oz Chicken Carrots/Pears	30 Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana		

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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 *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	2 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	3 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	4 Formula or Breast Milk, 6-8 oz *WG/WW toast or IFIC Rice Pears
week II	7 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Multi-grain Carrot	8 Formula or Breast Milk, 6-8 oz *WG Cheerios or IFIC Oatmeal Banana	9 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Pear	10 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	11 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week I	14 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	15 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	16 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	17 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	18 Formula or Breast Milk, 6-8 oz *WG/WW toast or IFIC Rice Pears
week II	21 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Multi-grain Carrot	22 Formula or Breast Milk, 6-8 oz *WG Cheerios or IFIC Oatmeal Banana	23 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Pear	24 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	25 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week I	28 Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	29 Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	30 Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches		

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