

### Hillcrest Children's Center Infant Menu

#### Food Offered Throughout the Week

<b>Bottle</b>	Breast Milk (BM) or Formula (F) or Breastfed (BF)
<b>Fruit or Vegetable</b>	Peas, Carrots, Sweet Potatoes, Green Beans, Squash, Avocado
	Applesauce, Banana, Mangoes, Peaches, Pears, Strawberries, Blueberries
<b>Protein/Grain</b>	Infant Cereal, Whole Egg, Cottage Cheese, Yogurt, Chickpeas

### Hillcrest Children's Center Toddler Menu

#### Additional Table Foods Offered Throughout the Week

<b>Fruit</b>	Kiwi, Oranges
<b>Vegetable</b>	Tomatoes, Potatoes, Corn, Celery, Brussel Sprouts, Mushrooms, Broccoli, Spinach, Cauliflower, Pickles, Bell Peppers, Cucumber, Olives, Lettuce, Beets,
<b>Grain</b>	Rice, Oatmeal, Bread, Rolls, Crackers
<b>Protein</b>	Beans (Pinto, Black), Cheese, Ham, Chicken, Beef, Turkey, Tuna,

#### **Hillcrest is an equal opportunity provider and employer.**

**Introducing solid foods:** Solid foods tend to be introduced gradually, which means that it may be appropriate to serve the solid food only once per day and then gradually increase the number of feedings per day. The infant does not need to be offered a solid food component that is part of every meal pattern, such as vegetables and fruit, until the infant has established a tolerance for that solid food at multiple feedings per day. It is important to remember that the quantity of food an infant consumes changes from feeding to feeding or day to day. Infants may want to eat less food when teething or not feeling well and more food on days when they have a very good appetite.

**On demand feeding:** Hillcrest offers all infants at the center meals that comply with the infant meal pattern requirements. Infants do not typically eat on a strict schedule and do not necessarily eat at traditional breakfast, lunch and snack times. Rather, it is best to feed infants when they show signs of being hungry. This helps ensure that the infant gets the right amount of food for growth. This "on demand" feeding is considered better for baby. Additionally, the quantity of food an infant consumes changes from feeding to feeding and day to day. Because of an infant's varied eating pattern, we are mindful of what the infant eats over the course of the day versus each individual feeding. As long as all the required food components (i.e. breastmilk and/or formula and the solid foods the infant is developmentally ready to accept) are offered over the course of the entire day, they may be counted towards CACFP meals. Infants do not need to consume the entire meal offered to be creditable.

**Following the food pattern of the individual infant:** As solid foods are introduced to infants gradually and often one at a time over the course of a few days, the infants eating pattern may change. For example, an infant may eat mashed bananas one week and not the next due to the child's preference or health reasons. If the child is eating another fruit or vegetable, it needs to be offered at the required times. It is important to remember that a food needs to be introduced over ten times before the child accepts it. If the infant refuses a food, it is OK. Offering infants a variety of food over the course of the week helps them get the nutrition they need. It can take time for infants to be introduced to and accept a variety of foods.