

Infant names:

Ages:

Birthdates:

## WEEKDAY INFANT MENU

Provider Name \_\_\_\_\_

Month/Year \_\_\_\_\_

Age in months:		0 to 3	4 to 7	8 to 11	Monday/Date:	Tuesday/Date:	Wednesday/Date:	Thursday/Date:	Friday/Date:
<b>Breakfast</b>	I F Infant Formula or Breast Milk	4-6 oz	4-8 oz	6-8 oz					
	Fruit and/or vegetable	0	0	1-4 T					
	I F Infant Cereal	0	0	2-4T					
<b>AM SNACK</b>	I F Infant Formula or Breast Milk	4-6 oz	4-6 oz	2-4 oz					
	Juice may be given in place of IFIF at 8 mnths older	0	0	2-4 oz					
	Bread or Cracker	0	0	0-½ sl 0-2 T					
<b>LUNCH</b>	I F Infant Formula or Breast Milk	4-6 oz	4-8 oz	6-8 oz					
	Fruit and/or vegetable	0	0-3 T	1-4 T					
	Meat/Meat Alternate or Cheese or Cottage	0 0	0 0	1-4 T ½-2 oz					
	Cheese/Cheese Spread or I F Infant Cereal	0 0	0 0-3 T	1-4 oz 2-4 T					
<b>PM SNACK</b>	I F Infant Formula or Breast Milk	4-6 oz	4-6 oz	2-4 oz					
	Juice may be given in place of IFIF at 8 mnths older	0	0	2-4 oz					
	Bread or Cracker	0	0	0-½ sl 0-2 T					
<b>DINNER</b>	I F Infant Formula or Breast Milk	4-6 oz	4-8 oz	6-8 oz					
	Fruit and/or vegetable	0	0-3 T	1-4 T					
	Meat/Meat Alternate or Cheese or Cottage	0 0	0 0	1-4 T ½-2 oz					
	Cheese/Cheese Spread or I F Infant Cereal	0 0	0 0-3 T	1-4 oz 2-4 T					
<b>Evening SNACK</b>	I F Infant Formula or Breast Milk	4-6 oz	4-6 oz	2-4 oz					
	Juice may be given in place of IFIF at 8 mnths older	0	0	2-4 oz					
	Bread or Cracker	0	0	0-½ sl 0-2 T					

Infant formula and cereal must state "iron fortified infant". You may use "IFIF" to indicate iron fortified infant formula and "IFIC" to indicate iron fortified infant cereal.

Rev: 3/08

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