

CHKD Infant Menu

6-12 months

Breakfast

Oatmeal | Grits | Cream of Wheat
Scrambled Eggs | Sausage Patty
Pancake | French Toast Sticks | Toast (White or Wheat)
Yogurt | Assorted Cold Cereal | Tater Tots

Meats

All Chopped

Chicken Nuggets | Grilled Chicken | Hamburger Patty
Deli Turkey | Deli Ham | Fish Sticks | Meatballs

Fruits

Banana | Strawberries | Applesauce
Chopped Grapes | Peaches | Pears
Mandarin Oranges

Vegetables

Soft Cooked and Chopped

Green Beans | Broccoli | Carrots

Starch

Macaroni and Cheese | Mashed Potatoes | Tater Tots
Penne Pasta with Marinara | Hummus
Buttered Egg Noodles
Chicken Noodle Soup | Slice of Bread (white or wheat)

Other

Sherbet | Goldfish | Teddy Grahams | Cheese Stick
Slice of Cheese (America, Swiss, Cheddar or Provolone)

The doctor has ordered an infant diet for your child. This diet includes baby food and soft food. An infant's ability to begin a soft food diet varies. Please choose foods your infant is currently safely eating at home.

Contact your nurse, doctor, or dietitian if you have questions.



Children's Hospital
of The King's Daughters



Baby Food – Stage 2



Applesauce

Pears

Peaches

Bananas

Peas

Carrots

Green Beans

Butternut Squash

Chicken with Gravy

Beef with Gravy

