



STEPS Early Head Start INFANT Menu

Infants from 0-5 Months will offered 4-6 fluid ounces of Formula/Breastmilk on demand. Food will be introduced starting at 6 months, unless developmentally appropriate to do so sooner.

Infants Stage 1 baby food – introducing solids (A serving of infant cereal/fruit/vegetable is required when the infant is developmentally ready to accept it.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Formula/Breastmilk Rice Cereal	Formula/Breastmilk Rice Cereal	Formula/Breastmilk Rice Cereal	Formula/Breastmilk Rice Cereal	Formula/Breastmilk Rice Cereal
Lunch	Formula/Breastmilk Oatmeal Cereal Sweet Potato	Formula/Breastmilk Oatmeal Cereal Banana	Formula/Breastmilk Oatmeal Cereal Peas	Formula/Breastmilk Oatmeal Cereal Apple	Formula/Breastmilk Oatmeal Cereal Carrot
Snack	Formula/Breastmilk	Formula/Breastmilk	Formula/Breastmilk	Formula/Breastmilk	Formula/Breastmilk

Infants Stage 2 baby food – A serving of biter biscuit/puffs/bread/crackers/wagon wheels is required when the infant is developmentally ready to accept it.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Formula/Breastmilk Rice Cereal Peaches	Formula/Breastmilk Rice Cereal Pears	Formula/Breastmilk Rice Cereal Apples	Formula/Breastmilk Rice Cereal Banana	Formula/Breastmilk Rice Cereal Sweet Potato
Lunch	Formula/Breastmilk Oatmeal Cereal Peas	Formula/Breastmilk Oatmeal Cereal Carrots	Formula/Breastmilk Oatmeal Cereal Squash	Formula/Breastmilk Oatmeal Cereal Green Beans	Formula/Breastmilk Oatmeal Cereal Peaches
Snack	Formula/Breastmilk Puffs	Formula/Breastmilk Wagon Wheels	Formula/Breastmilk or Crackers	Formula/Breastmilk Lil' Crunchies	Formula/Breastmilk Crackers

This institution is an equal opportunity provider that participates in the USDA Child Adult Care Food Program.