

The Ohio State University Child Care Program

INFANT MENU

Breakfast						
0-3 months	4-6 oz. IFIF or Breast Milk	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil
4-7 months	4-8 oz. IFIF or Breast Milk 0-3 Tbsp IFIC*	Similac or Isomil Rice Cereal	Similac or Isomil Oatmeal Cereal	Similac or Isomil Rice Cereal	Similac or Isomil Oatmeal Cereal	Similac or Isomil Rice Cereal
8-11 Months	6-8 oz. IFIF or Breast Milk 2-4 Tbsp IFIC 1-4Tbsp Fruit/Vegetable	Similac or Isomil Rice Cereal Bananas	Similac or Isomil Oatmeal Cereal Applesauce	Similac or Isomil Rice Cereal Peaches	Similac or Isomil Oatmeal Cereal Pears	Similac or Isomil Rice Cereal Bananas
Lunch						
0-3 months	4-6 oz. IFIF or Breast Milk	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil
4-7 months	4-8 oz. IFIF or Breast Milk 0-3 Tbsp IFIC* 0-3 Tbsp Fruit/Vegetable	Similac or Isomil Oatmeal Cereal Bananas or Sweet Potatoes	Similac or Isomil Rice Cereal Applesauce or Peas	Similac or Isomil Oatmeal Cereal Peaches or Carrots	Similac or Isomil Rice Cereal Pears or Green Beans	Similac or Isomil Oatmeal Cereal Bananas or Squash
8-11 Months	6-8 oz. IFIF or Breast Milk 2-4 Tbsp IFIC* or 1-4 Tbsp Meat, Fish, Poultry/Meat Alternate or 1/2 - 2 oz. Cheese or 1/4	Similac or Isomil Oatmeal Cereal or Turkey or Cheese Sweet Potatoes	Similac or Isomil Rice Cereal or Chicken or Cheese Peas	Similac or Isomil Oatmeal Cereal or Turkey or Cheese Carrots	Similac or Isomil Rice Cereal or Chicken or Cheese Green Beans	Similac or Isomil Oatmeal Cereal or Turkey or Cheese Squash
Snack						
0-7 Months	4-6 oz. IFIF or Breast Milk	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil	Similac or Isomil
8-11 Months	2-4 oz. IFIF or Breast Milk or Full Strength Juice 0-2 Enriched or Whole Grain Bread or Crackers	Similac or Isomil Graham Crackers	Similac or Isomil Wheat Bread	Similac or Isomil Club Crackers	Similac or Isomil Cheerios	Similac or Isomil Saltine Crackers
Supper		Lunch Menu	Lunch Menu	Lunch Menu	Lunch Menu	Lunch Menu
Evening Snack		Breakfast Menu	Breakfast Menu	Breakfast Menu	Breakfast Menu	Breakfast Menu
NOTE: *Asterisk means Optional Item						
IFIF = Iron Fortified Formula, IFIC = Iron Fortified Infant Cereal						
REMINDERS: Do not serve combination dinners. Meat Alternate at lunch includes egg yolk, cooked dry beans or peas.						