



# INFANT MENU PLANNING WORKSHEET

Month: \_\_\_\_\_ Provider Name: Minnie Mouse Provider ID No: 999999  
**Sample Menu for 8 - 11 Months**

		Date: _____							
	Child's Age	Birth - 3 mos.	4 - 7 mos.	8 - 11 mos.	Food Item	Food Item	Food Item	Food Item	Food Item
<b>Breakfast</b>	Iron Fort Inf Cereal (8-11 mos.)			2-4 tbsp	Infant Rice Cereal	Infant Oatmeal	Infant Rice Cereal	Infant Oatmeal	Infant Rice Cereal
	Fruit/Vegetable (8-11 mos.)			1-4 tbsp	Peaches	Banana	Peaches	Banana	Peaches
	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
<b>AM Snack</b>	Bread/Alternate (8-11 mos.)			0-2 servings			Teething Biscuit		
	Juice (8-11 mos.)			2-4 fl. oz	Grape Juice			Grape Juice	
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz		Formula	Formula		Formula
<b>Lunch</b>	Infant Cereal/Meat (8-11 mos.)			2-4 tbsp	Infant Chicken	Infant Beef	Infant Barley Cereal	Infant Chicken	Infant Beef
	Fruit/Vegetable (8-11 mos.)			2-4 tbsp	Green Beans	Green Beans	Applesauce	Green Peas	Green Peas
	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	Formula	Formula	Formula	Formula	Formula
<b>PM Snack</b>	Bread/Alternate (8-11 mos.)			0-2 servings		Melba Toast		Melba Toast	
	Juice (8-11 mos.)			2-4 fl. oz			Peach Juice		
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz	Formula	Formula		Formula	Formula
<b>Dinner</b>	Infant Cereal/Meat (8-11 mos.)			2-4 tbsp	Infant Lamb	Infant Mixed Cereal	Infant Lamb	Infant Mixed Cereal	Infant Lamb
	Fruit/Vegetable (8-11 mos.)			2-4 tbsp	Carrots	Applesauce	Carrots	Applesauce	Carrots
	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	Formula	Formula	Formula	Formula	Formula
<b>EV Snack</b>	Bread/Alternate (8-11 mos.)			0-2 servings	Graham Crackers		Graham Crackers		
	Juice (8-11 mos.)			2-4 fl. oz				Apple Juice	
	Formula	4-6 fl. oz	4-6 fl. oz	2-4 fl. oz	Formula	Formula	Formula		Formula