



# INFANT MENU

Month: \_\_\_\_\_

Name: \_\_\_\_\_

Prov #: \_\_\_\_\_

Name of infant \_\_\_\_\_

0-3 mos. \_\_\_\_\_

4-7 mos. \_\_\_\_\_

8-11 mos. \_\_\_\_\_

		Day/Date:							
Child's Age		0 - 3 mos.	4 - 7 mos.	8 - 11 mos.	Food Item	Food Item	Food Item	Food Item	Food Item
Breakfast	Iron Fort Inf Cereal (8-11 mos.)			2-4 tbsp					
	Fruit/Vegetable (8-11 mos.)			1-4 tbsp					
	Iron Fort Inf Cereal (4-7 mos.)		0-3 tbsp						
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz					
AM snack	Bread/Alternate (Optional) (8-11 mos.)			0-2 servings					
	Juice (8-11 mos.)			2-4 fl. Oz (juice OR formula)					
	Formula	4-6 fl. oz	4-6 fl. oz						
Lunch	Infant Cereal/Meat (8-11 mos.)			2-4 tbsp					
	Fruit/Vegetable (8-11 mos.)			2-4 tbsp					
	Cereal (4-7 mos.)		0-3 tbsp						
	Fruit/Vegetable (4-7 mos.)		0-3 tbsp						
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz					
PM Snack	Bread/Alternate (Optional) (8-11 mos.)			0-2 servings					
	Juice (8-11 mos.)			2-4 fl. Oz (juice OR formula)					
	Formula	4-6 fl. oz	4-6 fl. oz						
Dinner	Infant Cereal/Meat (8-11 mos.)			2-4 tbsp					
	Fruit/Vegetable (8-11 mos.)			2-4 tbsp					
	Cereal (4-7 mos.)		0-3 tbsp						
	Fruit/Vegetable (4-7 mos.)		0-3 tbsp						
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz					
EV Snack	Bread/Alternate (Optional) (8-11 mos.)			0-2 servings					
	Juice (8-11 mos.)			2-4 fl. Oz (juice OR formula)					
	Formula	4-6 fl. oz	4-6 fl. oz						

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.