

YDI Infant Breakfast Menu (Birth thru eleven months)

March 2025

+ = High in Vitamin C

* = High in Vitamin A

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
week I	3 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Squash	4 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Peaches	5 Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple	6 Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	7 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi grain Banana
week II	10 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Wheat Banana	11 Formula or Breast Milk, 6-8 oz *Beans or IFIC Rice Peaches	12 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Apple	13 Formula or Breast Milk, 6-8 oz *Pork or Ham Squash	14 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Oatmeal Peaches
week I	17 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Squash	18 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Peaches	19 Formula or Breast Milk, 6-8 oz *Pinto Beans or IFIC Rice Apple	20 Formula or Breast Milk, 6-8 oz *Pork or Ham Carrots/Pears	21 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Multi grain Banana
week II	24 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Wheat Banana	25 Formula or Breast Milk, 6-8 oz *Beans or IFIC Rice Peaches	26 Formula or Breast Milk, 6-8 oz *Yogurt or IFIC Wheat Apple	27 Formula or Breast Milk, 6-8 oz *Pork or Ham Squash	28 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Oatmeal Peaches
week I	31 Formula or Breast Milk, 6-8 oz *Scrambled Egg or IFIC Rice Squash				

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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March 2025

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

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YDI Infant PM Snack Menu (Birth thru eleven months)

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March 2025

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		Monday	Tuesday	Wednesday	Thursday	Friday
week I	3	Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	Formula or Breast Milk, 6-8 oz *WG/WW toast or IFIC Rice Pears
	10	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 Pear	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week II	17	Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple	Formula or Breast Milk, 6-8 oz *Unsalted Wheat Crackers or IFIC Multigrain Sweet Potato	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Oatmeal Peaches	Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Green Beans	Formula or Breast Milk, 6-8 oz *WG/WW toast or IFIC Rice Pears
	24	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 Pear	Formula or Breast Milk, 6-8 oz *WG/WW Toast or IFIC Rice Apple	Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Wheat Sweet Potato
week I	31	Formula or Breast Milk, 6-8 oz *Cheerios or IFIC Oatmeal Apple				

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