



Infant Menu

Provider's Name _____



Infant's Name _____

Age _____

Please record meals on the day they are served

Cereal Served is Iron-Fortified Infant Cereal? Yes No

Type of Formula _____ Iron-Fortified ? Yes No

Cereal shall be iron-fortified dry infant cereal.

Formula shall be iron-fortified infant formula.

Menu Plan - Birth until one year old

			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Date:	Date:	Date:	Date:	Date:	Date:	Date:
Breakfast	<u>Birth through 3 months</u> 4 - 6 Oz. Formula or breast milk	<u>4 through 7 months</u> 4 - 8 oz. formula or breast milk 0 - 3 Tbsp. infant cereal (optional)	<u>8 months until 1st Birthday</u> 6 - 8 Oz. Formula or breast milk 2 - 4 Tbsp. infant cereal 1 - 4 Tbsp. vegetable and/or fruit						
	Same as above	<u>4 through 7 months</u> 4-6 oz. formula or breast milk	<u>AM</u> 2-4 oz., Formula, breast milk or juice. 0-1/2 bread or 1-2 crackers(optional)						
Lunch	<u>Birth through 3 months</u> 4 - 6 Oz. Formula or breast milk	<u>4 through 7 months</u> 4 - 8 oz. formula or breast milk 0 - 3 Tbsp. infant cereal (optional) 0 - 3 Tbsp. vegetable &/or fruit (optional)	<u>8 months until 1st Birthday</u> 6 - 8 Oz. Formula or breast milk 1 - 4 Tbsp. vegetable and/or fruit 2 - 4 Tbsp. infant cereal and/or meat/meat alternate						
	Same as above	<u>4 through 7 months</u> 4-6 oz. formula or breast milk	<u>PM</u> 2-4 oz., Formula, breast milk or juice. 0-1/2 bread or 1-2 crackers(optional)						
Dinner	<u>Birth through 3 months</u> 4 - 6 Oz. Formula or breast milk	<u>4 through 7 months</u> 4 - 8 oz. formula or breast milk 0 - 3 Tbsp. infant cereal (optional) 0 - 3 Tbsp. vegetable &/or fruit (optional)	<u>8 months until 1st Birthday</u> 6 - 8 Oz. Formula or breast milk 1 - 4 Tbsp. vegetable and/or fruit 2 - 4 Tbsp. infant cereal and/or meat/meat alternate						
	Same as above	<u>4 through 7 months</u> 4-6 oz. formula or breast milk	<u>BT</u> 2-4 oz., Formula, breast milk or juice. 0-1/2 bread or 1-2 crackers(optional)						

Crackers shall be from whole-grain or enriched meal or flour.

Juice shall be full strength fruit juice.

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of adjudication, 1400 Independence Ave, SW, Washington DC 20250-9410, or call 866-632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay Service 800-877-8339; or 800-845-6136 (Spanish). USDA is an equal opportunity provider.