



INFANT MENU PLANNING WORKSHEET

Month: _____ Provider Name: Minnie Mouse Provider ID No: 999999

Sample Menu for 4 - 7 Months

		Date: _____							
	Child's Age	Birth - 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	Formula	Formula	Formula	Formula	Formula
AM snack	Bread/Alternate (8-11 mos.)			0-2 servings					
	Juice (8-11 mos.)			2-4 fl. oz					
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz	Formula	Formula	Formula	Formula	Formula
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		Infant Rice Cereal	Infant Rice Cereal	Infant Rice Cereal	Infant Rice Cereal	Infant Rice Cereal
	Fruit/Vegetable (4-7 mos.)		0-3 tbsp				Green Peas		Green Peas
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz	Formula	Formula	Formula	Formula	Formula
PM Snack	Bread/Alternate (8-11 mos.)			0-2 servings					
	Juice (8-11 mos.)			2-4 fl. oz					
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz	Formula	Formula	Formula	Formula	Formula
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		Infant Oatmeal	Infant Oatmeal	Infant Oatmeal	Infant Oatmeal	Infant Oatmeal
	Fruit/Vegetable (4-7 mos.)		0-3 tbsp		Carrots		Carrots		
	Formula	4-6 fl. oz	4-8 fl. oz	6-8 fl. oz	Formula	Formula	Formula	Formula	Formula
EV Snack	Bread/Alternate (8-11 mos.)			0-2 servings					
	Juice (8-11 mos.)			2-4 fl. oz					
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz	Formula	Formula	Formula	Formula	Formula