

2025-2026 YDI Menu 6-11 Months

Week I

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Formula or Breast Milk, 6-8 oz Infant Cereal, 0-4 T and/or Meat/Meat Alternate Fruit and/or Vege, 0-2 T	Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Prunes	Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Peaches	Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple	Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi-grain Banana
Lunch Formula or Breast Milk, 6-8 oz Infant Cereal, 0-4 T and/or Meat/Meat Alternate Fruit and/or Vege, 0-2 T	Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	Formula or Breast Milk, 6-8 oz Chicken Carrots/Pears	Formula or Breast Milk, 6-8 oz *Pork or Ham Peas/Banana	Formula or Breast Milk, 6-8 oz Beef Squash/Apple	Formula or Breast Milk, 6-8 oz Pinto Beans Sweet Potato/Peaches
PM Snack Formula or Breast Milk, 6-8 oz Infant Cereal, 0-4 T Fruit and/or Vege, 0-2 T	Formula or Breast Milk, 6-8 oz *WG Cheerios or IFIC Oatmeal Apple	Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Sweet Potato	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	Formula or Breast Milk, 6-8 oz * WG Cheerios or IFIC Wheat Green Beans	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Pears

All Foods Are Subject to Availability

*** May offer to older infants in appropriated sizes and textures when developmentally ready.**

NOTES: 1)Texture will be modified for each child's developmental level. 2) Once an infant has started eating food from a required group, if they haven't been offered 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, Malt o Meal, etc. Home prepared vegetable or fruit can be fresh, frozen, canned or jarred. Fruits and Vegetables should be soft-cooked and strained, mashed, chopped, or diced for needs of the child. Home prepared meats should be well-cooked and lean, then pureed, strained, mashed, chopped or diced to meet the texture needs of the child. House Formula follows WIC formula as closely as possible, currently Similac Advance.

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.

6/27/2025

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Week II

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Formula or Breast Milk, 6-8 oz Infant Cereal, 0-4 T and/or Meat/Meat Alternate Fruit and/or Vege, 0-2 T	Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Wheat Banana	Formula or Breast Milk, 6-8 oz *Beans or IFIC Rice Peaches	Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Apple	Formula or Breast Milk, 6-8 oz *Pork or Ham Squash	Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Oatmeal Peaches
Lunch Formula or Breast Milk, 6-8 oz Infant Cereal, 0-4 T and/or Meat/Meat Alternate Fruit and/or Vege, 0-2 T	Formula or Breast Milk, 6-8 oz Beef Peas/Apple	Formula or Breast Milk, 6-8 oz *Pork or Ham Sweet Potato/Pear	Formula or Breast Milk, 6-8 oz Chicken Peas/Peaches	Formula or Breast Milk, 6-8 oz Beef Green Beans/Banana	Formula or Breast Milk, 6-8 oz Turkey Carrot/Pears
PM Snack Formula or Breast Milk, 6-8 oz Infant Cereal, 0-4 T Fruit and/or Vege, 0-2 T	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Multi-grain Carrot	Formula or Breast Milk, 6-8 oz * WG Cheerios or IFIC Oatmeal Banana	Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multi-grain Prunes	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	Formula or Breast Milk, 6-8 oz *WG Cheerios or IFIC Wheat Sweet Potato

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